



COACH MIKE DUNLAP

A Step Up Assistant Coaching Symposium
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Charlotte, NC



Timeout: open with question without names...have a working toolbox in your timeouts.

What does it mean to be professional? Know your job...do your job.

Thoughts on Video:

Objective: get information to players

Don't overwhelm

Long video makes coaches feel good but you lose your players

3 offensive clips...3 defensive clips...3 special situations

Learning: Audio - Visual - Write it down

Coach K: video on the floor during practice

Classroom toolkit (he was big on the phrase "toolkit")

Ask questions of your players

Improving turnovers: Empty ball rack then hold accountable

Time efficiency: will tell manager "put me on the watch"

"Check in Point"

Give Players a question

Have them answer

Then have them diagram their answer

"Cross Teaching"

Know the five laws of Teaching

1. Explain what you want
2. Demonstrate for the learner
3. Player demonstrates
4. Correct demonstration
5. Repetition is lord and master

Know how players learn

1. Visual
2. Auditory
3. Kinetic
4. Writing/Drawing
4. Player as coach
5. Cooperative versus competitive technique
6. Whole, part, whole versus part whole method
7. Feedback system – negative versus positive



Give “labels” to drills and actions

Drills — need time and score
Keep personal records
Keep team records

Using notebooks is paramount to learning.

Coach Dunlap takes a notebook everywhere...even a restaurant
“Never know when someone will drop some knowledge on me.”

When a child has a problem, find an object they love and work through the object. Has best conversations with players while they are shooting.

Your office can be the worst place for a meeting with a player.

Must have a goal/game plan watching film with your team: What do you want to get out of these video clips.

Curry is special because he has mastered the ability to make space.

Coaches, when you are in practice, don’t pick a space and stand...be moving.

Nick Saban: *“You can only be where your shoes are.”*

Wooden: he rotated during practice and staff rotated with him (Dale Brown taught this — probably got it from Wooden).

Practice Building:

Practice plan: Has 4 to 5 rewrites and has them with his staff
Doesn't adjust practice seasonally
They are a "1 more" program
Promise less, do more
Look for reasons to shorten practice

Players don't get better the last third of the season because of the lack of attention to skill work.

Big believer in finding time to player 1/1 and 2/2 late in the season...create tournaments (got to play for something)

Coach Dunlap wants them *"going out of practice with their voices humming"*

Always teach heavy stuff in the beginning

Know the ingredient of a good drill:

1. time
2. score
3. rotation (likes assistants teaching players as they rotate off)
4. element of surprise
5. rebounding

Izzo has assistants charting rebounding at practice.

Drills have to have purpose — have to connect to your philosophy.

Necessity is the mother of invention.

Coach Dunlap's power word is **"Servant"**



Qualifications for an assistant coach.

#1 Be a servant — it's not about you

Be interested in the process...if you're good, they'll find you

#2 Shut your mouth

The head coach needs your eyes to see what he/she can't see

Know you...do you

When players "push back" they are testing you.

Make your questions to players more specific

No ball rebounding (ball kills the drill)

"Get the ball out of the drill when you want to get it right."

Add by subtraction — take the dribble away

Simplify questions

Don't give away your standards...don't allow them to lower the ball.

Compliment them when they ask a good question

Let them answer it

Allow them to be wrong

That's teaching

I was willing to wait 20 years to get the dream.

Most of us aren't willing to pay the price.

Success = change in behavior

What are the trends...think of common denominators

Sunday Morning piece by Charles Osgood on 3 guitar players with the same teacher...teacher asked what was the key for the one who became a star: "The start could deal with discouragement."

Nick Saban: *"Be great where you are at."*