

DON MEYER Notes – Coaching Academy 5/6/11

“What I’d Do Differently If I Was Starting Over”

- At the beginning of the year write “Play, Coach, Officiate” on the board and ask players what they want to do that season.
- Decide that you’re going to coach for the love of the game and for the kids.
- Try to build a team of servant leaders.
 - o People that look to serve others.
 - o Our nation is set up as a nation of takers, not a nation of makers and that is extremely unfortunate.
- Your example isn’t the main thing in influencing people, it’s the only thing.
- “36 Christian Ways to Relieve Stress” on his website.
 - o HAVE to have ways to relieve stress.
- When you take a job, you must do a “need assessment” as far as “what does this program need?” What will you do to make the program better?
- Plan the whole week on Sunday and plan the next day the night before.
- Make the system work for you, not you work for the system.
- “I was never satisfied, I never let our players get satisfied, you can always get better.” Always feel like there is something you can do better.
- You can be physical without being tough, but you can’t be tough without being physical.
MENTAL TOUGHNESS!
- It’s not what you teach. It’s what you say/emphasize.
- The first shot is not going to beat you.
- 3 THING I’D DO IF I START OVER: Teach the whole, break down the parts. Sound, solid, simple. If you have more than 3 parts, they’ll forget.
 - o Sound in how we teach fundamentals.
 - o Solid in integrity, how we run our program.
 - o Keep it simple, too much and they’ll forget.
- Be good enough to win when the ball isn’t bouncing right.
- You want people to say this about you: “Even when they lose, they win.” HAVE CLASS!
- “Nothing more harmful to the team than lack of discipline.”
- “A man bent on revenge must first dig two graves.”
- “An army of lions led by an ass will be defeated by an army of asses led by a lion.”
- Personal Purposeful Practice – kids don’t go to the gym on their own to work on P P P
- Make the practices like games and the games like practices.
- If you have pre practice or post practice, do 1 thing 50 times not 50 things 1 time.
- Be a skill coach, not a drill coach.

- Be a practice player first.
- You can pick captains but you can't pick leaders, whoever controls the locker room controls the team.
- 1 minute assessment – here's one thing you're doing well and why, and here's one thing we can do better and how.
- Play 4 on 5 full court.
- In spring ball, make them play make it take it.
 - o Why reward bad defense?
- Simple rule for scouting: know who you're guarding – his number and his game.
 - o Keep it simple.
- Use a notebook with your team.
- More important to know what's inside a kid than what's on the outside.
 - o Be invested in your kids.
- You make enemies faster than you do friends in coaching.
- Only thing they remember from a timeout is the last thing you told them.
- 1st Concern In Game: Defensive coverage – transition, talk, point.
- 2nd Concern In Game: Ball pressure, then denial.
- 3rd Concern In Game: Shot pressure.
 - o "You don't get beat on help, you get beat on recovery."
 - o Block out and pursue and chin rebound and outlet.
- 4th Concern In Game: Sureness – once you have the ball, take care of it.