

WHAT I HAVE LEARNED in 30 YEARS of COACHING



1. It's not what you do, it's how you teach it.
2. It's not what you teach, it's what you emphasize.
3. Teach what you know, be who you are.
4. Basketball is the most over coached under taught game. -Bob Knight
5. Attention to Detail
6. Be the best, be an expert at some part of the game.
7. The most important part of your body, the backbone.
8. Toughness: our society is eliminating this from our development. We must strive to play the "Pride Way". Toughness is staying in a stance for the entire defensive possession, toughness is competing the entire possession, toughness is not accepting anything less than success, UAFS Lions Basketball is about toughness.
9. Participation trophies vs. Competing
10. Practice & Play: Hard - Smart - Together
11. Coaching is about relationships.
12. Use a tape recorder - Attention to Detail.
13. Build your Army
14. Who is helping you when you are not there?
15. In recruiting; who is helping you when you are not there?
16. Pick battles that are small enough to win, but big enough to fight.
17. Place kids into a position/role to be successful, and then tell them what they can do - not what they cannot do. (Beware, as a coach we have been trained to see mistakes, that is why kids worry about what not to do instead of what to do.)
18. Think about your team everyday.
19. Use notebooks for everything we do and check them regularly.
20. What can I do to help this program accomplish it's goals.
21. Have a way to release to relieve stress.
22. Keep your players away from pressure - Process over Product!
23. Who do you know that goes to work on a daily basis looking forward to what they do? If you don't like what you are doing, get out!
24. Promise less and deliver more.
25. Work daily to develop leaders on our team, leaders are not born, they are made.
26. Those who work the hardest are the last to surrender. Shared suffering.
27. Next season started as soon as the horn went off at the this season's final game.

28. Teach kids to enjoy learning, if they don't they will be defenseless in the real world.
29. Be a skill coach, not a drill coach.
30. You cannot spend too much time shooting in practice.
31. Your leading field goal shooter should be your worst shooter.
32. Planning weekly, this is how we live.
33. Make the team run, and then ask them why? (IE: Everyone did not rush to help a guy up who made a play by diving on the floor)
34. Benefits of taking a charge: 1) Take away a possible score, 2) Stops opponents dribble penetration, 3) Creates foul trouble for opponent, 4) Places our team closer to the bonus, 5) Give us possession, it is a turnover.
35. If you cannot keep-it simple, at least keep-it clear.
36. Jumping to the ball as it is in flight, like a magnet to iron - Air-Time
37. One on One Loose Ball Drill: Get on the floor, - save-it to a coach - cut to get open - play one on one.
38. The Ball gets to Paint, there must be consequences: Block the Shot, Get a Steal, Take a Charge, or a HARD FOUL! No Free Lay-ups!
39. Develop Offense through the use of restrictions.
40. Our leaders must be, must be our hardest workers.
41. Get your Team to 100% Invest in the Coach, the System, and the Mission.
42. Individual Humility—Collective Pride
43. What is...and what should be...see the need and fill the need.
44. Use NBA clips...kids are into the NBA.
45. Watch 5 times more film on us than our opponents.
46. Utilize a defender in low post development drills.
47. Find something good to say about every kid, everyday.
48. Clock our post in practice - Upon opponent securing rebound, post has 4 seconds to get to paint, this is an all-out sprint and is the key to our conversion defense.
49. Do not employ a secondary break. Run, but must be good at scoring off our second action. Space the floor for screening and cutting - Last man down the floor must stop to change the ball, if he is denied - go screen or cut back door.
50. Stay the Course!



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