

Mike Dunlap

# 10 Points for Better Coaching

Head Coach, Charlotte Bobcats

# Mike Dunlap - 10 Points for Better Coaching

Above all else, you must ask yourself, "Do I enjoy what I'm doing? Am I happy?"

## 1) "One More Theory"

- What am I doing to align myself with someone who is better than me at something?
- Reach out to those who are more experienced, smarter, better than you at certain things, etc.

## 2) "You cannot see what you don't think"

- We are on a constant quest to gain knowledge. How do you go about that quest?
- How are you enhancing knowledge to be a better coach/person?

## 3) "Praise, Prompt, Leave"

- When correcting a player, start with something he's done positive, then correct something that needs improved. Ask for acknowledgement (Understand? You got me?), and walk away as soon as acknowledgement is received.

- "I like how you \_\_\_\_\_. But I need you to improve \_\_\_\_\_, you got me?"

## 4) "5 Laws of Learning"

1) Tell; 2) Show; 3) Demonstrate (have player demonstrate); 4) Correct; 5) Repetition

## 5) "Nap, Snack, Play"

- Avoid burnout – our business is results-oriented and stressful.
- Find a way to escape each day to regenerate yourself outside of basketball.

## 6) "Faces change, but problems remain the same"

- Weave your brand and building blocks into your practice plan.
- Don't take time out of a drill to overteach one player – take him aside when he steps off.
- Process vs. results.
- Add confusion

## 7) "Good habits are hard to break"

- What and when?
- Each team has its own life and learns at its own pace.
- What do you want/get from every drill/practice? Ask yourself this when you put together your practice plan.

### 8) “Innovation Happens in Your Own Gym”

- Lots of room for innovation/creativity in your gym/our game
- Allow ourselves creative time. Ask yourself how often you’re putting players in positions to play to their strengths. Are you an innovator or a follower?

### 9) “Creating Your Own Board of Trustees”

- Use in both good times and bad. These people should challenge and improve you, but also support you. Value their input.

### 10) “The Winning is in the Picking”

- Picking who you spend your time with is important. It builds relationships.
- Your selection of what you do and how you prioritize your time and activities is very important.
- Don’t position yourself in conflict. Battles are short-lived.
- Live your priorities.

### Conclusion

- Plan your work and work your plan.
- Evaluate where you’ve been and where you want to go.
- Preview and Review at least once a year. Where have you been? Where are you going?
- Create solid habits, but spend time doing what you want to do.

DVD available for purchase [online here](#). A must have for all coaches!