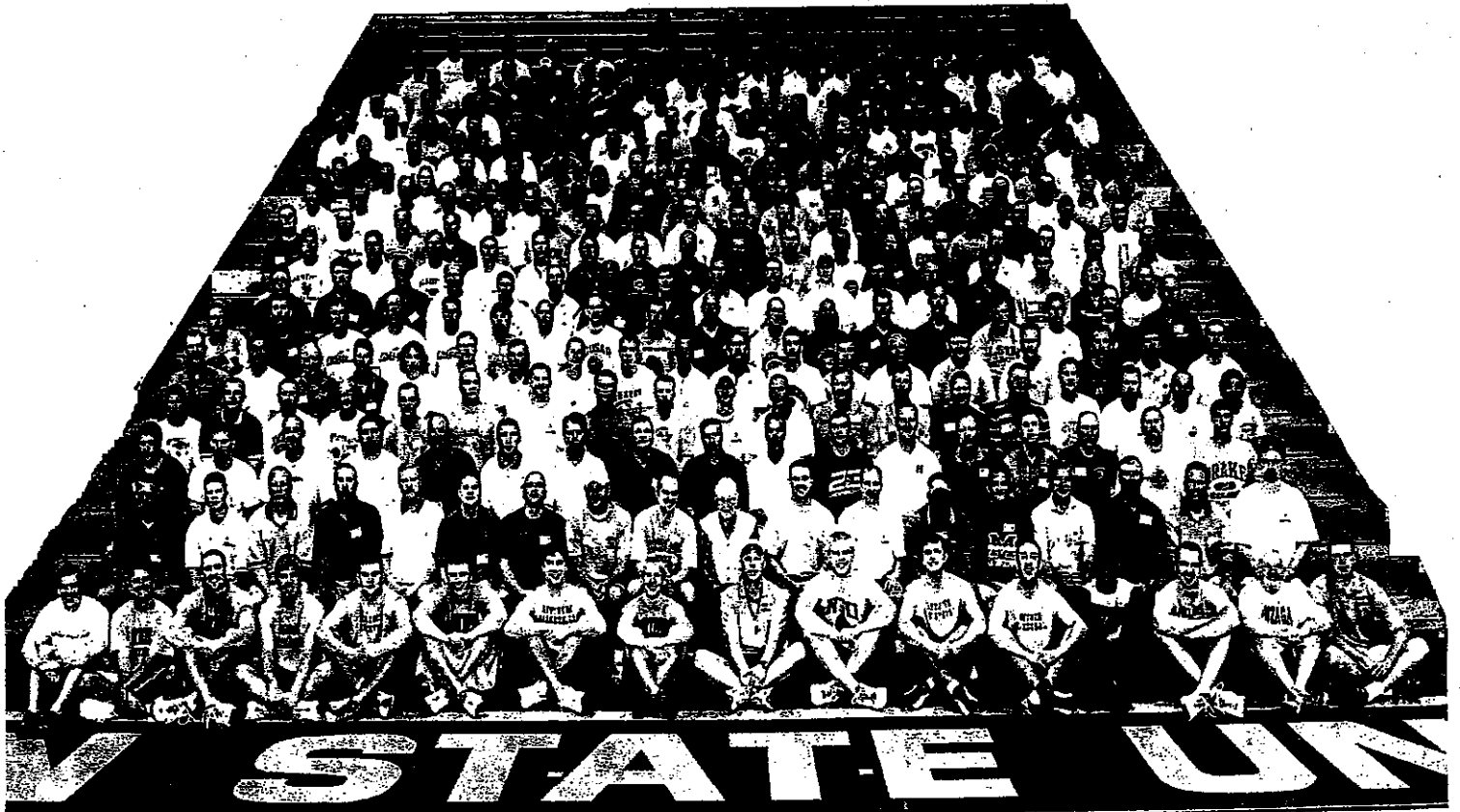


June 6-8 at Northern State University

2002 DON MEYER COACHING ACADEMY

Featuring:
Coach Wooden

Coach Bennett



Wooden biography, from 2000-01 UCLA Men's Basketball Media Guide:

Wooden's Records

11-year HS Coaching Record:

Year	Won	Lost	Pct.
Totals	218	42	.838

2-season record at Indiana State:

Year	Won	Lost	Pct.
Totals	47	14	.778

27-season record at UCLA:

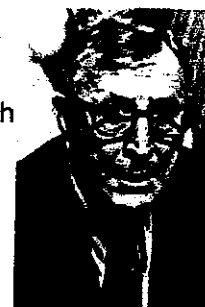
Year	Won	Lost	Pct.
Totals	620	147	.808

40-Season all-time coaching record:

Totals	885	203	.813
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Wooden coached two seasons at Dayton, KY High School and nine seasons at South Bend, IN Central High School. He coached two seasons at Indiana State, in Terre Haute, IN before coming to UCLA.

UCLA's basketball program has the international reputation of being No. 1. There is a major reason for that -- his name is John Robert Wooden, who announced his retirement after the 1974-75 season (his 27th campaign) as the Bruins' head coach with the winningest record in all of sports' history. Wooden celebrated his 90th birthday on Oct. 14, 2000.



Wooden concluded his 40 years as a head coach that season and his 885-203 overall career win-loss record (a percentage of .813) is unequaled. A large part of that success was at UCLA. In 27 years as Bruin coach, his teams registered 620 wins, and only 147 losses while earning far more national honors than any other university.

Under Wooden, UCLA won an unprecedented 10 NCAA championships, including seven consecutive (1966-73). Included in the string is one of the most amazing win streaks in all of sports, 38 straight NCAA tournament victories.

In addition, there is the all-time NCAA consecutive winning-streak record of 88 games over four seasons, which included consecutive 30-0 seasons in 1971-72 and 1972-73. UCLA also won 149 of 151 games in Pauley Pavilion during his Bruin tenure.

John Wooden is the only coach to compile four undefeated seasons of 30-0 and his Bruin teams captured 19 conference championships (the record of which Wooden is most proud).

Coach Wooden is the only person to be inducted into the National Basketball Hall of Fame as both a player and a coach.

Complimenting the honors listed elsewhere in his biography, Wooden also has received two others he is especially proud of: being named the 1969 "Outstanding Basketball Coach of the U.S.," by his denomination, the Christian Church, for his services to collegiate basketball and the community. The other having his hometown of Martinsville, Indiana naming a street after him and at the same time serving as the 1969 King of the famed Morgan County Fall Foliage Festival and Grand Marshal of the Festival Parade. Their high school gymnasium also bears his name.

Born in Martinsville, Ind., on Oct. 14, 1910, Wooden attended high school there and won all-state prep honors in basketball three consecutive years, leading Martinsville High to the Indiana State title in 1927 and runner-up in 1926 and 1928.

At Purdue University, he won letters in basketball and baseball his freshman year and later earned All-American honors as a guard on the basketball team from 1930-32. He captained Purdue's basketball teams of 1931 and 1932 and led the Boilermakers to two Big Ten titles and the 1932 national championship.

June 6-8 at Northern State University

Wooden's name was inscribed on Purdue's academic honor roll and he was awarded the 1932 Big Ten Conference medal for outstanding merit and proficiency in scholarship and athletics.

Shortly after graduating from Purdue in 1932, he married his charming wife, Nell. He then began his teaching career at Dayton High School in Kentucky, where he coached numerous sports. After two years, he returned to the state of Indiana where he coached basketball, baseball and tennis at South Bend Central High School and taught English for nine years. His impressive 11-year prep coaching record was 218-42.

World War II interrupted his coaching career as he served as a full lieutenant in the U.S. Navy from 1943-46. Following his discharge in 1946, he went to Indiana Teachers College (Now Indiana State University) as athletic director, basketball and baseball coach for two seasons prior to moving to UCLA.

Wooden and his wife, Nell, who died in Los Angeles on March 21, 1985, were married for 53 years. Parents of a son, James Hugh, and a daughter, Nancy Ann, John has seven grandchildren and 11 great-grandchildren.

**Coach Don Meyer Coaching Academy
Northern State University
Aberdeen, South Dakota**

June 6th, 2002

The John Wooden File: (Taken from www.woodenclassic.com)

UCLA's basketball program gained the worldwide reputation of being rated number one. The major reason was head basketball coach John Robert Wooden, who announced his retirement in 1975 after his 27th season as the Bruins' head coach with the best record in basketball history.

Coach Wooden concluded his 40th year as a head coach in 1975 with a record of 885 wins, 203 losses, and a winning percentage of .813 which is unequalled. In his 27 years at UCLA, his teams registered 620 wins against only 147 losses.

Under Coach Wooden, UCLA won an unprecedented 10 NCAA Championships in 12 years, including seven in a row, eat your heart out Phil Jackson. Included in that string is one of the most amazing win streaks in sports, 38 straight NCAA tournament victories.

In addition, there is the all-time NCAA consecutive winning streak record of 88 in a row over four seasons: 15-0 at the close of 1970-71, 30-0 in both 1971-72 and 1972-73, and then 13 in succession in 1973-74 before the string was broken.

"The Wizard of Westwood" is the only coach to compile four undefeated seasons of 30-0 and his teams also captured 16 conference championships, one of the records Coach Wooden is most proud of, all at UCLA.

According to Coach Wooden, the most emotional moment of his coaching career came on the day following the Bruins' 1970 NCAA championship victory over Jacksonville University. Coach Wooden received a telephone call from then President Richard Nixon commending the UCLA players and coaches for their victory.

Born in Martinsville, Indiana on October 14, 1910, Coach Wooden attended high school there and won All-State prep honors in basketball for three years, leading Martinsville High to the Indiana State title in 1927 and the runner-up spot in 1926 and 1928.

At Purdue University, he won letters in basketball and baseball as a freshman, and then went on to win All-American honors as a basketball guard in 1930-31-32. He captained Purdue's great teams in 1931 and 1932 and led the team to two Big Ten titles and the 1932 National Collegiate Championship. He is distinguished by being a member of both the Halls of Fame for both players and coaches. Only he and Lenny Wilkins have this honor.

As an English major, his name was inscribed on Purdue's academic honor roll, and was awarded the Big Ten Conference Medal for outstanding merit and proficiency in scholarship and athletics for 1932.

Shortly after graduating, from Purdue in 1932, he married his charming wife, Nell. He then began his teaching career at Dayton, Kentucky High School where he coached all sports. Two years later, he returned to South Bend Central High School in Indiana where he coached basketball, baseball and tennis, and also taught English for nine years. His impressive 11 year prep coaching record was 218 wins and only 42 losses.

World War II interrupted his coaching career. From 1943 to 1946, he served in the U.S. Navy with the rank of full lieutenant. Following his discharge in 1946, he went to Indiana State University to become their athletic director and to coach their basketball and baseball teams for two seasons prior to heeding the call from UCLA.

Coach Don Meyer's Introductory Remarks:

Coach Meyer's opening remark in introducing Coach John Wooden was a quote from Coach Wooden's father, Joshua Wooden that states; *"Never try to be better than someone else. Instead, try to be the best that you can be!"* Coach Meyer then read the following excerpt from the book, *Wooden: A Lifetime of Observations and Reflections on and off of the Court*, taken from pages 69-70:

"When I was discharged from the service in January of 1946, I resumed a position teaching English in South Bend, Indiana, where I had been before enlisting in 1942. While teaching and coaching there, I was invited to be the featured keynote speaker at a ceremony in neighboring Elkhart, Indiana, to honor those deserving special recognition for that particular school year academically, in sports, and otherwise. Needless to say, I was greatly flattered that they considered me important enough to be the main speaker at this big event. I gave what I considered to be a good and inspirational speech. In 1971, they remembered my appearance with a brief item in the retrospective section of the 'Elkhart Truth', the local newspaper. The item under the column '25 Years Ago Today' read as follows: Elkhart school officials announced today that John R. Wooden, English teacher-coach from South Bend Central High School, will be the principal speaker at their recognition dinner, although they had hoped to get a prominent person."

Coach Meyer then read a quote from Coach Joe Retton. When asked him what most impressed him about Coach Wooden, Coach Retton replied, "Everything!"

Coaches Kevin Sivils' and Bill Reidy's Observations of Coach Wooden:

Coach Wooden made an immediate impression on us. We both felt a certain tingle and goose bumps arouse from both of our arms. We felt extremely honored to be in the presence of such a great American. We thought about all of the players who were so fortunate to have played for such a man, his accomplishments and his teachings. There was a certain "aura", kind of like a "chill" in the air when he signaled all in attendance to be seated before him for he also felt honored by us! This is one of the attributes that make him so special. He was dressed in an immaculate three-piece suit and tie, not in common coaching attire. Coach Wooden walked slowly but with dignity out to the chair he would sit in to address those present for the ceremony. He was greeted with a standing ovation and after several minutes, he sat down but not before motioning all of those in attendance to do so before him. Kevin and I were seated in the front row, just about ten feet from him. We could hear him whisper, "It would not be polite for me to be seated before you fine people." He was the star attraction of the nation's premier Coaching Academy and a coaching legend. It was amazing and appealing at the same time to see some one of such stature to be so humble and courteous to the coaches and townspeople of Aberdeen, South Dakota who had come to listen to his speech.

Later in the Academy, Coach Wooden came to take part in the Academy photograph. Afterwards, he willingly shook hands, posed for photographs and signed autographs for the coaches present. This became time consuming after a while and Coach Meyer approached Coach Wooden and asked if he was getting tired. Coach Meyer stated that he would have the coaches return to their seats. Coach Wooden's response was that he would take pictures and talk with as many coaches who wanted to see him. He said to Coach Meyer, "Coach, these coaches have traveled so far and have waited so long to do this. It is the least that I can do for all of them." How many professional athletes, coaches or political figures would be so caring and treat people with such respect? Coach Wooden is truly and impressive individual. We wondered what it would have been like to play for him!

Coach John Wooden's Keynote Address Notes:

My dad, Joshua said, "Be as good as you can be. If you do this, you can consider yourself to be successful in life". He also said, "There is no substitute for Hard Work". Do not be afraid to fail. It is much more important to attempt a task. When you attempt a task, you should plan your attack. Failure to prepare is preparing to fail. I have never met anyone that I have not learned something from. You can learn something from everyone if you just listen. Passion is temporary but love lasts for eternity. It is better to love and be loved than to be passionate. Someone once wrote:

*"A bell isn't a bell until you ring it,
A song isn't a song until you sing it.
The love that is in us wasn't put there to stay,
Love isn't love till you give it away."*

Coach Wooden became disillusioned with the parents of his students when he taught in high school in Indiana. If the students did not earn an A or a B in his class, the parents were disappointed. He taught many students who did well in his class but did not earn an A or B. These students did achieve some success. As a result of this, Coach Wooden wanted to devise a way to measure the success of ALL of the STUDENTS. He also feels that the success of coaches should not be judged on just winning percentages. How can you judge success? With the help of his father, Joshua Wooden, he devised a method to judge success. Joshua said, "Never try to be better than someone else and always try to do your best". In 1934, at Indiana State University, he began to work on what would become his "Pyramid of Success". Coach Wooden defines success as *Peace of mind in knowing that you have done the best that you are capably of doing*. His dad also said, "Don't whine, don't cry and don't make excuses". He continued to think about success as he read and found a verse of poetry that he liked pertaining to success. The verse stated:

*At God's footstool to confess,
A poor soul knelt and bowed his head.
"I failed." he cried. The Master said,
"Thou didst thy best, that is success."*

He thought about a ladder with its rungs, something progressive. This gave him the idea for his "**Pyramid of Success**". Coach Wooden defines success as, "Peace of mind which is a direct result of self-satisfaction in knowing that you did your best to become the best that you are capable of becoming". We do not all have the same abilities, but we can all try to do our best. The "**Pyramid of Success**" took 14 years to develop and was changed numerous times over those years. It was constructed of four tiers or platforms. The following is an explanation of the "**Pyramid of Success**".

The First Tier of the Pyramid

The cornerstone of any endeavor is critical to provide a sound base. To anchor the pyramid, Coach Wooden chose two cornerstone blocks: **INDUSTRIOUS** and **ENTHUSIASM**. *NOTE: The remarks made in bold italicized print are the definitions of each of the blocks of Coach Wooden's "Pyramid of Success" exactly as they appear on the Pyramid.*

INDUSTRIOUS – *"There is no substitute for hard work. Worthwhile results come from hard work and careful planning".* Coach Wooden further stated that without hard work, you would never develop the abilities within you. This exemplifies the need for industriousness. Grantland Rice, a once famous sportswriter, once wrote in his book, "*How To Be a Champion*":

*"You wonder how they do it,
You look to see the knack,
You watch the foot in action,
Or the shoulder or the back.*

*But when you spot the answer
Where the higher glammers lurk,
You'll find in moving higher
Up the laurel-covered spire,
That most of it is practice,
And the rest of it is WORK."*

ENTHUSIASM – *“Brushes off upon those with whom you come in contact. You must truly enjoy what you are doing”*. Coach Wooden further stated, “You must enjoy what you are doing. The leader must stimulate the followers – if he or she does not, there will not be any followers”.

In between the cornerstones, there must be strong blocks: **FRIENDSHIP, LOYALTY, and COOPERATION.**

FRIENDSHIP – *“This comes from mutual esteem and devotion. Like marriage, friendship must not be taken for granted but requires a joint effort.”* Coach Wooden further stated, “We all need friendship. It is two sided like a marriage and must not be taken for granted.” A person who does a nice thing for you is a nice person, not necessarily a friend. Two people must work to achieve friendship

LOYALTY – *“Loyalty to yourself and to all of those who depend upon you. Keep your self-respect.”* Coach Wooden further stated, “In order to reach your own potential, you must have something or someone to which you must be loyal.”

COOPERATION – *“You must cooperate with all levels of your co-workers. Listen if you want to be heard. Be interested in finding the best way, not in having your way.”* Coach Wooden further stated, “Cooperation is essential, more so today with the age of technology. We have become so interdependent. (Coach Reidy’s addition – I.Q. not I Want!--taken from Coach Reidy’s wife, Diane)

The Second Tier of the Pyramid

The block of the second tier are: ***SELF-CONTROL, ALERTNESS, INITIATIVE and INTENTNESS.***

SELF-CONTROL – “*All of your emotions must be under control. You must have a delicate adjustment between your mind and your body. Keep your judgment and your common sense.*” Coach Wooden further stated, “You can not function well, especially in a physical act, without your self-control. Mental decisions should also be exercised with self-control. For example, when disciplining your child, do not punish because this creates antagonism. Correct the child because this teaches discipline. (Coach Sivils’ addition – Know what has to be done, when it has to be done, how it has to be done and do it that way every time---taken from Coach Bobby Knight.)

ALERTNESS – “*Be observing constantly. Be quick to spot a weakness and correct the weakness or use it as the case may warrant.*” Coach Wooden further stated, “Be observing constantly. My favorite American, Abraham Lincoln, once stated that he never met a person that he did not learn something from. It may have been what not to do but he learned something.” (Coach Reidy’s addition – It is what you learn when you know it all that counts---taken from Coach John Wooden.)

INITIATIVE – “*Cultivate the ability to make decisions and think alone. Do not be afraid of failure but instead, you must learn from failure.*” Coach Wooden further stated, “Do not be afraid to fail. You must act with self-control and use the information that you learned in the past. The greatest failure of all is the failure to act. Failing to prepare is preparing to fail.” (Coach Reidy’s addition – Practice as if you failed or lost your last game. This will make you hungrier and stronger---taken from Coach Meyer.)

INTENTNESS – *“Set realistic goals. Concentrate on achievement by resisting all temptations and being determined and persistent.”* Coach Wooden further stated, “Be intent on reaching your goal. Have challenging but attainable goals. Resist temptations to be less than all you can be. Rise to the challenge. The most satisfying things in life are those that are difficult to attain. Do not be discouraged with adversity because it will only make you stronger.” (Coach Reidy’s addition – Handling adversity builds true character---taken from Madame Curie, discoverer of Radium. Coach Sivils’ addition – In the book **Wooden: A Lifetime of Observations and Reflections On and Off the Court**, pages 100 – 101, there is a story of how Kareem Abdul-Jabbar developed his feared skyhook as a response to the dunk being banned in college basketball and the failures that Abraham Lincoln experienced prior to being elected President of to United States.)

The Third Tier of the Pyramid

The blocks of the third tier are: **CONDITION, SKILL and TEAM SPIRIT.**

CONDITION – *“Condition includes Mental, Moral and Physical. Rest, exercise and diet must be considered. Moderation must be practiced and dissipation must be eliminated.”* Coach Wooden further stated, “Practice moderation in all endeavors.”

SKILL – *“A knowledge of and the ability to properly execute the fundamentals. Be prepared and cover every little detail.”* Coach Wooden further stated, “One must have the knowledge and ability to execute skills correctly and quickly.” (Coach Reidy’s addition – Repeat the skill correctly and quickly to ad-nausium---taken from Coach Meyer.)

TEAM SPIRIT – *“This is a genuine consideration for others. An eagerness to sacrifice personal interests of glory for the welfare of all.”* Coach Wooden further stated, “One must have consideration for others, an eagerness to lose oneself in the group for the welfare of the group.” (Coach Reidy’s addition – The needs of the many outweigh the needs of a few or the one---taken from Mr. Spock, in the motion picture Star Trek, The Wrath of Khan.)

The Fourth Tier of the Pyramid

The blocks of the fourth tier are: **POISE and CONFIDENCE.**

POISE – “Just be yourself. This is being at ease in any situation and not fighting yourself.” Coach Wooden further stated, “Do what you are capable of doing and nothing more. Do not be a pretender.”

CONFIDENCE – “This is respect without fear. This may come from being prepared and keeping all things in proper perspective.” Coach Wooden further stated, “You must believe in yourself. To do this you must prepare because preparation breeds confidence. Failing to prepare is preparing to fail and a way to breed real doubt.”

The Capstone of the Pyramid

The Capstone of the pyramid is **COMPETITIVE GREATNESS.**

COMPETITIVE GREATNESS – “Be at your best when the best is needed. Competitors have an enjoyment for the difficult challenge.” Coach Wooden further stated, “The greatest joy is being involved in some event that is difficult. Daily, simple things bring no joy because everyone can accomplish them. Great competitors revel in the great challenge. Greatness can only be accomplished with **Patience** and **Faith**. **Patience** – great things take time to accomplish even though we wish they did not. **Faith** – Events will work out if we do what we must. Things happen the way they should, not necessarily how we want them to.” (Coach Reidy’s addition – **Faith** and **Patience** – We ask for God’s help in our time, He answers us in His time--- taken from the priest in the motion picture Rudy).

Coach Sivils' addition – If you were to examine a diagram of Coach Wooden’s Pyramid of Success you would notice that there are a series of terms listed on the sides of the pyramid that describe specific qualities. Coach Wooden discussed only two of these terms: **Patience** and **Faith**. The following are the remaining terms and notations: **Ambition** (for noble goals), **Adaptability** (to any situation), **Resourcefulness** (proper judgment), **Fight** (determined effort), **Integrity** (purity of intention), **Reliability** (creates respect), **Honesty** (in thought and action) and **Sincerity** (keeps friends).

Question and Answer Session with Coach Wooden and the Audience:

Question #1 - Coach, how did you recruit Lew Alcindor (Kareem Abdul-Jabbar)?

Answer: In 1964 we won the National title I received a telephone call from Lewis' high school coach who wished to talk to me about Lewis coming to college. He asked that I not contact him but indicated that UCLA would probably be one of the schools that Lewis would visit. I wanted UCLA to be the last of the five schools that Lewis visited. In 1965 we won the national title again and this further served to increase Lewis' interest. He made his visit to UCLA and decided to attend. Pauley Pavilion was being constructed at the time. I told Lewis that he would play the first game ever played in the new arena. His first home freshman game would be the first game ever played there. He committed after our conversation. I did not at any time have Jackie Robinson talk to Lewis about attending UCLA. This was a false rumor that was circulating back then.

Question # 2 - Coach, in what direction do you feel college basketball is headed?

Answer: Athleticism is remarkable, coaches are better but I believe that coaches are responsible for letting players go too much. I believe that there is too much one on one play and not enough emphasis on Team Play. I would like to see the dunk taken out of the game and I would also like to see the three point shot line moved back.

Question # 3 - Coach, what is the biggest difference between coaching college and high school?

Answer: There is no doubt that the best job of teaching the kids goes on in high school. High school coaches cannot recruit and college coaches can. I am convinced that the higher you go up the ladder (middle, high, college) the less teaching you see.

Question # 4 – Coach, what do you think about high school and college players turning professional in some cases without attending college or coming out of college early to turn professional?

Answer: For the vast majority of players this is a mistake. I think that it is bad for these young people to associate themselves with a higher age group when they are still in the developmental stages of their lives. This is not good for their mental and physical development. You play basketball for seven or eight years as a professional, you live a lifetime and therefore school is more important to prepare for this lifetime. This year, the Universities of Arizona and Duke were hurt somewhat by players leaving early for the NBA draft but the youngsters were hurt more.

Question # 5 – Coach, what did you learn from your favorite American, Abraham Lincoln?

Answer: I learned consideration for others. The Gettysburg Address and his second inaugural address show the proof of his consideration for others. He was president during the most difficult time in America's history. Lincoln's own Secretary of State did not like Lincoln's plan to show compassion to the southern states by reabsorbing them into the Union. When Lincoln was asked about why he did not consider destroying his enemy he replied, "I am destroying the enemy by making a friend out of him".

Question # 6 – Coach, would you share with us how you wound up at UCLA instead of the University of Minnesota?

Answer: I had been offered the job at the University of Minnesota but there was a sensitive situation that had to be dealt with before I accepted the offer. I did not want to retain the former assistant basketball coach there. He was a very fine man and coach but believed in ball control and zone defense. I had a much different philosophy as you all know. I was told by their administrator that the situation was going to be dealt with appropriately. UCLA was interested in me as well. A deadline was set. The university of Minnesota stated that they would call me by 4:00 P.M. UCLA stated that they would call me at 5:00 P.M. UCLA did in fact call at 5:00 P.M. Since Minnesota had not called, I accepted the UCLA position. Minnesota called at 6:00 P.M. I told them that I had already given UCLA my word to accept their position.

Question # 7 – Coach, would you please talk about your ideas of body balance as it relates to basketball?

Answer: The two most important words in the English language are **Love** and **Balance**. The head controls the physical and mental balance. The head should be in the center of the shoulders. The feet should be just wider than the shoulders. The hands must be in tight, but active close to the body. The joints of the body should be flexed and ready. Physical balance can only be obtained by mental and emotional balance. If you do not have mental balance, you will not maintain the discipline required to sustain physical and emotional balance.

Question # 8 – Coach, how did you balance you family life with coaching?

Answer: It was difficult. My priorities in life are Faith, Family and Friends. Family always came first. I did not go anywhere without my wife. I even took my wife with me when I went scouting. I established my priorities early in life and stuck by them. I still keep a picture of my wife Nell beside me on the pillow next to where I sleep

Question # 9 – Coach, would you please reflect on your relationship with Bill Walton?

Answer: Bill calls me several times each week. I remember his senior season when he told me that he was going to let his facial hair grow and not shave all year. I reminded him that I admired people who had very strong believes and stuck by those believes. I asked him if he felt strongly about not shaving and cutting his hair and he said that he did. I told him that I also had strong believes and felt that players should not single themselves out by being different in any way. I told him that I would not think about asking him to revise his belief to match mine and also told him that we (UCLA basketball) would miss him. He cut his hair and shaved the same day. You know Bill did some strange things because he had strong believes. He once gave me a petition to sign to impeach President Nixon. I told him that I would not sign it. He mailed it to Congress without my signature. When President Nixon resigned from office he was convinced, at that time, that his petition was the deciding factor! (coaches laughed)

Bill was an unusual person but a nice kid and a great player. I did have concerns between practices with him but he was a great player. I called to talk to him some years ago and his mom answered the telephone. His mom stated that Bill had spent time with many famous television news and sports personalities such as Vince Scully and Dick Enberg, to learn how to speak properly. His dream was to become a sports announcer. Bill always had a problem with a speech impediment. He worked on this problem for many years. His mom said that she was proud that he learned to talk. I asked her, "That really is great but who is going to teach him to stop talking?" (coaches laughed)

Question # 10 – Coach, what do you think of the large staffs at the college level today and would you share with us the make-up of your college staff?

Answer: I had two assistants my last years at UCLA. One was in charge of academic monitoring. This assistant, by the name of Gary, had a Ph.D. in education which gave him good standing with the faculty. I believed in prevention over cure. He also worked with the post players. Denny Crum was the other assistant. I believe he was born to coach. Denny asked why about everything I told him. He was eager to learn. His job was to focus on recruiting. On the floor, Denny was responsible for coaching the defensive press. Gary was responsible for the set offense. I was responsible for the fast break and the set defense. I wanted my assistants to make suggestions to me. I did not want an assistant to agree with me all of the time. These guys inflate your ego and you do not get any better. Most coaches already have big egos. These assistants, however, must realize that the head coach makes the final decisions. If your assistants contribute, give them credit for their suggestions in public. If their ideas do not work, do not say anything.

Coach Wooden: "Thank all of you for coming!"---(Standing Ovation)

Coach Sivils' and Reidy's Additions:

These are a few of Coach Wooden's Maxims: (taken from Wooden: A Lifetime of Observations and Reflections On and Off the Court)

Happiness begins where selfishness ends.
Earn the right to be proud and confident.
The best way to improve the team is to improve our self.
Big things are accomplished only through the perfection of minor details.
Discipline yourself and others won't need to.
I will get ready and then, perhaps, my chance will come.
If I am through learning, I am through.
The smallest good deed is better than the best intention.
Don't let yesterday take up too much of today.
Tell the truth, that way you don't have to remember all of the stories.
Don't let making a living prevent you from making a life.
Love is the greatest of all the words in the English language.
Make each day your masterpiece.
Make friendship your fine art.
Treat all people with dignity and respect.
Make friendship a fine art.
Acquire peace of mind by making the effort to become the best of which you are capable.

Books by Coach Wooden:

Practical Modern Basketball, by Coach John Wooden

Wooden: A Lifetime of Observations and Reflections on and Off the Court, by Coach John Wooden and Steve Jamison

They Call Me Coach, By Coach John Wooden and Jack Tobin

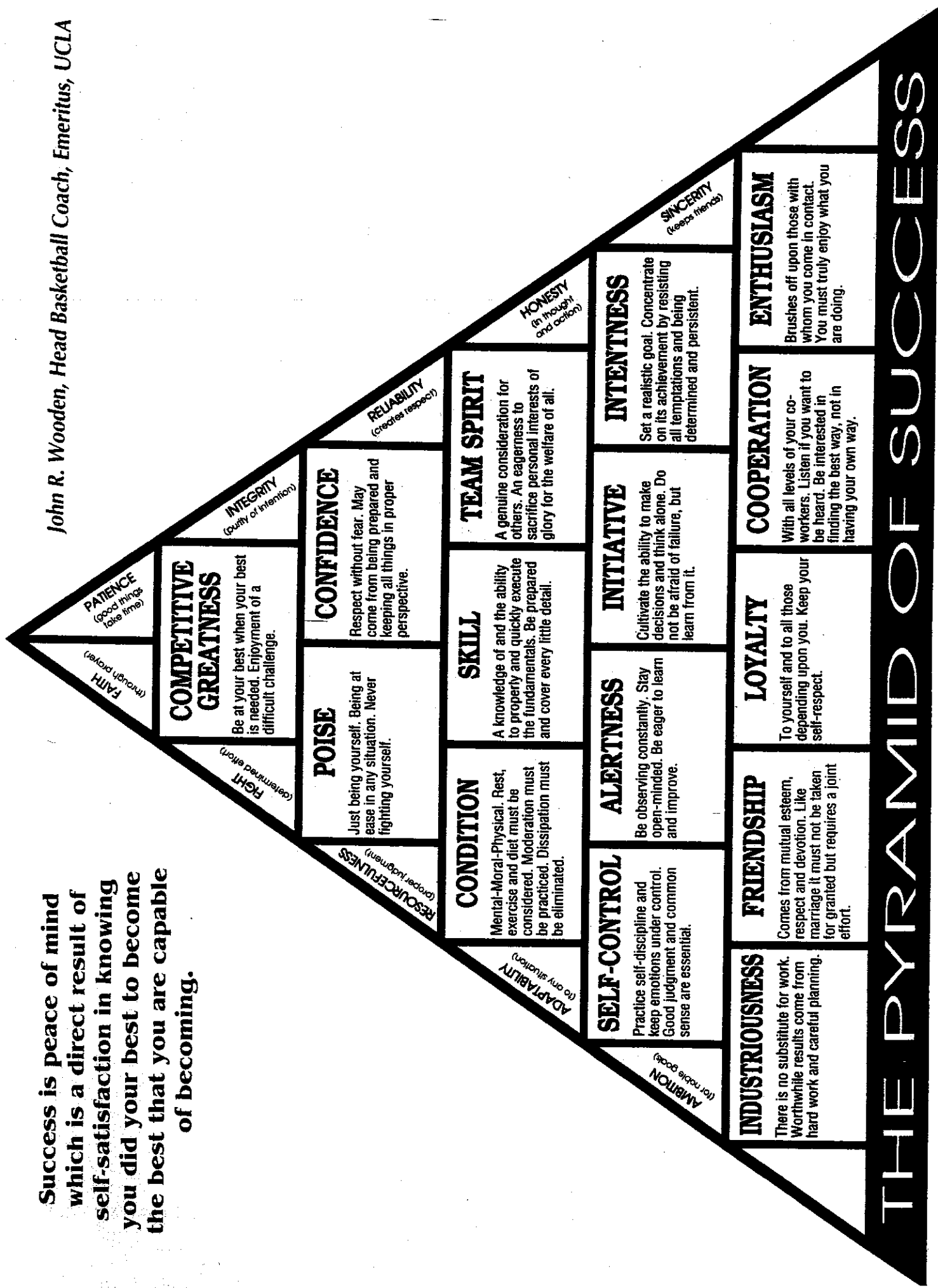
(These books can be ordered on line at amazon.com)

Coach Wooden's address:

Coach John Wooden
17711 Margate # 102
Encino, California 91316

Success is peace of mind
 which is a direct result of
 self-satisfaction in knowing
 you did your best to become
 the best that you are capable
 of becoming.

John R. Wooden, Head Basketball Coach, Emeritus, UCLA



THE PYRAMID OF SUCCESS



Northern State University



Basketball



-- 2002 Northern Sun Intercollegiate Conference
Champions --

Head Coach Don Meyer

Men's Basketball Hub ▾

NSU: 47-35 (three seasons)

Overall: 749-255 (30 seasons; 11th on all-time winningest basketball coaches list)

Don Meyer is Northern State University's 20th head men's basketball coach and led the program into the new millennium.

In his third season at Northern, Meyer guided the Wolves to the 2002 Northern Sun Intercollegiate Conference co-championship and earned NSIC Coach of the Year honors. At Northern, Meyer has coached three all-conference performers, two all-region performers, one NSIC MVP (Brad Hansen) and one all-American honorable mention selection (Hansen).

Prior to Northern, Meyer spent 24 years coaching NAIA I David Lipscomb University in Nashville, Tenn. There he reached the 700-win plateau faster than any other coach in the history of college basketball. His career record after the 2001-02 season stands at 749-255. That mark places him in the company of only 10 other four-year college coaches achieving that many wins.

Meyer's Lipscomb teams spent a decade winning more games than any other team in the country, averaging more than 32 wins per season for 10

years before his move to Northern. His 1989-90 team set a college basketball record with 41 wins. Meyer's Bison teams made 13 national tournament appearances, winning the NAIA National Championship in 1986. Meyer was named NAIA National Coach of the Year in 1989 and 1990, and was selected to the NAIA Hall of Fame at the age of 47. He also assisted coach Mike Krzyzewski with the Olympic Sports Festival South Team in 1983.

Using a motion offense similar to Northern's, Meyer's teams led the nation in scoring in 1989, 1990, 1992, 1993 and 1995, averaging more than 100 points per game in each of those seasons. Meyer also coached college basketball's first and second all-time leading scorers, former Lipscomb Bisons John Pierce and Philip Hutcheson. Meyer's son, Jerry, broke college basketball's career assist record while playing for his father at Lipscomb. Bison Marcus Bodie holds the single-season and career record for steals in college basketball. Bison Andy McQueen holds the career 3-point field goals made record. Meyer's system has produced three National Players of the Year and 22 All-Americans. Two of his Lipscomb players have received the GTE Academic Excellence Award for basketball.

Meyer's name is respected nationally in the coaching ranks. In nine years, well over 10,000 coaches from all over the nation have attended the Don Meyer Coaches Academy. Meyer's featured speakers read as a who's who in the coaching ranks. In 2001, he brought the Academy to Aberdeen with Tennessee's Pat Summitt as keynot speaker. This year, John Wooden and

Dick Bennet will be featured in the academy.

Meyer also produces instructional books and a 30-tape series "Building a Championship Program" that has helped coaches at every level from high school to the NBA. Programs using the tapes include perennial Division I powerhouses Duke, Kansas, Wake Forest, North Carolina, and NBA franchises like the Utah Jazz and Seattle Supersonics. He also built the summer Bison Basketball Camps into the most successful players' camp in the country, drawing 4,500 campers annually. During the past year, Meyer's coaches' and players' camps have been huge successes in Aberdeen.

Meyer has also given motivational speeches throughout the country and published numerous articles for many coaching publications.

A native of Wayne, Neb., Meyer had aspirations as a youngster of one day being a major league baseball player. Not only was he an outstanding baseball player, but he also excelled in the game that would become his life – basketball. Meyer attended the University of Northern Colorado and graduated in 1967. While at UNC, Meyer played baseball and basketball. On the baseball field, he posted a career pitching record of 22-2 and caught the attention of pro scouts. On the basketball court, Meyer led UNC to the 1966 NCAA college division playoffs and was named NCAA All-American. Meyer began his coaching career at Western State (Colo.) where he was an assistant from 1968-70. From there he went to the University of Utah where he served as an assistant basketball coach from 1970-72 and

earned a Ph.D.

Meyer received his first head coaching position in 1972 when he was hired by Hamline University in St. Paul, Minn. He spent three seasons there where he had a record of 37-41. Meyer took a program at Hamline that had a 30-177 record the six previous seasons. After a 5-20 record in his first season, Meyer turned things around, recording 16-10 and 16-11 records the next two seasons. Hamline reached the NCAA Division III Elite Eight in Meyer's last year with the institution. In the early years at Lipscomb, Meyer used the rules of the game to get the most talent out of his players. Often playing opponents bigger, stronger and faster than Lipscomb, Meyer's slow-down fundamental-style won many games. As the game and rules changed over the years, Meyer changed with the times to develop in his Lipscomb teams the most explosive offense in the nation.

In 1982 the Bison made it to the NAIA National Tournament in Kansas City for the first time. Soon after, the Bison became a permanent fixture at the national tournament.

THE MEYER FILE:

Years coaching: 30

Career record: 749-255

Winning %: .75

Nat'l Championships: 1

Nat'l Tournaments: 13

Notes: Fastest coach to 700 wins in the history of college basketball. Enters 2002-03 season as the 11th winningest coach in the history of men's collegiate basketball.

**Coach Don Meyer Coaching Academy
Northern State University
Aberdeen, South Dakota**

June 6th, 2002

The Don Meyer File: (Taken from www.northern.edu/athletics)

David Lipscomb's basketball program in Nashville, Tennessee, gained notoriety over a 24-year period because of the efforts of one of the best teachers in all of basketball. There, Coach Don Meyer reached the 700-win plateau faster than any other coach in the history of college basketball. His career record after the 2001 – 2002 season stands at 749 – 255. That mark places him in the company of only 10 other four-year college coaches achieving that many wins.

Coach Meyer's Lipscomb teams spent a decade winning more games than any other team in the country, averaging more than 32 wins per season for 10 years before his move to Northern. His 1989 – 1990 team set a college basketball record with 41 wins. Meyer's Bison teams made 13 national tournament appearances, winning the NAIA National Championship in 1986. Meyer was named NAIA National Coach of the Year in 1989 and 1990, and was selected to the NAIA Hall of Fame at the age of 47. He also assisted Coach Mike Krzyzewski with the Olympic Sports Festival South Team in 1983.

Using motion offense, Meyer's teams led the nation in scoring in 1989, 1990, 1992, 1993, and 1995, averaging more than 100 points per game in each of those four seasons. Meyer also coached college basketball's first and second all-time leading scorers, former Lipscomb post players John Pierce and Philip Hutchinson. Meyer's son, Jerry, broke college basketball's career assist record while playing for his father at Lipscomb. Bison Marcus Bodie holds the single season and career record for steals in college basketball. Bison Andy McQueen holds the career 3-point field goals record. His system has produced three National Players of the Year and 22 All-Americans. Two of his players have received the GTE Academic Excellence Award for basketball.

In three seasons at Northern State University, Coach Meyer's record is 47 – 35. He guided the Wolves to the 2002 Northern Sun Intercollegiate Conference Co-Championship and earned NSIC Coach of the Year honors. At Northern, Meyer has coached three all conference performers, two all-region performers, one NSIC MVP (Brad Hansen) and one All American honorable mention selection (Hansen).

A native of Wayne, Nebraska, Meyer attended the University of Northern Colorado and graduated in 1967. While at UNC, Meyer played baseball and basketball. While on the baseball field, he posted a career pitching record of 22 – 2. In basketball, he led UNC to the 1966 NCAA college division playoffs and was named NCAA All-American. He began his coaching career at Western State (Colorado) where he was an assistant from 1968 – 1970. From there he went to the University of Utah where he served as an assistant basketball coach from 1970 – 1972 and earned his Ph.D.

Coach Don Meyer: Part One – Creating Credible Coaching

Coaches, what I am about to show you will help you to get organized. This is very important. Here is what you need to get from Radio Shack:

1. **The Sharp Wizard #OZ-770 PC** – Not as expensive as some other organizers and you can store names, numbers, addresses, and appointments. It usually sells for less than \$100.
2. **The Radio Shack (Sony) 125 Dictaphone/Pocket Recorder** – I can't write things down while I am observing something so I talk into this pocket recorder and play what I record back later and take notes when I have time. This usually sells for less than \$50. Talking into a Dictaphone makes the players want to hear what you are saying because they think that you are talking about them.
3. **Palm Pilots** are also very good. **Handspring** also makes a good unit using the **OS Operating System**.

- Whether you win or loose, coaches make the world a little better for their players. If coaching was only about winning and loosing, 50% of all coaches loose their last game every year and therefore would not be successful. This statement, of course is not true. You should be coaching to influence kids in a positive way.
- Try to leave a place just a little better than the way you found it. Do the dirty job so that your players to emulate you. We should all be captains and freshmen. All of my players clean up and do the dirty job. This spills over to practice and into games.
- Have an overriding purpose that is greater than winning or loosing. Winning with a bunch of jackasses is not meaningful. Rent and view the movie, **Championship Season** to learn this lesson.
- Try to develop your own Five Principles and a Pyramid of Success.
- **ARETE** – The *Greek* word for **BEST** - **George Sheehan** – Be the best you can be! At age 50, he ran a mile at 4:47. He was a medical doctor and a pioneer of running and exercising. He wrote a book called **Going the Distance** and was a great fan of William James, the father of American Psychology. Check out his website at www.georgesheehan.com. You can also browse www.coachmeyer.com for motivational and other coaching material.
- I really like George Bush because he aspires to the old-time values. He has a great **Team Attitude!**
- Build your program each and every day.
- John Wooden Quote: Don't Whine, Don't Complain, Don't make excuses. He got this from his father, Joshua Wooden.
- Only a fool looks back at yesterday.
- Say to yourselves: What am I doing today, how will it affect my goals?
- Soft rain compared to a hard downpour will hydrate the land better. The same is true in coaching. Easy does it.
- "You must See, Sell and Paint the picture for your players". ---
Dick Bennett

Biography

Dr. George Sheehan died four days short of his 75th birthday on November 1, 1993. He used to say humans come with a 75-year warranty, but it was not age with which he was concerned. It was life in the present. "Don't be concerned if running or exercise will add years to your life," he would say, "be concerned with adding life to your years." He liked to quote William James, who said, "The strenuous life tastes better."

George Sheehan lived a strenuous life. He renewed his life at the age of 45 and turned it inside out. He returned to his body, and to running, and he shared with his readers all of his experiences in this new world of exercise and play, of sweat and competition, of physical, mental and spiritual challenge.

He was born in Brooklyn in 1918, the oldest of a doctor's 14 children. An outstanding student, he was also a track star at Manhattan College. He became a cardiologist like his father. After medical school he served in the Navy in the South Pacific during World War II as a doctor on the battleship USS Daly. Just before leaving for active service he married "the most beautiful woman on the Jersey Shore," Mary Jane Fleming, and together they subsequently raised a dozen children.

But success and security in the suburbs were not enough for him. He became "bored" with medicine, with getting "bombed out" every weekend, with falling asleep in front of the TV. He went back to reading philosophy. He read The Greeks, Emerson, Thoreau, Ortega, and James. Then he read Ireneus, one of the early church fathers, who wrote, "The glory of God is man fully functioning." George Sheehan knew he wasn't fully functioning. He started to run.

He began in his back yard (26 loops to a mile) and then became something of an oddity in Rumson, NJ running along the river road during his lunch hour wearing his white long-johns and a ski mask. His



new life had begun and its message was soon clear—"Man at any age is still the marvel of the universe." Five years later, he ran a 4:47 mile, which was the world's first sub-five-minute time by a 50-year-old.

He began writing a weekly column in the local paper. In short time, the running world was listening. This self-described loner from Red Bank, NJ became one of the most sought out experts on health and fitness. And his door was always open.

He continued the column for twenty five years. Many of these years were served as the medical editor for *Runner's World* magazine. He wrote eight books and lectured around the world. "Listen to your body," was his slogan. "We are each an experiment of one." One critic referred to his talks as "the running community's equivalent of a Bruce Springsteen concert, though listening to him was more like taking off with John Coltrane on some improvised solo."



Dr. Sheehan was diagnosed with prostate cancer in 1986. By the time it was discovered it had spread to his bones. For seven years he lived with the cancer, and "made every day count." He was a runner to the core and he would not let the cancer change that. He ran until his legs could no longer carry him. Through it all, he remained true to himself, continuing to write about his experiences. This time it wasn't about running, it was about dying. *Going the Distance* was his last book. It was published shortly after his death.

George Sheehan never stopped searching for the truths of his life. "We are all unique, never-to-be-repeated events," he said. His goal was to be the best George Sheehan possible. He was fond of quoting Robert Frost's line, "I am no longer concerned with good and evil. What concerns me is whether my offering will be acceptable."

Some quotes...

George Sheehan loved to quote the great thinkers. Due to your requests here is a short selection of some of his own words of wisdom.

"Life is the great experiment. Each of us is an experiment of one-observer and subject-making choices, living with them, recording the effects."

"Success rests in having the courage and endurance and, above all, the will to become the person you are, however peculiar that may be. Then you will be able to say, 'I have found my hero and he is me.'"

"Fitness has to be fun. If it is not play, there will be no fitness. Play, you see, is the process. Fitness is merely the product."

"Listen to your body."

"Sweat cleanses from the inside. It comes from places a shower will never reach."

"There is no substitute for learning to live in our bodies. All the tests and all the machines in the world will fail if we do not first become good animals."

"No matter how old I get, the race remains one of life's most rewarding experiences. My times become slower and slower, but the experience of the race is unchanged: each race a drama, each race a challenge, each race stretching me in one way or another, and each race telling me more about myself and others."

"Play is where life lives."

"Once you have decided that winning isn't everything, you become a winner."

"Everyone is an athlete. The only difference is that some of

us are in training, and some are not."

TEAM BUILDING CONCEPTS:

- If you whisper, your kids will hear you. Soft rain compared, to a hard downpour, will soak into the soil better and will produce more positive results.
- Give your players **Shared Ownership** – If you would like your players to go to bed before 9 pm, ask them if they would rather go to bed at 8:30 or 8:45. This will give them a hand in the decision-making process.
- Listen and observe your players. Dell Harris said, “I learned more basketball from watching Larry Bird than all of the clinics that I attended combined.”
- Nothing brings a team together like **Shared Suffering**. Success drives people apart. Suffering brings people together. A good example of bringing a family together is a funeral. Weddings do not do a good job of bringing families together. There is shared suffering however at a funeral. Success is one of the toughest things in life to handle. Coach Wooden says, “For every 100 people that can handle failure, there is just one that can handle success.”
- **Individual Responsibility** is also important in building a Team Concept. Teammates should stand up and take the blame. Always hold your players accountable for their actions. Coach Meyer – “Give a man a fish and he feeds himself, teach him how to fish and he eats for a lifetime and feeds others.” Teach your players how to fish!
- Your team must have **Collective Pride** in order to succeed. It is human nature to be a ME guy. We want our players to be WE guys. We want a TEAM ATTITUDE. You must care about your players more than you do yourself. The players must be able to identify this behavior and emulate it.
- Buy the book, *Learning the West Point Way* by Col. Larry R. Donnithorne. The book is about learning and practicing leadership. You can purchase this book from Amazon.com for less than \$20.

- Ask yourselves this question: Is the way we are playing going to win us a state championship? I had a difficult time teaching our guys to attach a zone defense from the rear so I called our Zone Offense San Francisco. You must find a way!
- Do the right things for the right reasons. You learn more by attending other coaches' practices than you learn from clinics and extended studies. Try to observe teams with comparable personnel.
- Have staff members with different ages. This will help with communication and understanding. All staff members however must be on the same page.
- **KISS** – Keep it simple stupid, an old Army expression, really works. Coach Rick Majerus from the University of Utah says that the toughest thing in coaching is to **Keep Things Simple. Less is More.** Hubie Brown has to be one of the most knowledgeable coaches in the game of basketball but he had a great problem of keeping things simple for his players. Hubie knew which water fountains at Madison Square Garden had the coldest water. He told his players this.
- You must help to **develop your players.** Plays do not win championships, players do. Find a system for them to play in to be successful.
- Coach Jerry Krause's Rules: **Find yourself, Find your unique gift and Give your gift away.**
- Coach Rick Pitino says, **"Sweat with the players. If players feel that you are working with them they will work hard for you."**
- Let parents see that you care about their kids. This will allow the parents to cut you some slack in certain situations and give you a chance to coach.
- Coach "K" from Duke says that most coaches of today coach at the D – 1 level because they like the lifestyle. Coach "K's" strength is also his weakness. He lets his players go, allows them to create. They can be really great but sometimes they make mistakes and poor decisions.

- “Anal” coaches will always be good but they will never have **GREAT TEAMS** because they stifle their players’ growth. **Do not put a lid on your team.** Allow your players to grow. Ask yourself this question: Do I want two better players at the end of the season or two better plays? I would rather have the two better players!
- Coach what you have and accept it. You can’t make a racehorse out of a pig you can only make a very fast pig! If we have pigs we want them to be very fast.
- In a team concept, players become teachers. We call this **Buddy Coaching.**
- **Great teammates make great teams.** Yogi Berra was asked what he thought of Mickey Mantle and he replied: “Mickey was the **GREATEST TEAM PLAYER** that I ever played with.” The Yankees say that Mickey was a **GREAT TEAMMATE** and this is written on his Tombstone!

FACTS ABOUT THE COACHING PROFESSION:

- Why do you coach? You should be coaching for the right reasons. Don’t work long hours unless you are working for the right reasons!
- Cal Ripkin and Lou Gerhig played baseball because they:
 1. Loved the game.
 2. Loved their teams.
 3. Wanted to play at the highest level.
- Hubie Brown’s Reasons that you can get fired:
 1. Alcohol or Drugs.
 2. Divorce –
 3. Merger
 4. Incident – DWI
 5. Taking a Stand: Pick a side and stand by your word.
 6. Be a poor classroom teacher or not be certified.

- Bobby Knight said: The only constant thing in life is **CHANGE!**
- Would you rather have \$1000000 or a penny a day, doubled per day for a month? A penny per day for a month, doubled daily would net you \$1740000 in a 31day month.
- Attitude and Effort are the only two things that you have control over in life.

- **Life is made up of:**
 1. 98% of what happens and we do not have control of these.
 2. 2% of how we react to the other 98%.
- Basic human needs:
 - To be loved
 - To live
 - To love someone
 - To relax
 - To learn
 - To leave a legacy

I love to **relax**. When I get home, I like to sit down and watch T.V. My wife sometimes hides the remote from me so I have a backup remote. If you come to my house you may find 3 or 4 remotes! I make sure that I relax.

Giving **love** is better than accepting it. The Dead Sea has no Outlets. People are attracted to you because of what you see in them. If you have a choice between giving or receiving love it is always better to give love.

Study good coaches, **learn** from them and tell others about Them and what you learned. Give your gift away!

The most important area of the body is the six inches between the sternum and the backbone----**HEART**----You can't teach it!

Leave a **Legacy**---What are you going to be remembered for? People will remember you for what you did and not what you said. People will come to see you for what you not for what you won! Magic Johnson attended Larry Bird's jersey retirement ceremony because Bird did the the right things whether he won or lost. This is a Legacy.

- Have a balanced schedule. You should test yourself from time to time. To beat someone that is really good is gratifying. On the other hand, you don't get stronger by picking up sticks but you can break your back by picking up Sequoias.
- We want to be the TEAM that everybody wants to see play because even if we should loose a game our fans know that we did it the right way.

TEACHING THE PLAYERS:

- **When the pupil is ready, the teacher will appear!** This is a very important principle!
- **The Four Laws of Learning:**
 1. Proper demonstration.
 2. Imitate the demonstration.
 3. Correct the demonstration.
 4. Properly and quickly repeat the demonstrated skill to ad nauseam.
- Players cannot handle information overload. Coach Dick Bennett says: **Dumb up, keep it simple!**
- The difference between Great and Greatest Coaches: **Great Coaches** can see things that players should correct. They see things that others do not see. The **Greatest Coaches** take only what is necessary to show their players in order to make them better.
- Have your players sign in every day on a sign in sheet with a comment by each of their names, written by you, for them to read and work on specific things. This helps with communication.
- It is not what you teach but what you emphasize that counts.
- John Wooden: "It is what you learn when you know it all that counts"! Bill Walton has this sign on his desk.
- This will make you a more effective coach. Ask yourself:
 - Where is your heart? What are you thinking about?
 - Are you coaching with a passion?
 - Are you under control?

- Great players and great coaches find ways to win. Jason Kidd cannot shoot very well but he finds ways to contribute to a win, especially during the fourth quarter. Against the Boston Celtics in this years' Eastern Conference Finals, he took **THREE CHARGES** in the fourth quarter. It is difficult to draw a charge in the NBA!
- Reinforcement is important: Coach Dick Bennett asked his players 15 minutes before each game who they were guarding.
- **NEVER** rip your players in the press! Talk to your players privately about problems, not to the press. Remember, the press buys their ink by the barrel!
- You need a **Speech A** and a **Speech B**. The outcome of the game will determine which speech to use. They should be **short** and **concise**. **Be positive** about your **Opponents** and about your **Team** to the press no matter what the outcome!
- Coach Bill Walsh – “Coaches need **Time** and **Experience**. Young coaches cannot understand this. **Success in Coaching is the Test of Time.**”
- Coach John Wooden – “It is easier to stay on top than it is to get there.”
- Take players to the hospital to work with elderly people. This will help to build character.

QUICK HITTERS TO PONDER:

- When needs are met, motivation ends.
- Keep yourself and your team hungry. The hardest task is to beat the **BEST TEAM** in the semi-finals and then have to play with the same hunger and intensity in the Finals. You must **STAY HUNGRY!**
- Make it a point to **PRACTICE** as if you **LOST** your **LAST GAME**.
- There is never a surplus of quality.
- You can never have too many players, which means those that can play.
- Definition of **TEAM CHEMISTRY** = Thoroughbreds + Pigs. Remember that pigs are important too!
- Isn't it a shame that **GOD** gave Jason Williams everything **EXCEPT A BRAIN**.
- Involve your Administrator, Principal, Superintendent or President in the Team Concept.

- How to BUILD YOUR OWN ARMY = Keep a Low Profile + Build Trust and Loyalty by the way you treat your players. Remember, you cannot buy trust. It is like friendship, you must EARN IT by DEMONSTRATION.
- Who is helping you when you are away? You can only get kids in recruiting when someone else helps because you cannot be everywhere.
- Give praise to your Assistant Coaches. You are going to talk to them about their mistakes why not about the good things tasks they perform.
- Support other sports. If you do not do this, why should other sports support your sport? Set the example.
- Spend some INFORMAL TIME with your players. Take them to lunch, have a barbecue, take them to a movie or do some community work with them like visiting a nursing home. Informal time is the best time you can spend with them.
- Use the Socratic method:
 - Question - What did you notice in that game last night?
 - Take them to another coaches' practice, preferably a college practice.
- There are ways to plant messages without saying a word. There are times when you should be subtle.
- Coach K – "Definition of Confrontation = Meeting the Truth head on."
- Administrators like Champagne programs to be run on a Beer budget.
- In coaching, you cannot enjoy the wins like you should. You have to move on to the next game.
- Before dealing with a tense situation with a player, take a walk to cool down.
- If the NCAA really cared about education, they would allow coaches to be around their players during the summer.
- It is a lot harder to be a STAR than it is to be a SLUG.
- If you have a great player, play off of him or her. Do whatever it takes to make them successful and let the other players play off of them.
- Discipline always precedes morale. If there is no discipline, there is no morale. Discipline is first with the troops.
- If it is you or the program, that decision was made a long time ago.

- If you get a negative phone call and the caller has a helpful attitude, you should consider the call.
- Good players can take coaching; great players can take coaching and learn.
- Don't buy FOX whistles. The referees profit from them.
- Coaches get more criticism and praise than they deserve.
- Tough thing for coaches: Lead from the front.
- Communicate – Use ECHO YELLS in practice.
- Winning is a by-product. Process over product every time.
- Pressure is good, stress is bad.
- Do not concern or worry yourself about matters that are outside of your control.
- “Make each day your Masterpiece.”----*John Wooden*
- All of the **GREATS** know how to keep it simple. Hubie Brown could not keep it simple. Hubie's problem: Too Much Crap but he is an extremely knowledgeable coach. “Remember to **KISS**—Keep It Simple Stupid”----*U.S. Army*
- What job can a dyslexic child get?
Answer: Congressman
- Great names for dyslexic moms and dads:
LIL—BOB—OTTO
- You must have balance in your coaching and you must know what your balance is.

PARENT TIPS:

- Ask your parents this question: What is **PERFECT** for you?
- **PARENT RULE** – Talk to parents about anything except playing time.
- Do not talk to a parent after a game. You may both get upset and say things that you will both be sorry for.
- On a **GOOD TEAM** one or two players do the dirty jobs. On a **GREAT TEAM, EVERYONE DOES THE DIRTY JOBS.**
- Do not raise your voice with a parent.

MISTAKES:

Players will make mistakes, especially the great ones. Just look at this:

- Most strikeouts -----Babe Ruth
- Most turnovers -----Magic Johnson
- Most losses -----Cy Young

Procedure for making mistakes:

- Recognize them.
- Admit them.
- Correct or learn from them.
- Forget them.

FACTS ABOUT THE TEAM:

Give your players the Fox Hole Test. If you and your Teammates were in a Fox Hole, where would you want three players positioned using the criteria to the right?

FOXHOLE:
YOU

2

1

3

CRITERA:

3 = Person on your Team that you trust the most.

2 = Person on your TEAM that you trust second most.

1 = Person on your TEAM that you trust third most.

- Never give orders that can be understood, only give orders that cannot be misunderstood.
- Your relationship with your players is an important factor in building a TEAM.
- Older players should help younger players.
- Confidence comes from demonstrated ability. Your team must know that they will win but more importantly they must know exactly how they will win.

- You better be a Great Half Court Team in post-season tournament play.
- Have goal sheets with established goals for each of your players. Check these sheets every week.
- Pray for some tough games during the season. This will make you better in post-season.
- Bad shooters are always open.
- Substitute on every one of your team's free throws in order to prevent the fast break.
- Evaluate what your Program/Team needs are at the end of each week.
- Plan the next week on the Sunday before the week.
- You need to win and loose in practice. When one looses, the whole team suffers. When one wins, the whole team wins. You can play games such as 7 – up, Cut Throat and Knock Out.

Chuck Dalyisms:

- Offense is spacing and spacing is offense.
- You are the most open when you first get the ball.
- The defense cannot guard two things in a row.
- The defense does not break down on the help; it breaks down on the recovery.
- Sometimes “Not to guard” is “To guard”.
- The first shot will not beat you.

Types of players:

- 32 minute player
- 8 minute player
- 2 minute player

Jim Valvano's Team:

- **Point Guard** – Disciplined, can see the court well.
- **Post Player** – Takes up space and can post up, catch, and score simply.
- **Athlete** – This guy stays in the middle of the above two players.

Valvanoism:

- Let me check the elevator to see if there are any alumni in it. If there is none present then we can get in and ride!

Rick Majerus's Team:

- Rick wants 4's that can make 3's and 3's that can post up.
- Big wide bodies that can take up space and get down the court.

Majerusism:

- Low man WINS!

Navy Seals:

- Get the tape on the Training of Navy Seals. This is great to teach teamwork.
- "Those who work the hardest never surrender".---**Seal's Motto**

The Infamous Dork Rules:

- **Pass and go away!**---To another team in your league.
- **Pass and screen away!**---Collision is eminent, Dork will trip over one of the lines on the court and injure your best player in the process.
- **Have Dorks screen for Dorks.**
- **Pass the ball and replace yourself.**
- **Pass and ball screen.**
- **Substitute early and often.**---Clap and be excited.
- **If you have a kid that is not going to be guarded, have him set ball screens.**
- **Dorks can help you.**---You must use them correctly.

Building Your Team:

Post Player
Banker's Son Athlete Principal's Son
Point Guard

Qualities of a Point Guard, the first player that you start the Team with:

- Must be a LEADER.
- Must be able to take care of the ball
- Must be able to make good decisions.
- Not necessarily a scorer, maybe 10 points/game with a higher number of assists.

Characteristics of a Winning Team:

- Greatly conditioned.
- Fundamentally sound.
- Great Team Spirit: Each player is willing to do what is best for the good of the TEAM.

FINANCES FOR COACHES:

Deductibles:

- Mileage
- Meals
- Books
- Motels
- Coaching Gear

Advantages:

- House sale after age 55.
- Rule of 72.
- Have a nice house and a cheap car. Which do you spend the most time in?
- Keep good records: books files and receipts.

Joshua Wooden, Coach John Wooden's father said, "Drink deeply from good books." Here are some recommended books:

- *Wooden: A Lifetime of Observations on and off of the Court* by Coach John Wooden
- *Make the Big Time Where You Are* By Frosty Westering
- *The Art of Living* Coach Wooden's favorite book next to the Bible)
- *Tuesday's with Morrie* by Mitch Albom
- *First Things First* by Steven Covey

Head Assistant Coach Paul Sather

Paul Sather returned to Northern State as the head assistant for the 1998-99 season. The Princeton, Minn., native had a stellar career on the court for the Wolves from 1990-94, helping the program to three NAIA national tournament appearances. Sather was a team captain for Northern teams that made back-to-back national runner-up finishes in 1993 and 1994. NSU's record during that two-year stretch was an impressive 59-11.

Sather earned his bachelor's from Northern in 1995 and served as a student assistant at NSU during the 1995-96 season. He then landed a job as a physical education teacher and assistant boys' basketball coach at Sidney High School in Nebraska.

During the 1997-98 campaign, Sather returned to college hoops, serving as a graduate assistant at Wayne State (Neb.) before making his return to Northern. Sather earned his master's from Wayne in 1999.

Sather and his wife, Kelsie, were married in the summer of 1999.

Assistant Coach Brad Christenson

Entering his 11th season at NSU, Brad "BC" Christenson has helped the Wolves advance to three NAIA National Tournaments including two national championship games and four NCAA II National Postseason Tournaments -- including an Elite Eight bid in 1997-98. With BC's help, NSU

has won seven Northern Sun Intercollegiate Conference titles. His duties include on-the-floor coaching and scouting.

Christenson was the head freshman girls coach as well as a varsity assistant girls coach at Aberdeen Central High School from 1995-98. He's in his ninth year there as a math and business teacher.

Christenson earned his bachelor's degree in business administration (1989) and master's degree in professional accountancy (1990) from the University of South Dakota. He received his teacher certification from NSU in 1993.

[NSU Home](#)[NSU Athletics Home](#)

A handwritten signature in black ink, appearing to read "J. S. J.", is written over a horizontal line.

**Coach Don Meyer Coaching Academy
Featuring Assistant Coach Paul Sather
Post Play**

Coach Paul Sather's Introduction:

"It is good to be in the same room as Coach John Wooden. He has an amazing ability to remember things. I am the recruiting coordinator and post play coach here at Northern. I had to work with the guards when coach had his by-pass surgery in addition to my other duties. I don't know how Coach Wooden accomplished so much. I hope I can learn enough from him while he is here."

- *"You must make a commitment to play the **POST POSITION.**"*
How are you going to do it?
 1. You must MASTER the simple things.
 2. Keep it simple. Do it over and over to build habits (adnausium). LESS IS MORE! (Hubie Brown)
 3. Gear everything around the post. You must get the ball inside. Your mindset must be that the game is won from the INSIDE OUT.
 4. Post must be taught to make body contact with the opponent first. You can't be afraid to put a body on some body!
- It is too demanding physically to play one post player an entire game. You must have two posts that share the position. An interesting fact is that there are only FIVE (5) American Born Post Players who start in the NBA. Why is this? Because American players are getting LAZY. This is a very demanding position but it can be fun!
- Our goal is to **GET 30 Points and 15 Rebounds out of our Post Position** in every game that we split between 2 players. We averaged 28 points and 13 rebounds this last season (Game within a Game). Our backup got 12 points and 6 rebounds in 17 minutes of play.
- *Critical teaching point:*
Post players must use two hands. Every time they do this incorrectly, tell them! You must be consistent and so must they!

Do everything with two hands:

1. Chin the ball.
 2. Rebound the ball with two hands
 3. Catch the ball with eyes and use both hands – block and tuck technique.
 4. Must have mental and physical toughness.
- When post players make a basket, they make a transition and come back. They never rebound a make! This teaches transition.

Important qualities to look for when selecting post players:**1. Great Attitude:**

- Must be willing to learn and do exactly what he or she is told to do.
- Mentally – Must be tough, you almost have to be a psychologist.
- Physically – Must have good body posture. Never allow your post players to bend over while on the court during play stoppages as Chris Weber does! Not only does this look bad (Lazy Connotation), but it is not good for the upper body cavity. This causes compression and it becomes more difficult to breathe. In short, it is just plain old stupid! Teach them how to breathe correctly—if they get tired, tell them to put their hands over their hips and breath through their nose. Raising their hands behind their heads also extends the upper body cavity to allow more air exchange.
- Post must be consistently on an even keel. Highs and lows cannot be too high or too low. Post play is like a goal line stance in football. Sometimes you are gonna get your ass kicked and you just are going to have to come back the next time and execute properly. You win some, you loose some!

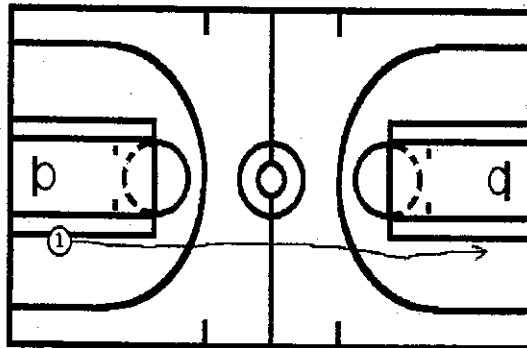
2. *Work Ethic:*

- Develop a workout plan. Help them develop a plan when they go into the gym, "A plan of ATTACK".
- You want a guy who works hard.
- You must help them as coaches – show them how to work hard.

How to score on Work Ethic alone: (WORK ETHIC POINTS)

1. Your post player must be able to run a transition from block to block in 4 seconds or less. Some coaches call this "Running from Rim to Rim". (See Figure 1)

Figure 1: Post player running from block to block:



2. If you run the floor every time as a result of the drill in figure 1 above, you can get at least 2 pitch aheads. This will earn you **4 points per game**.
3. If you can get 5 offensive rebounds per game with 2 put backs, this will earn you **4 points per game**.
4. If your post player can draw 3 fouls for getting good position in the post, you can earn **3 points per game** from the free point line by getting fouled after shooting.

TOTAL WORK ETHIC POINTS EARNED: — 11 points per game just from post hustle!

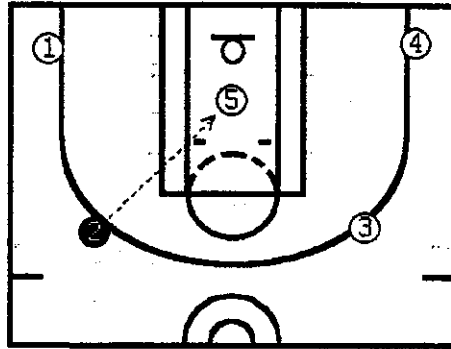
3. Skill Area:

(Players catch the ball with their Eyes, Feet and Hands)

- **HANDS** – Develop your post players' hands so they attract 2 or 3 defenders. Last year, our Wolves made 233 three pointers. A post player made not one of these threes. We got good looks because our post players were drawing 2 and 3 defenders while in the post.
- **FEET** – You must have good footwork. You must have a GO TO MOVE and a COUNTER MOVE. The GO TO MOVE is the one that you rarely miss and this is usually taken away by the defense. This forces you to have a COUNTER MOVE, a move used when the defense takes away the GO TO MOVE. You may also use this to complement or a change of pace. You must be LOW and WIDE, be able to take up space, and your movement must be into the defense. (Coach Rick Majerus calls this post skill "LOW MAN WINS"! He got this expression from football coaches. Get wide and occupy a lot of space-beat the defense to the space! When the ball is swung, leg whip, get position and follow the ball. Show your numbers to the ball! Put your body on somebody!)
- **EYES** – You must have the ability to see the defense coming, or anticipate. You must have the ability to see your teammates. You must also have the ability to hit cutters as they basket cut. Peripheral vision is necessary! You can develop good post habits by using this drill. Coach Meyer calls it the 5 out, 1 in drill. You use two balls and five players spot up equidistant from each other on the perimeter, outside the three-point arc. The players on each side closest to the baseline are below the vision of the post player. This helps his develop peripheral vision with concentration. As the post player posts up and catches the ball, he looks it into his hands, chins it and fans it to another perimeter player opposite from the player he received the pass from. The other perimeter player with the second ball calls the post players name and immediately throws a post feed pass. This process is done with zip and for 30 seconds to a minute. You can take turns in the post and rotate out and around

the perimeter. (See Figure 2)—Note that this program will only allow me to place 5 players and one ball. You can use more players and more balls.

Figure 2: Imagine another ball in 4's hands and additional player on the perimeter.



Note: *A player can control the first two of the above three qualities. You can improve the third quality only when the first two qualities are mastered. Attitude and Work Ethic are totally within the control of your players.*

THE IDEAL POST PLAYER:

- BIG HEART.
- ABILITY TO LISTEN AND DO EVERYTHING YOU ASK THEM TO DO.
- MUST BE AS GOOD AS HE CAN BE, NOT AS GOOD AS HE WANTS TO BE.

The Six Most Repeated Things That We Tell Our Post Players At Northern State University:

1. ***PUT YOUR BODY ON THE DEFENDER FIRST*** - You must initiate contact. Defenders do not want to make contact because they are afraid of drawing fouls. You must have strong legs so that you can stand the defender straight up when using the LEG WHIP TECHNIQUE. Squats will help with leg strength. You

also need good hips so that you can EXPLODE OUT of your stance and seal!

2. **DOLEAC STANCE** – Michael Doleac played for Coach Rick Majerus at the University of Utah. Doleac's only Division I scholarship offer was to the University of Utah! Position of stance:

- Back straight and strong with good posture.
- Sit in to your stance, drop your hips while keeping back straight. Low man wins, take up space by getting wide in your stance while staying balanced.
- Hands up to see the backs of the palms while looking straight ahead and using peripheral vision.
- Heads up and centered, balance is most important.
- Arm and leg dominance.
- Forearms should be in a bench press position to move the hands closer to the ball.
- Elbows are the extensions of the shoulders.

3. **CHIN THE BALL** – You must do this each time you catch the ball.

- Rebounds
- Receiving the ball.
- Power shots.
- You must chin the ball every time. Do whatever it takes to make this point to the post players! If the ball is stripped away from our post player in practice, we stop practice and do post moves for 2 – 3 minutes while emphasizing the ball chins.

4. **CATCH THE BALL** – When Jerry Rice led the NFL in TD catches in one year, he stated that he would have had at least 7 more touchdowns if he would have concentrated more and looked each catch into his hands.

- Look every catch into your hands.
- Sight your target after the look in.

5. **SHOOTING THE BALL** – Finish as simply and as strongly as you can. There are no points for style so finish simply!

- Be aware of your court position.
- Sight your target early.
- When you are making your move, you are looking at your target.
- Concentration is important. If you look at ESPN's Hunting Show, hunters line up their shots for a long time before they shoot.

6. **USE THE GLASS** – There is more room for error when you use the glass.

- You want clean shots off of the glass unless it is a dunk or a jump hook over the front of the rim to the middle.
- Kiss the shot off the glass.
- We want the shot to hit the glass on the way down. the shot must have passed the apex of the shot.
- We can achieve a 60-degree arc when using the glass.
- Your shooting pocket can be higher when you are in the post.

GOALS FOR POST PLAYERS:

- FORCE THE DEFENDER TO GUARD YOU WITH 2 – 3 DEFENDERS.
- GET OPEN AND STAY OPEN.

How can a post player get open:

- Run block to block in less than 4 seconds.
- Use V – Cuts to get open. We prefer our posts not to go side to side.
- When the defense is playing you low, take them lower. When the defense is playing you high, take them higher.
- Change of speed, change of direction.
- Utah's go to move in the post is to the middle of the floor because you put a lot of pressure on the defense with this move.

- Driving space – step to your range on an “I” Cut – when the post “D” gives help, the post steps to his shooting range. “33” out of a baseline drive with a Crack Back. If a post can take a 3, he steps back. “Crack Back” and fills where the perimeter started from. The driver seals the post defender.

The EYE CUT SERIES: (See Figure 3A, B & C)

Figure 3A: Guard (2) makes baseline dribble down.

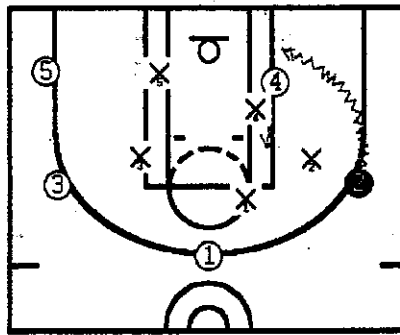


Figure 3B: Post player (4) steps up the lane, left over right, facing the ball and receives it at the high post elbow with defender (X4) sealed behind.

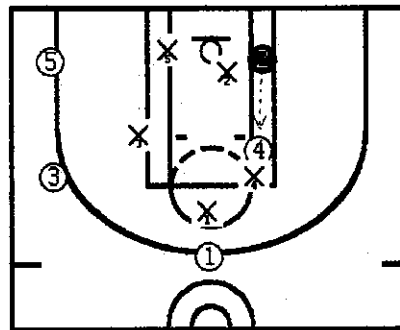
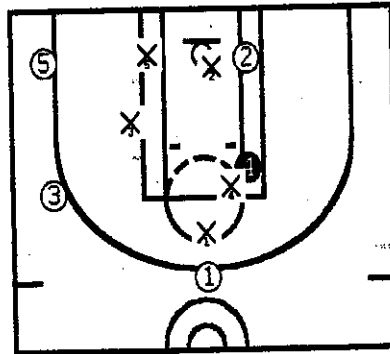


Figure 3C: Post player (4) receives the ball at the ball at the high post with pass from guard (2).



Drive Middle Series: (See Figure 4A,B&C)

Figure 4A: When guard drives middle, post will step right over left and go to the short corner to receive a pass to shoot.

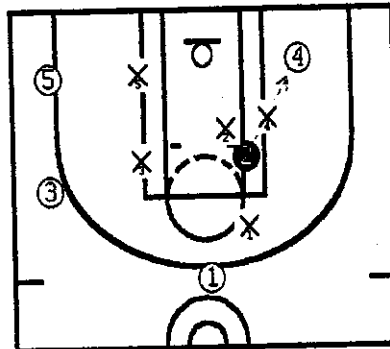


Figure 4B & C: Guard 2 passes ball to 4 in the short corner for a shot.

Figure B:

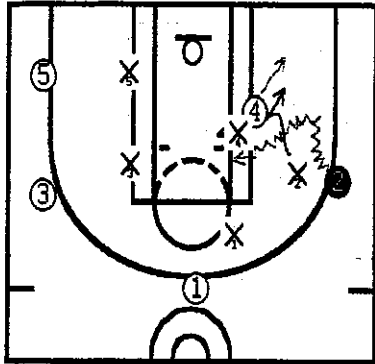


Figure C:

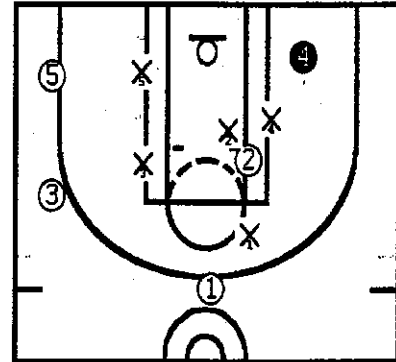


Figure 5A, B & C: Three to a Three Series (33): The guard drives baseline and the 3 man, (if you have a 3 man that can shoot the three pointer), steps out and receives a pass and shoots a 3. Great for the end of a quarter.

Figure 5A:

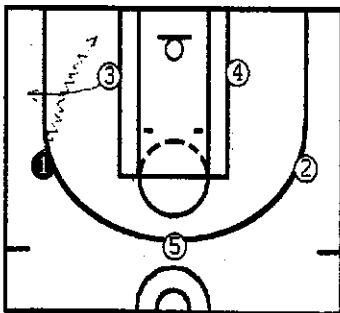


Figure 5B:

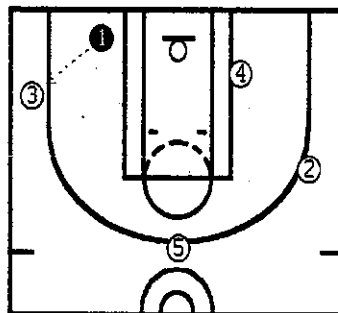
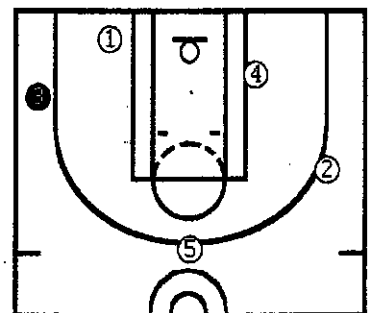


Figure 5C:



You can also use the skip pass to bet a three point shot. Sonny had the highest 3-point field goal percentage in the NCAA this year because his man was trying to help the post defender on the skip pass.

How can a post player stay open:

- Always show the ball your numbers.
- Use your hips to help seal and stay the same level.
- Guards can dribble down and feed the post.
- Use 5 pound to 10 pound weights in each post player's hands to work out with. Hold hands in Doleac position.
- The line of the pass is always perpendicular to the line of the catch.
- Work for a lob, chest to baseline.
- Top down pass, also called ball on top.
- Use of a skip pass to create a better angle for the post feed.
- Both the post player and the guards are responsible for the post player to get open and stay open. Creating angles are most important for a proper post feed.

Post moves:

- You need a go to move. This is your best move in the post. Shaq's go to move is the dunk. Kareem's go to move was the sky hook. Kareem's go to move is the baseline jumper.
- You need a counter move. You make this move when your go to move is taken away from you by the defender. Larry Bird had a series of counter moves. One of those was a shot off the backboard where he set himself up to get the rebound and the put-back. It does not have to be creative.

Line of Deployment:

- Get the defender on one side and then create space.
- Step higher to get the post defender on one side.
- Seal and create more space.
- The objective is to create angles so that you can receive and score.

Getting Fronted:

- Step low.
- Get the defender to deny.
- Seal and create space.

Beating the Defender's feet:

- Show the ball your numbers.
- Stay low.
- The head never goes up.
- Use your hips, butt and legs to seal the defender out.
- When fronted, think two or three passes ahead.

Set up for the lob:

- Both hands are up-Hold down the defenders body by pressing down on his shoulder with your upper arm (elbow) with hand up.
- Use your hips.
- When the ball goes from wing to wing to the top, reverse and leg whip the defender.
- Maintain space and do not give up ground. Most teams release.
- The best pass is from on top down to the post.

Skip passes:

- Do not follow the ball.
- Seal wherever you are at the time of the skip pass and be ready to receive the post feed.

Figure 6A, B & C: Skip pass for post feed:

Figure 6A:

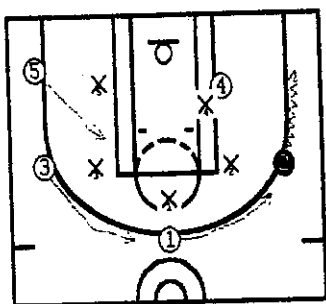


Figure 6B:

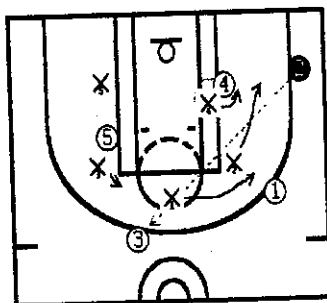
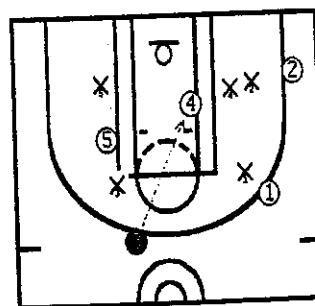


Figure 6C:



- You can also use the skip pass to bet a three point shot. Sonny had the highest 3-point field goal percentage in the NCAA this year because his man was trying to help the post defender on the skip pass.

Rules for Post Players:

- Get Open.
- Stay Open.
- Safely Receive the Ball.
- Score Simply.

The better the athlete, the worst the entry pass can be:

- Post player is 50% responsible for the entry pass.
- Perimeter player is 50% responsible for the entry pass.
- Pass away from the defender to the angle.
- When passing to the middle of the lane, use an air pass.
- Post player must follow the ball, do not give up your seal too early.
- Post player should make a quarter turn in the air when catching and setting up for the jump hook.
- When the post player does the quarter turn, this automatically gives them an angle to the basket.
- We throw a bounce pass with spin to the post player when dribbling down to the baseline for a post feed. The ball bounces into the post player as he jumps to the pass.

Two kinds of Post Players:

- A post that only wants to post up.
- A post that can make a short jumper or perimeter shot.
(These are Coach Majerus' Post Players at Utah; it is also the more effective of the two posts)

Rules for Power Shots:

- Toes Pointed to the Baseline.(This could be the most common reason for post missed shots)
- Chin the Ball.(Catch it high, keep it high, don't be small in the post)
- Shoulders are square to your target.
- Eyes are Up and Focused on the Target, *even while doing a shot fake.*

- Keep a wide base while staying low. (Would you rather walk by a coiled snake in the woods or a long moving snake? The coiled snake has more striking power. Be a Coiled Snake!)
- Make all Power Moves Clean!
- Do not get too far under the goal unless you are going to do a Reverse Mikan. You will loose your proper angle to the goal.

Coach Don Meyer Coaching Academy Coach Don Meyer - Part II Continued

Camp Ideas:

- Put a number for each kid on the shirts.
- Have different color shirts for each team.
- Put an area on the shirt so that you can write the player's name, dorm, gym and coach's name.
- Wash the shirts at night for the campers.
- Do not put the camp name or date of the camp on the shirt, just the name of the program.
- Have things to give away such as pamphlets or handouts. This promotes your program.
- Play cutthroat instead of full-court games during camp. It allows them to play without taking away their legs.

Cut-throat Rules:

- Make it, take it. This forces them to play defense.
- Allow only one dribble or no dribble. This forces movement without the ball.
- A player can not receive the ball unless he comes off a screen.
- Make two pointers worth two points and three pointers worth one point unless the pass to the perimeter came from a post fan opposite or crack back.
- All perimeter players must catch and face the goal in triple threat on the perimeter when receiving it. This makes you a threat when you receive the ball.

Shoes:

- Have three pair of shoes per player.
- One Pair is for Practice.
- One Pair is for Game Play.
- One Pair is held in Reserve.
- When the Practice Pair blows out, move the Game Pair to Practice and the Reserve Pair to Game.

**Don Meyer Coaching Academy
Michigan State University
Rebounding Concepts & Philosophy Handout
Mike Garland**

Introduction:

In the Michigan State Basketball program, rebounding, without question is a top priority. From the season's beginning until its end, rebounding is a big point of emphasis each day throughout the entire duration of our practice sessions. Everything we do begins or ends with the rebound or an attempt to rebound the chance (made shot).

We coach rebounding on every shot in practice. One of our staff members, and sometimes two, are assigned to coach rebounding during practice. Which phase of rebounding he will coach is usually determined before practice and will change in accordance to what we are working on during a particular drill or scrimmage situation offensively or defensively.

Important point:

We grade our players' performance in rebounding on effort, not the number of rebounds they get in a game or practice session.

Offensive rebounding:

We chart the number of times a player makes an all out effort to get to the offensive boards (attempts) against the number of chances he had to go to the boards. The percentage is calculated by dividing the number of chances to go to the boards into the number of times a player attempted to go to the boards. We also do the same collectively as a TEAM using the same method. Our goal is to be 90% or above in our effort. We want to get back 50% or better of our missed shots. (Coach Meyer note – what about missed free throws?)

Defensive rebounding:

We chart defensive rebounds in a similar manner except we calculate the number of chances to cut out (block out) by the number of times a player individually or our TEAM collectively actually did cut out (block out) his offensive player when the shot was taken. Our goal is 90%. We do not ever penalize a player for not making an unnecessary cut out (**we actually discourage the unnecessary cut out**).

Offensive Rebounding Principles:

- At Michigan State we believe the missed shot is our best offensive play.
- We tell our players to assume the miss when the shot is taken either offensively or defensively.
- We tell our players to pursue the ball (**Al Anagonye**).
- Do not go to a back – avoid contact.
- Keep hands above the shoulders. (**Do not allow your arms to be pinned down**).
- If you cannot get the rebound, try to tip it to someone else or keep the ball alive. Get a hand on the ball or a finger – whatever – keep the ball a live. We do a better job of this than any TEAM in the country (**War Drill**).
- We want to get dribble penetration by our point guard.
 - Causes help rotations that leave our players a free run at the basket when the shot is taken.
 - A point guards' poor shot in the lane can turn into a good play if you are getting to the glass (**Thomas Kelly - Do not pass/shoot rule**).
- We want to get the ball inside to our post players.
 - It is tough to double post or cover-down and dig out from the perimeter and rebound at the same time.
 - Most perimeter defenders relax when the shot is taken inside. We really work hard on getting our perimeter guys to follow up on the post player's shots.
- **OFFENSIVE REBOUNDING IS JUST FLAT OUT RELENTLESS EFFORT!**

Defensive Rebounding:

- Offensively we want to get every rebound. Conversely, we do not want our opponents to get any offensive rebounds.
- As I stated previously, we chart our player's effort to cut out when the shot is taken. Our defensive rebounding philosophy when it comes to what we do when the shot goes up is:
 1. We do not block out – we cut out. Step in crotch – forearm in chest. We do not want to stand with our backs to our opponents.
 2. We want our players to hit their opponent and go get the ball above the rim. Use a football block – make your opponent step back.
 3. Clean rebounds – critical to the success of our break.
 4. We teach our players to **CHIN** the ball the instant that they get their hands on it. This is a big reason why our players rarely lose a rebound or have the ball stripped from them.
- The **NUMBER ONE REASON** for our **SUCCESS** on the **BOARDS** is our **PERIMETER REBOUNDING**.
 - 1) Against a strong offensive rebounding **TEAM**, you must get guard rebounds with your point guard.
 - 2) Cleaves
 - 3) Bell
 - 4) Point guard is a free rebounder.
 - 5) Guard rebounds make the fast break *faster*. There is no need for an outlet pass.
- War Drill:
 - 1) Without guard rebounding.
 - 2) With guard rebounding.
 - 3) Do not let offensive player get his feet in the lane.
 - 4) Offensive players do not lean on backs – pursue the ball.



Dick Bennett Bio - from Wisconsin Sports Information Office

Dick Bennett resigned as the head men's basketball coach at the University of Wisconsin on Nov. 30, 2000, after leading the Badgers to one of the most successful periods in the school's history.

Bennett's retirement came three games into his sixth season with the Badgers and his 25th overall as a collegiate head coach. His record with the Badgers was 93-69 (.574) and his career mark was 453-258 (.637). Bennett coached the Badgers to a school-record 22 wins in both the 1998-99 and 1999-2000 seasons.

In the 1999-2000 season, he guided the Badgers to the school's first Final Four appearance since 1941. Wisconsin won 24 games over nationally ranked opponents during Bennett's tenure, the last coming in his final game (78-75 OT vs. 13th-ranked Maryland on Nov. 29, 2000).

Wisconsin led the Big Ten in scoring defense four times during the Bennett era and finished in the top five nationally in that category three times. Bennett is the only coach in school history to have guided the Badgers to three NCAA Tournament appearances.

Bennett came to Wisconsin from UW-Green Bay, where he coached from 1986-95 and guided the Phoenix to a 187-109 (.632) record, three NCAA Tournament appearances and two NITs. Bennett's son, Tony, now a Wisconsin assistant coach, was his father's top player at UWGB.

Dick Bennett got his college coaching start at UW-Stevens Point in 1976-77. He compiled a 173-80 (.684) record in nine seasons with the Pointers and guided that school to three NAIA Tournaments, including a runner-up finish in 1983-84. The NAIA runner-up team featured guards Terry Porter and current UW acting head coach Brad Soderberg.

Bennett began coaching in 1965-66 as the freshman coach at West Bend (Wis.) High. He spent 11 seasons coaching various Wisconsin prep teams to a combined 168-60 record prior to taking over at UW-Stevens Point. Bennett and his wife, Anne, are the parents of three grown children: daughters Kathi (presently the head women's basketball coach at Indiana) and Amy, and son, Tony (currently an assistant at UW).

**Coach Don Meyer Coaching Academy
Featuring Coach Dick Bennett
University of Wisconsin**

Coach Don Meyer's comment when introducing Coach Dick Bennett to the Academy attendees:

"Coach Dick Bennett had more impact on how the game was played in his state than any other coach."

Coaches Kevin Sivils' and Bill Reidy's Observations of Coach Dick Bennett:

Coach Bennett was excited to be at the Academy. He seemed very relaxed and was eager to help the coaches. I believe that he would have talked longer if time would have permitted. He was very knowledgeable and you could feel his love for the game.

Coach Bennett wanted to build a foundation. He felt like few people knew who he really was. His son was still an assistant at University of Wisconsin. His daughter was now the head women's coach at University of Indiana. His brother was the head men's coach at the University of Wisconsin-Stevens Point. He is still able to get his basketball fix without having to coach the game anymore.

Coach Bennett was a head coach for 36 years. All of his jobs were rebuilding jobs. He liked to go into a situation in which there was no pressure. He did this because he could just go out and do what he wanted to, the way he wanted to and then, get out when the situation got to be good.

Bennett feels a coach must decide which is good and which is just window dressing when rebuilding or building a program. He feels that adversity is a good experience. This makes you a better coach. Coach always wanted to be consistent from start to beginning, until the end of his career. This characteristic was a trademark of his.

Simple concepts that Coach Bennett thinks are important in program building:

- ***Surround yourself with good people.***
Coach Bennett is big on intangibles. You can have talent but if you do not have intangibles, you will be limited!
- ***Teach a system that lets you compete against the very best.***
Coach Bennett's entire approach during rebuilding was to eliminate losing. Ask yourself this question: "What Will Get Us Beat"? These are Coach Bennett's SIX things that will contribute to losing:
 - not getting back defensively
 - not blocking out for rebounds
 - making poor decisions
 - committing dumb fouls
 - poor shot selection
 - committing turnovers
- ***Think about how many times you were beat vs. how many times you lost.***
Coach Bennett feels that if you can hang in there, compete and not get beat, you have a chance to win.
- ***Eliminate the garbage that got the previous coach fired.***
This will give immediate improvement to your program.
- ***Evaluations are about quality.***
As a coach, you must insist on quality. Always think about the quality of your team's play.
- ***Must force players go beyond their comfort level.***
This means that as a coach you have to go beyond your personal comfort level. You must do this in practice as well as in a game. Coach Bennett felt he could no longer go beyond his personal comfort zone and this is the reason that he resigned. It is important that his players are made to be uncomfortable and that they begin to expect it.

- ***Coach Bennett emphasizes taking care of the ball.***
 Taking care of the ball is a part of everything that we do as a TEAM. Coach Bennett is found of saying, "The players do not do what we teach them but they do what we emphasize to them." This is the reason that he emphasizes **TAKING CARE OF THE BALL.**
- ***Coach Bennett emphasizes TEAM DEFENSE more than individual defense because of the time constraints.*** Coach Bennett believes in breaking down the defense into situations so they can be repeated. This allows for anticipation and recognition to be developed to an extreme degree.

Bennett breaks his practice time down as follows:

- ▶ ***Team Defense – 1/3rd of practice time.***
- ▶ ***5 on 0 shell – 1/6th of practice time.***
- ▶ ***Fundamentals – 1/6th of practice time.***
- ▶ ***Team Situations – 1/3rd of practice time.***

REBOUND, REBOUND, REBOUND:

- ▶ This is the key to success
- ▶ If you do not emphasize rebounding you will be defeated.
- ▶ Coach Bennett uses the Team Situation segment of his practice to practice rebounding.

Coach Bennett's Steps in Building a Successful Team:

- Surround yourself with good people.
- Surround yourself with passionate people.
- Surround yourself with people who believe in servant hood. (What can I do for You?) Look for people who are willing to serve. **The Road to Greatness says: *I have very little ability to finish anything on my own but if we get together, we can accomplish much! Surround yourself with people of a like mind to achieve greatness!***
- Do not allow anyone to come in and break up the FAMILY. The **UNITY of a TEAM** must be **protected and nurtured.**
- Look for opponents that say thank you in defeat and ask them what errors you may have made.

- • Schedule HARD! We lost to Michigan State three times in one month but we really got better!
- Think about who you are what you want to do and **STAMP IT!**
My **STAMP** was that I wanted to play **GOOD DEFENSE!**
- It is not what you teach, it is what you emphasize!

Coach Bennett wanted to know what separated people so he read books and listened to people.

- Coach Bennett researched things that were important to him. He found his source of wisdom in the Bible. Coach Bennett's Teaching/Coaching Philosophy is based on Five Biblical Principles:

1) *Don't be Lukewarm.*

- a) Don't be spit out of someone's mouth like lukewarm water.
- b) Be passionate about things that matter.
- c) Maintain an individual and team hunger.

2) *Have the mentality of a servant.*

- a) Always look for an opportunity to serve.
- b) It's best to serve when you expect nothing in return.

3) *Understand and practice Humility.*

- a) James 3:13
- b) Consider others better than yourself.

4) *Never let the sun go down without resolving all bad situations.*

- a) Say what needs to be said now, and then get on with your life.
- b) Don't let pride hold you back – say you're sorry.
- c) Live today with the assumption that it will be your last day.

5) *Maintain an attitude of Thanksgiving.*

- a) Be thankful for what you have. Don't waste time on jealousy.
- b) Consider every situation to be an opportunity for growth.

- Wash your hands of success.
- Success softens, deludes and weakens.

Coach Bennett's Quick Hitters:

Thankfulness - Need to teach this to players. Teach them to learn from every situation.

Humility - This is required to accept a tough loss. It is necessary to be thankful in order to learn from it.

Personality - Stamp your personality on something. Coach Bennett did this with defense during the rebuilding stage.

Start at the end - Defensively, this means getting back. Make your opponent work against FIVE set defenders.

Work 5-on-4 - If you do this, the defense is always overloaded.

Recognize vs. run back - It is harder to get players to recognize than to run back.

4-on-4 switch (change) drill:

- One pass until "switch" is called.
- Put the ball down.
- Run into the lane with both feet.
- Come out and pickup someone other than the player guarding you.
- Stopping the ball is key in this drill. STOP BALL is the first thing that must be done because the offense wants to penetrate.

4-on-4 switch (change) drill full court:

- Make the drill full court.
- You can defend the player defending you.
- The object offensively is to get the ball in the paint.

What makes for a great conversion?

- A great conversion is when you can get back and attack the offense.
- (Add a coach's pass to the drill to speed it up even more.)
- Offense puts the ball down and changes to conversion.
- Defense goes to offense.
- Coach passes to the point guard.

3-on-3 defensive rebounding with a shooter:

- See the ball and the player you are guarding.
- Offense moves.
- Block out on the shot.
- If the defense fails, they must do it over again.
- If the same failure persists, it is addressed in the fundamental work session.

BOPCRO

- Block Out.
- Pursue the ball.
- Chin the Rebound.
- Outlet the ball.

Rebounding:

- • Work on blocking out every night. Go 1-on-1, 2-on-2, 3-on-3 and 4-on-4.
- Make players move so they have to have vision.

The Beginning, This is What the Defense Is Built On:

- Three line closeouts drill to teach closeouts and basic positioning.
 - "Pack" Defense defeats the 3's.
 - Coach Bennett believes that the "Pack" is easier to defeat Dead 3's with.
 - > • In the "Pack", you only have to recover because you line up in help. (*Dalyism - It's not the help that gets you beat - it's the recovery or lack of*)
 - Offense with execution is taught very specifically. You teach the process for offense.
- Defense is outcome oriented. Ask yourself: "Did we stop the ball?"

TEACHING DRILLS

- Closeout high and with high hands so that you can take away the "3."
- Make the shooter dribble sideways. **DO NOT ALLOW A DRIVE TO THE BASELINE OR A TURN THE CORNER AND GO MIDDLE!**
- **Pack rule:** Every player that is not guarding the ball should have one foot on the pack line. (*Roughly an arc at 16 feet*). The guy defending the ball is the only guy not on the pack line and he must be pressuring the ball.
- • Pack is zone oriented on the Ballside. The idea is to build a fence.
- Coach Bennett does **Three Line Closeouts** every night for 5-15 minutes.
- The Defense goes again if execution is not perfect!
 - a. No rhythm shots are allowed.
 - b. Every player must block out and get the rebound.
 - c. There can be no position mistakes.
 - d. Player Recovery must be executed perfectly.
- Defenders must see the offense.
- • Defenders must be certain that their baseline foot is positioned outside the offensive player's baseline foot.
- You must really emphasize conversion and defensive rebounding.
- Take players out for failing to convert and rebound defensively! (*It's Not What You Teach, It's What You Emphasize!*)
- If a guard gets a defensive rebound, he should just BUST OUT and go with it. Forget about the outlet pass. This will encourage guards to rebound and the ball is already in your playmaker's hands.
- • Do a lot of One on One work in order to force a jump shot.
- Do Three on Three Closeouts every day in practice. This is most important!

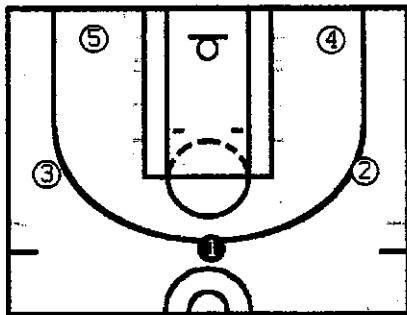
Colorado State Loss: (Coaches Boyd Grant, Ron Adams and Fred Litzenberger)

- Loss occurred while at UW-Green Bay.
- Coach Boyd Grant said Colorado State won because of their use of high hands on closeouts.
- Coach Bennett really took this lesson to heart. He tells this story frequently!

Defending the Post:

- There are only two areas to be defended:
 - a) The low post.
 - b) The perimeter.
 - Everything below the first hash is a low post.
 - Everything else is considered perimeter.
- (See Figure 7)

Figure 7: Players 4 & 5 are low posts, players 1, 2, & 3 are perimeter players.



- ➔ • **No Feed From On TOP, Period, No Exceptions!**
- If the offense passes the ball in to the low post, you must get behind the post and on the baseline side. (See Figures 8A & B)

Figure 8A: Player 2 gets the ball into the low post (4) as defender is fronting.

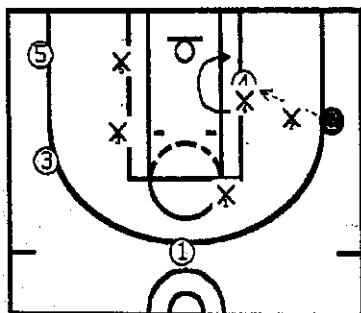
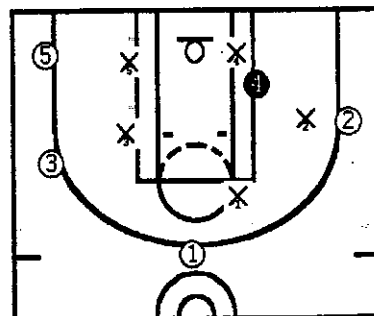
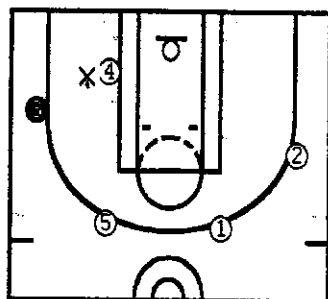


Figure 8B: When player 4 receives the ball, Defender goes to baseline!



- 4 on 1 in the post. (See Figure 9)

Figure 9:



- • Choke Call: The two ballside perimeters collapse on the low post. We will play this way during the first part of the season. (See Figure 10A & B)

Figure 10A:

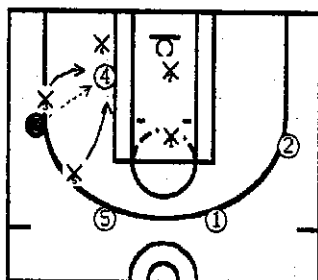
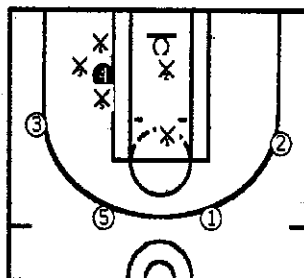
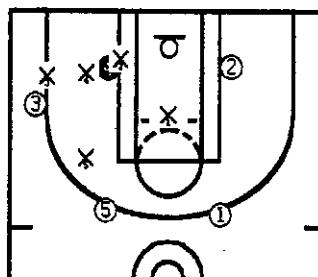
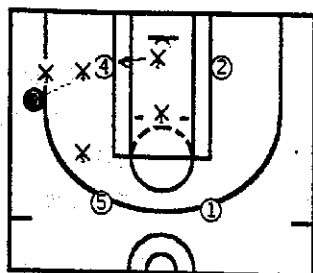


Figure 10B:



- Trapping the post: Trap Big on Big! Only Big Guys trap. (See Figure 11A & B)

Figure 11A & B: The low post defender slides behind and gets on the baseline side. The other post comes across and traps.



- Perimeter positioning on post-post trap: X1 stays on the passer while the other two-perimeter players zone up. Have them move to learn rotation. The back defender chases out on the skip pass. (See Figures 12A, B, & C)

Figure 12A:

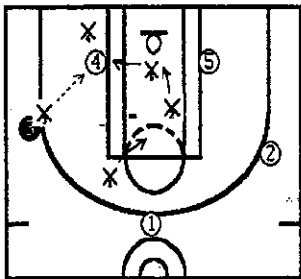


Figure 12B:

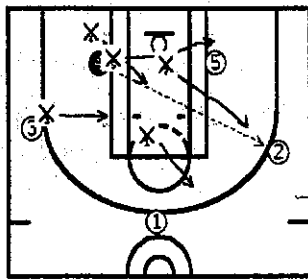
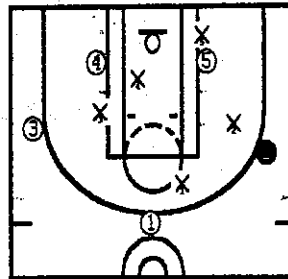


Figure 12C:



- • In Pack defense, the baseline foot must be outside the perimeter's baseline foot.

- To teach post defense for Choke and Post/Post trap:
 - a) Go 3-on-4 to break down the perimeter defense
 - b) Go 5-on-2 to teach the post/post trap.
 - c) Go 5-on-5 to put together the entire package. Let them run on a turnover as a reward.
- If they throw out of the posts to the perimeter its OK. No harm has been done. You dug the ball out.

- By going **Pack** you will:
 - a) Lower the opponent's FG%.
 - b) Rebound better.
 - c) Reduce lay-ups.

"DEAD BACK -
DIBBLE USED,
5-5-5"

- • Trapping the post causes **TURNOVERS**.

- To create **TURNOVERS**:
 - a) Press/trap – sprint out when they beat the pass – only defend the first 15 ft. of the court.
 - b) Trap the post.

c) Deny all passing lanes when there is a "DEAD" call on a picked up dribble.

• Screens:

- a) Do not switch except in special situations
- b) Do on all inbound plays underneath based on scouting reports.
- c) Use on ball screens late in the game.

• Rules for defending screens:

- a) Get right to the cutter and get into him.
- b) Run in the same path as the cutter – this makes the defender much more difficult to screen legally.

Figure 13A:

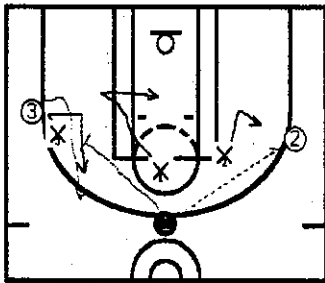
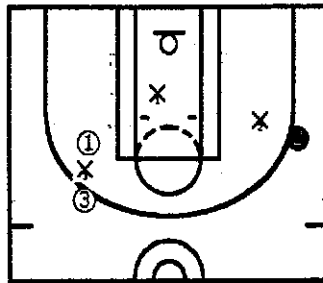


Figure 13B:



• Cross screens:

- a. Do not let the cutter go under.
- b. Take away the low cut.
- c. Do not step up and go under.
- d. If the defender must go under, he/she can go under.

✓-MOVE

Figure 14A & B: Cross Screening:

Figure 14A:

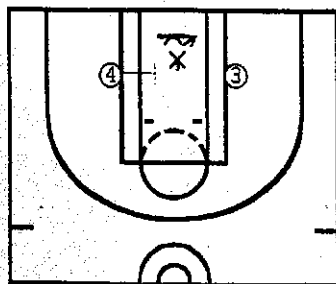
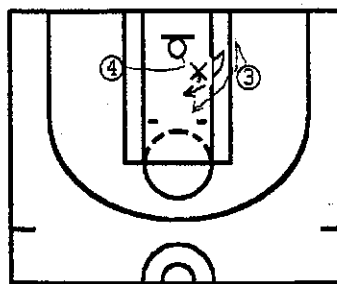
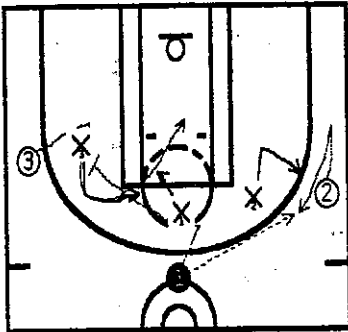


Figure 14B:



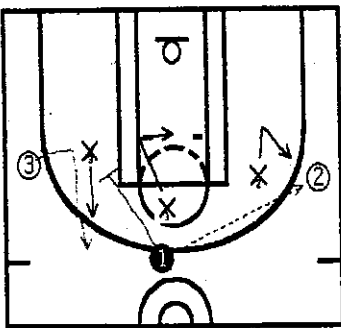
- The curl cut is the only cut that can not be defended alone. The screener's defender must help. The defender's screener extends and forces the cutter to go wide.

Figure 15: The Curl Cut Defended:



- On other screens, the screener's defender can help by opening up just above the level of the screen and protecting against the backcut to the basket. (See Figure 16)

Figure 16:



Defending On-the-Ball Screens:

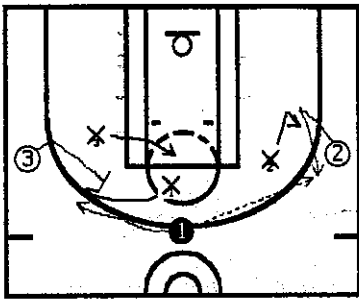
- 7 • The defender on the ball must force the ball handler to use the screen. The screener's defender can trap or force the ball handler to go wide. The on ball defender should get into the cutter and fight over if possible. There are many ways to defend an on-the-ball screen.

- The defense is not trying to intercept the pass when defending a cutter coming off a screen. The objective is to be there when the ball arrives and control the cutter.

Defending Flare Screens:

- Chase over the screen not under. The offense can fade when the defender plays it in that manner. (See Figure 17)

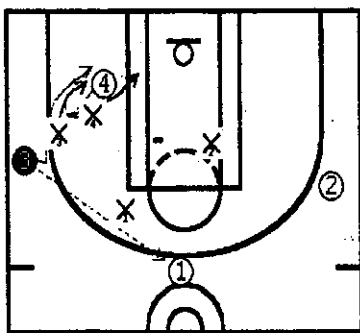
Figure 17: Flare Screen



Defending the Back Screen:

- You can go under on the back screen. The screener's defender can open up and help momentarily to defend the basket but must quickly close the passing lane to prevent the screener from becoming the second cutter. (See Figure 18)

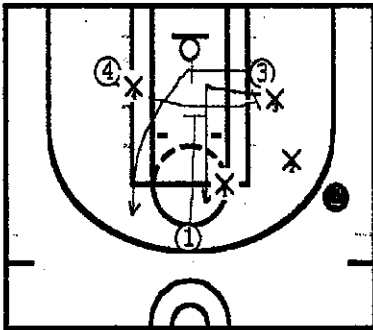
Figure 18: Back Screens



Defending Screen the Screener:

- Must go over and chase on the screen. (See Figure 19)

Figure 19: Screen the Screener

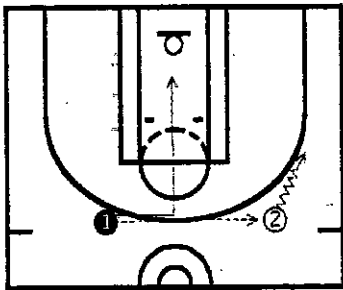


- ✓ • Step up and chase on all screens except back screens and screen the screener.
- ✓ • We want to have one rule to handle all screening situations.

Coach Dick Bennett on Offense

* Basket Cut early to set up the Flare Screens: (See Figure 20)

Figure 20: Basket Cuts (Seven Cuts)



As I think about people who have had an impact on the game of basketball, two coaches come to mind:

- Bobby Knight – So many people have used his theories.
- Don Meyer – Provides information and opportunities for so many other coaches.

Offensive Ideas:

- You must find ways to become an effective teacher.
- It is easy to rationalize not to do certain things.
- Many high school coaches believe college coaches are superior. They are not. *High School coaches do the real work.* They have the most influence.
- Bennett would like to teach 8th, 9th and 10th graders the TEAM CONCEPTS of basketball. They are constantly taught in school this liberal idea of YOU, YOU, YOU can do it. They should be taught that WE CAN DO IT! This is TEAM! There is too much YOU being taught.
- In Australia, their offense is geared to lay-ups. When America stiffens the defense, the Ausies can not convert!
- I would like to spend one day a week to go into the high schools of my ex-players and teach TEAM concepts. I enjoy watching high school teams play TEAM BASKETBALL, a lost art.

- Bennett dislikes the **ME FIRST** mentality in the sport today.
- You can build **STRENGTH** and **QUALITY** through **UNITY** and **TEAMWORK**.
- Coaches worry most about scoring at half court.
- The first decision to ponder on **OFFENSE** is to decide what you want to be.
 - a) Do you want to choose an offense that allows you to get great shots? ----- or
 - b) Do you want to choose an offense that allows a minimum amount of turnovers.
- What methods can your players use to run the offense to get a score?
- Bennett wanted incorporate the use of many screens early just to put the defense on the reactive.
- If you do not have an organized manner to conduct your offense, you will be in trouble.
- Bennett uses this drill every other night for several weeks when he takes over a program in a rebuilding situation.

Coach Bennett's Sureness Drill:

- Bennett uses this drill in order to find out how smart his players are when it pertains to the **TEAM CONCEPT**
- Rules for **Sureness Drill**:
 - a) Must make 10 passes in a row.
 - b) Defense can do anything it wants to. The defense wins if they can force a turnover.
 - c) Winning – defense gets to go to the end of the line and the offense goes on defense.
 - d) If the offense wins, they go to the end of the line.
 - e) This is a 3 on 3 drill but you can add a 4th defender to allow traps.
- This drill eventually causes the following to happen:
 - a) Players will eventually play in a sound fashion.
 - b) Players will eventually become more patient.
- How can you handle more than 3 defenders?
 - a) Use the dribble
 - b) Back door outs.
 - c) Pass Fakes – Fake high, Pass low. Fake low, Pass high.

- This is what happens:
 - a) They spread the offense.
 - b) They stop rushing and notice the defensive tendencies.
 - c) They develop poise.
 - d) They learn to take care of the basketball.
 - e) This forces teammates to move or be BOSS with the ball.
- Give kids opportunities to get screens:
 - a) Allow big guys to screen for little guys.
 - b) Use two BIGS, one on one side and the other on the other side.
 - c) Big guys will roam.
 - d) Teach the BIGS to be in proper position so they can play.

• **BLOCKER – MOOVER** Offensive Rules:

- The two BIGS, (4 & 5), have specific areas to occupy.
- BIGS will screen first and look for the ball second.
- The point guard, (1), should be involved in as many screens as possible.
- The 2 and 3 guys should find the screeners, get your screen and MOVE!
- SCREENERs are also called BLOCKERS.
- MOOVERs should find screens and hunt the ball.
- The 5 guy should set two screens.
- You must CUT and MOVE CONTINUOUSLY!

*
PAT/TYLER



• **Attacking Zones: (1:3:1 & 3:2 Zones)**

- It is easier to score on the bottom of these zones.
- The 2:3 zone is too wide to score on the bottom.
- Screen the corners of the Zone in. If the zone is outside of you – look for gaps to get inside.
- Movers must get behind the Blockers when they identify an angle.
- Score or look opposite when handling the ball inside of a zone.
- Look inside and then look weak side when handling the ball outside of a zone (especially if you are in the high post).
- The top Blocker handles the ball less and screens the ball more against a zone.

- The 2-3 zone is the hardest to screen on the bottom because of the width. It is however, the easiest of the zones to screen on top.
- A single touch in the middle versus a zone will break the zone down. Try to get single touches.
- Screen the corners of the zone:
(See Figures 21A, B, & C)

Figures 21A, B, & C: Screen the corners of a Zone Defense

Figures 21A:

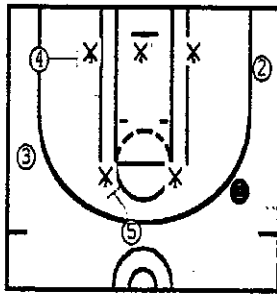


Figure 21B:

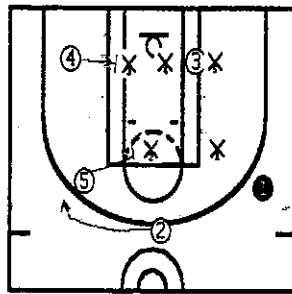
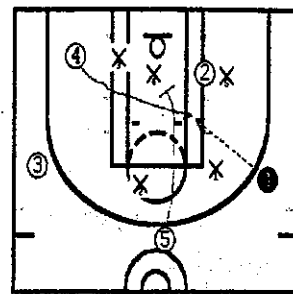


Figure 21C:



Other Offensive Facts:

- Bennett always thought that ball handling was as important as getting good shots.
- Most of his players needed help in getting open.
- Players must be good enough and smart enough to finish the play.
- He wanted to find an equal opportunity offense so he came up with BLOCKER – MOOVER.
- You can not teach everyone how to set and receive screens. Some guys will learn and others will not play.
- You can choose an offense that creates opportunities for everyone.
- Bennett wants to get Big/Small and Small/Big screens.
- Every time the ball moves, the Blocker, (Coach Bennett's term for a Screener), must set at least one screen. The Blocker must find Movers, (Coach Bennett's terms for a Cutter), and get the Mover to come to him.

*GREY
ROSE*

- **NOTE: In Coach Bennett's system of Motion Offense, players are designated as either a Blocker or a Mover. These are roles that they are expected to fulfill in order for the offense to be successful. You must understand the TOTAL TEAM CONCEPT in order for this to work. This is why Coach Bennett is so adamant about teaching the TEAM CONCEPT.**

- ✓ You might have to screen and then re-screen with some teams.
- After you have fulfilled your screening requirements, you may look for your own scoring opportunities if you are a Blocker.
- ➔ After a Small guy screens, his job is to move with proper spacing outside of the arc.
- Movers hunt the basketball. A point guard should screen and then space. You have 2.5 Blockers on every team.
- Coach Bennett wants to see if the players can handle the ball and have spacing in a 5-on-0 setting when the learning process is taking place. 5-on-0 is great for learning offense.
- Coach Bennett does not want to catch a player standing in the same space twice in succession.
- A Blocker's first responsibility is to hunt for movers and then to hunt for the ball.
- In Top/Bottom, the top Blocker is involved in reversing the ball.
- Blockers should be involved in getting Movers to use them for screens.
- Blockers can screen and then re-screen.
- With the defense, you are forced to basket cut frequently and are to be aggressive enough to take advantage of the opportunities.
- **NOTE: Coach Bennett teaches Blocker/Mover as a whole. All of the fundamentals of offense must be taught to players before you can teach them any offense, especially this offense.**
- The last point to work on is 5-on-6 to force more sureness upon the offense.
- Do not play only on the perimeter.
- Movers have the responsibility to break the defense down for other players.
- If all you have left yourself offensively is a great play – then the defense has won.

• Do not worry about the shot clock or the idiots in the stands yelling, "Shoot! Shoot!" You will get a GOOD SHOT! Be patient!

• Movers must vary the areas they cut too. They must be creative in using space and screens.

• The only thing you can really do wrong is not to be sure with the ball. The possibilities are limitless with this offense.

• **NOTE: The value of MANY SCREENS is the wear and tear effect on the opponent! The more you screen, the more they get frustrated!**

SOB →

• Run a Ball Screen on the side after 10 seconds.

• If you set a GOOD SCREEN, the defender must help. Then, as a Blocker, you can roll off the screen and get an opportunity for a shot. The player that is usually OPEN the most is the player who just set a screen.

• Coach Bennett does not want everyone to be jammed up underneath the goal.

• **NOTE: As already stated above, the cumulative effect of lots of screens is important to Coach Bennett.**

? • In Top/Bottom, if there is no one to screen, take care of yourself.

• **NOTE: You must make players believe that Blockers and Movers can do anything they want to do**

• The Top Blocker can post up at the "T", (elbow), and seal out his own man. (See Figure 22)

Figure 22A & B: Top Blocker Screen and Post

Figure 22A:

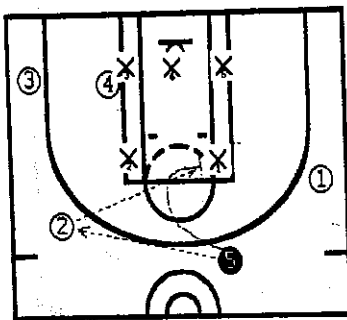
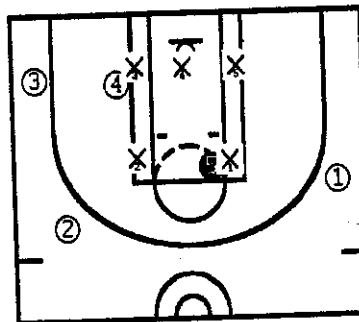
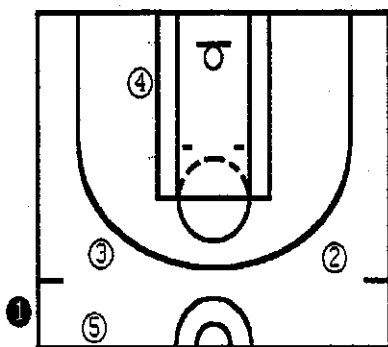


Figure 22B:

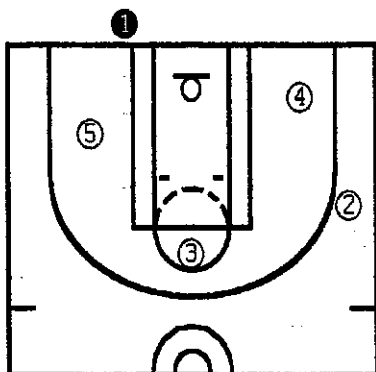


Inbound Situations:

- 1) You must have a designated inbound player and a designated screener for the designated receiver.
- 2) These two, (Designated Screener and Designated Receiver), are going to get open.
- 3) It is their fault if the ball is not passed inside.
- 4) Coach Bennett uses the alignment below for sideout-of-bounds plays.
(See Figure 23)

Figure 23: Sideout-of-Bounds Alignment:

- 5) With inbound or sideout-of-bounds plays, the Blocker is not finished until the basketball has been inbounded!
- 6) Use the alignment below for inbound plays underneath the goal:
(See Figure 24)

**Figure 24: Inbound Underneath Alignment:**

- 7) Coach Bennett wants his players to become proficient at what they do in getting others and themselves open.
- 8) Coach Bennett uses clock situations every day.
- 9) The TEAM's confidence comes from repetition in the situations at practice.

Coach Kevin Sivils' Observations of Coach Bennett:

This was the second time I have had the pleasure of attending a lengthy clinic presented by Coach Bennett. I have all of his videotapes and have a considerable collection of notes on his systems.

I am always impressed with his Humility. He is a giant amongst coaches and is responsible for much of how man-to-man defense is played today. Yet he does not act or consider himself to be better than the average high school or middle school coach.

Coach Bennett has an extremely competitive outlook. He wants to compete. He talks constantly of the need to struggle and work to improve. He wants to have a chance to win. He wants his players and his TEAM to have a chance to win and this is what drives his approach to the game of Basketball.

He is detail oriented in ways that are different from many coaches. **While fundamentals are important to him, he wants the details executed as a WHOLE by the entire TEAM.**

Coach Bennett is a fine example of a Christian man who tries to integrate his faith into all aspects of his life.

Coach Don Meyer Coaching Academy
Coach Don Meyer – Part III
Individual Development Workouts – Coach Meyerisms

**TAPE #22: INDIVIDUAL DEVELOPMENT WORKOUT:
 BUILDING YOUR POST PLAY**

Ask yourself these questions:

- Do you own a basketball? (You need 2 of them for this workout)
- Do you have a basket?
- Do you have a constructive, consistent workout program?
 - Work outside of practice.
 - Do I really want to compete at my highest level?
 - There comes a time when winter asks: “What have you done all summer?”
 - Enjoy working on your game, develop work ethic, and work habits.
 - Players can learn about themselves and coaches can learn about players.

Teach and coach to your personality:

- You can stress competition, sound fundamentals and conditioning. What exactly do you value?
- It isn't what you teach, it's what you emphasize.

Great Players eagerly accept coaching and learn:

- Good players can take coaching; great players can take coaching and learn.
- Learn the difference between criticism and coaching.
- Be honest with yourself. You must have a “Water on a Duck's Back Attitude” about criticism. You should accept it, let the hurt roll off and correct your mistakes in order to get better.

Great Players Teach Themselves:

- See the skill correctly.
- Feel the skill correctly.
- Repeat the skill correctly and quickly.

- Mimic the move without the ball.
- Make conditioning specific skill development---Jim Kaat, Billy Jean King and Larry Bird.
- Know who you are and what your game is.

Compete with yourself:

- Intelligence, intensity and ability to make without competitive for maximum improvement.
- Use your imagination during workouts.

Spacing, Angles and Momentum:

- Basketball is a game of *spacing, angles and momentum*.
- Take up space – In order to get the proper angle for attacking the basket.
- Land closer – Your move should bring you closer to the basket.
- Put a body on first – This is the key for *take up space and land closer*.
- Timing is important.
- Leg whip.
- *Quickness, Size and Strength* will determine how you play the post position.

Critical Parts of Post Play:

- ***LBBBOS*** – Low Body Balance base of Support – Wide and Low – You want maximum balance and optimum quickness.
- ***Compact*** – See hands when posting – Keep the ball close to the body; catch it high, keep it high – Be tight with your game – Stay low and compact so you can increase your ability to *explode*; Would you rather walk by a straight snake or a coiled snake?—You want to be a coiled snake.
- ***Economy of Motion*** – No wasted movement – 60% of your weight should be on your pivot foot – A coach or teammate can put his or her toe on the rear of your pivot foot to help eliminate movement and traveling calls – Feel the Move - Less is More - Simple is Better (KISS – Keep it Simple Stupid).

Making Moves:**• *Get Open:***

- a) Get work done before you catch the ball.
- b) V – Cut – If they are high, take them higher---If they are low, take them lower.
- c) Initiate contact first.
- d) Seal as close to the basket as possible, try to catch with both feet in the lane.
- e) Seal the defender – Don Nelson Move (Face the lane, foot in crotch on the floor and leg whip).
- f) Move to open area – I – cut on penetration, draw and kick.

• *Stay Open:*

- a) Seal and Push Step, to show your numbers.
- b) Sit on the front leg of the defender with your push step.
- c) Make sure that the ball can see you.
- d) Back straight, head up, weight back for knee bend and light feet.
Fight front leg.
- e) ***Use of Verbals:*** Call for the ball.
- f) Hold your seal - - Do not chase the ball.

Drills for Developing Catching Skills:

- Bad pass reaction drills.
- Catch the ball with your Feet (Get Behind the Ball), Eyes (Look every ball into your hands), and Hands (Block and Tuck Principle).
- CHIN THE BALL.
- Push yourself and your practice mate. Do not be afraid to make a mistake.
- Back to the passer drill. You can score off these.
- One hand catch, learn to block the ball.
- Two ball passing using odd size balls and crazy balls. This will improve concentration.
- Back board slams and power, make lay-ups clean.
- **KEYS to a GREAT POST PLAYER:**
 - **HANDS.**
 - **HEART.**
 - **HEAD.**

- ***Receive Safely and Score Simply:***

- a) Step, Bounce and Hop Move.
- b) Up the court.
- c) From the elbow.
- d) Five clean lay-ups and two clean free throws.
- e) Develop concentration early during workouts.

The Four Man's Post Moves:

- Jump Hook using your strong hand. Do this in front of the goal.
- Turn around jump shot when turning the other way.
- Remember the Law of Diminishing Returns.

The Five Man's Post Moves:

- Jump Hook both ways – better angle for the backboard.
- Jump Hook to the middle, in the paint move.

Coaching Points for Jump Hook:

- Receive the ball as deeply in the paint as possible.
- Make a quarter turn in the air as you catch the ball to get closer to the rim.

Grooving the Jump Hook:

- 11 o'clock release if you are right handed.
- 1 o'clock release if your are left handed.

Step, Bounce and Hop Move:

- Remember to incorporate a two-inch shot fake and a leg whip.
- Vary your rhythm, slow down and change speeds.

Score and Make a Transition!

Find your Target Early!

THE POST PLAYER'S INDIVIDUAL DEVELOPMENT WORKOUT:

- Two-Ball Dribbling – *Look under the net, be ball quick, practice stationary and on the move.*
 - ▶ Control (Rhythm and Non-Rhythm)
 - ▶ Speed (Rhythm and Non-Rhythm)
 - ▶ High – Low
- Step, Dribble and Hop Move – *Practice these on each side of the lane.*
- Five Clean Lay-ups – *Develop concentration early in the workout.*
- Two Clean Free Throws – *Nothing but Net!*
- Shooting Progression:
 - ▶ Wrist Extensions to develop flexibility and strength.
 - ▶ Get on your back without the ball – Elbow next to the body on the floor and hold a high one-second follow through. **Partners do Buddy Coaching!**
 - ▶ Get on your back with the ball – Do this with or without a partner.
 - ▶ Purse Swing – Swing your arm to find the shooting pocket.
 - ▶ Groove Your Shot – Do this with and without the backboard. **Post Players can raise their shooting pocket because they do not need much range.**
- Jump Hooks to the middle of the court and the baseline:
 - ▶ You can work with two other players at the same basket for a total of three players. Take turns; Right, Middle and Left.
- Review of Moves:
 - ▶ Jump Hook to Middle. (Some will use regular one foot hook – runner)
 - ▶ Leg Whip to the Baseline for a Power Move.
 - ▶ Jump Hook to the Baseline. (The Jump Hook is a great move to use in traffic!)
 - ▶ Free Throw Swish.
 - ▶ Plus Two and Minus Two.
 - ▶ Rest during Free Throws otherwise no breaks!
 - ▶ Five in a Row, Put-backs Count.
 - ▶ Make a Transition to the free throw line or half court. You need a partner for this part of the drill. (Do not allow the ball to touch the ground on any shot make or miss!)
 - ▶ Go to Move and Counter Move.

- ▶ Go to the Free Throw Line between each drill. (See how many free throws you can hit in a row, clean or not, once you win Free Throw Swish.)
- ▶ Work on all of the moves but attempt to find your favorite side of the lane and develop a Go To Move. You also need to develop a Counter Move to make the Go To Move more effective.
- Be a Great Post Player for your Team. Your motto should be: **“COUNT ON ME!”**
- Set an example for the rest of your Team. Work hard in all of your workouts.
- Great Guards make post players Great by getting them the ball. Never complain about a bad pass from a guard. Always complement the guard and admit fault even if you think it is not your fault. This is a relationship similar to football’s offensive lineman and running backs/quarterbacks. Your success is directly proportional to the ability of the guards to get you the basketball!

**TAPE # 21: INDIVIDUAL DEVELOPMENT WORKOUT:
BUILDING YOUR PERIMETER PLAYERS**

Objectives for Guards on Drives:

- Create space between you and the defender.
- Go North and South on drives, do not belly out. (Go straight to the hoop!)
- Put your body on the defender’s body on the START, (FIRST), STEP.
- Take your dribble moves right at the defender and force them on their heels. If you get beside them or get them on their heels, they are beaten!

Drill # 1: Warm up with Two Ball Dribbling:

- ***Stationary Dribbling*** – Eyes up and be ball quick.
- ***Control Dribbling*** – Both low, below the knees (rhythm/non – rhythm)
- ***Speed Dribbling*** – Both high (rhythm/non – rhythm)
- ***High/Low Dribbling*** – One ball at controlled dribbling and the other ball at speed dribbling.
- ***Down the Floor (Moving Full Court)*** – Perform the same drills as above while moving.

Drill # 2: Shooting Progression:

- Get it Up.
- Keep it Straight.
- Hold a High One Second Follow Through.

Drill # 3: Five Clean Lay-ups, Two Clean Free Throws:

- On lay-ups, do not swing the ball to help side. Get it off the ground and bring it to your shooting pocket as soon as possible.
- Do not look down.
- Site your Target Early!
- Go Up Strong, no Finger Rolls.
- On Free Throws, find the Nail, (Center of Court), square up, do what you do, (less ball movement the better), get it up, keep it straight and hold a high one second follow through. **NO HITLER FORM! - Higher Hitler!**

Drill # 4: Do the Seven Dribble Moves with a Finish at the Basket:

- Start with a LBBBOS, (Low Body Balance Base of Support).
- Have a compact economy of motion.
- Make each move from both sides of the key.
- Start the drill by spinning yourself a pass and catch down low in triple threat position.
- Circle tight and make a good direct drive or crossover move. You can also add a two-inch shot fake before you make your move.
- Start from just outside the edge of the half court circle.
- After finishing at the basket, spin a pass and open to the big part of the floor while you catch facing the goal.
- Using this same move, break a press up the middle to half court.
- Repeat this move on the other side.
- Go back to the right side and make the next move.
- Continue until you have made all seven moves on both sides.

The Seven Dribble Moves for Perimeter Players:

- **Speed Dribble** Throw the ball out, get there, execute a straight line drive as quickly as possible.
- **Hesitation Dribble** Fast, slow (higher dribble stand up a little), fast, straight line drives.
- **In and Out** Head and shoulder, fake a crossover move, take the ball over and back, keep the ball in the same hand.
- **Stutter Step** At the three point line, squeak feet with a wide stance if the defender is off you, shoot a three pointer, if not, go to the basket.
- **Stutter Crossover** Right to left hand, crossover low, look at the basket on the stutter step, explode after the crossover move.
- **Between the Legs** From the right side you drive middle, the defense turns you so you go between the legs left to right hand, the angle you go through the legs is important, the ball needs to go from back to front slightly toward the basket.
- **Pull Back Crossover** Using a ball screen by the three point line, go in hard to the wing then use two pull back dribbles, one crossover dribble, right to left hand, then explode to the basket and rub shoulders with the screener.

Key Coaching Points on Dribble Moves:

- When you get to the Three point line, use one dribble to get to the Basket unless you hesitate to take the help out.
- Do all moves at game like speed.
- Step with the same foot on all drives, 60% of your weight should be on your permanent pivot foot. Your permanent pivot is the foot that is opposite your strong hand.
- Chin the ball when shooting all lay-ups to prevent the help side defender from slapping the ball out of your hands.

- Circle tight with the ball on direct and crossover drives. Tighten up your game. Do not be loose with the ball. Be compact and practice economy of motion.
- Start and finish all moves from a low body balance base of support, (LBBBOS).
- Use all moves, but develop your go to and counter moves.
- When moving toward the basket, remember to go straight. Do not belly out. The straight route is the faster route.
- Make you moves at an imaginary defender. If you can get your defender on his or her heels, you have beaten them.
- A player is most open when they first catch a pass. **Get ready quick.**
- Develop your weak hand. Do all ball handling and passing drills in a 3:1 ratio weighted to your weak hand.

Drill # 5: Free Throw Swish (+2, -2):

- Shoot free throws. If you swish, you score +1 point, if you make without a swish you score 0, if you miss, you score -1 point. If you get to +2, you are a winner. If you get to -2, you are a loser. Losers do 4 trips, that is, four dribble down and back, full court, using the weak hand. After punishment, start the game over.

Drill # 6: Seven Dribble Moves, Pull Up and Shoot Jump Shots:

- Make sure that you land on balance when landing and shooting off the dribble. Use the dribble moves described above.

Drill # 7: Free Throw Swish:

- If you loose, do four trips or one down and back with the weak hand.

Drill # 8: Thirty-two (32) Point Shooting:

- There are five (5) spots on the floor: Baseline, Wing, Top of Key, Opposite Wing, and Opposite Baseline.
- Make three moves from each of these spots.
- The first move is a three point shot worth 3 points, the second is a shot fake-one dribble drive to the middle shot jumper worth 2 points, and the third move is a shot fake-one dribble-drive to the middle lay-up worth 1 point.

- Each spot is worth 6 points.
- At the end of this drill, you shoot two free throws worth 1 point each, for a total of 32 points.
- You compete against yourself.
- Make all moves at game speed. Be tight with your game.
- On the drives to the middle, you will be using direct and crossover moves so step with the same foot each time.
- On moves from the top of the key, you can go either way but work on both ways.

Drill # 9: Free Throw Swish:

- If you loose, do four trips or one down and back with your weak hand.

Drill # 10: Thirty-two Point (32) Shooting (repeated) or Jeff Hornacek Drill:

- Thirty-two point shooting drill rules are the same as above.
- **Hornacek Drill:** Spin a pass out from the baseline facing away from the goal. Catch, turn and come down in triple threat, on balance and facing the goal. Shoot and rebound your own shot. Shoot twenty shots from game spots and at game speed.

Drill # 11: Free Throw Swish:

- If you loose, do four trips or one down and back with your weak hand.

COACH MEYERISMS:

- Teams that talk and use constructive communication usually win. On the other hand, teams that do not communicate are usually losers.
- Fast break on sprints. Change lanes. Know yourself. Talk! Use an imaginary defense.
- Rules for the Individual Development Workouts:
 1. Start Slow.
 2. Get a Rhythm.
 3. Go fast enough to make an Error.

- Pullback Crossover Progression:
 1. Start with stationary push/pull and crossover dribbles.
 2. Add a step forward with the opposite foot when push dribbling.
 3. Step back and cross over.
 4. Work back up to full pullback crossover.
- Point the toe in the direction you are going in.
- Balanced Hand Pick-ups:
 1. Snap the ball up with your balance hand.
 2. Be low during a pick-up.
 3. This also speeds up the point.
 4. Balanced Hand Pick-ups should be part of the daily shooting progression.
- The Shooting Progression:
 1. Wrist extensions.
 2. Purse drill.
 3. Follow through on your back with/without a partner.
 4. Shadow shooting with partner.
 5. Shoot the ball to partner, ball should land two feet in front of partner in between his/her feet.
 6. Groove the shot.
 7. Focus on form.
- We want a 60-degree arc with our follow through as opposed to the Heil Hitler follow through of 45-degrees. This prevents flat shots.
- Point guards should run echo drills. The coach tells the point guard what he wants done and the point guard is in charge of instructing others. All team members take part in the chain reaction communication.
- Get the ball in the lane. Enter from the free throw line area. This forces them to attack the center of the floor.
- Play full court zig/zag with no hands. Play full court zig/zag with the offensive dribbling two balls and the defender dribbling one ball. Do the same drill with both offense and defense using two balls.
- Go 1-on-1-on-1-on-1 against your point guard full-court. The point guard must finish. This builds confidence for the point guard in handling pressure. Go for two or three minutes.
- Thirty Second Lay-ups: X-out: Chin the ball/lay-up. Try to get 6 or 7 lay-ups in 30 seconds. Use the hand that you are going to shoot with to drive. Use as few dribbles as possible. Cross the lane on the drive up and go down the lane line to shoot.

- Reverse-X: Use the same drill but drive up the line and then across the lane to shoot.
- Drive the front hand – Utah Jazz – Keep the eye on the rim – sell the drive.
- Y-Lay-ups: Veer/circle out at the last second. Attack from half court and work both hands. Attack the rim and freeze the defender. Take one dribble to Y over.
- Dribble Bust-out: Dribble bust-out and then make a move. Start from half court, dribble out to the three point arc, jump (quick) stop, make a rear turn, then finish going to the basket or pull-up and take a jump shot. Finish everything, get your own rebound and start over. This must be done at game-like speed. Keep track of the number of shots that you take in one minute. Try to break that record with accuracy next time.
- All Players: You are only as tall as your hands are up.
- Post Work: Do 10 clean on each side for 80 Mikans.

Mikan Drill Rules:

1. Toes pointed to the baseline.
2. Do not get too far under the goal.
3. Catch it high, keep it high.
4. Sight your target early!
5. Go up strong and finish simply.
You do not get points for style.

Types of Mikans:

1. Regular Mikans.
 2. Reverse Mikans.
 3. Power Mikans.
 4. Shot Fake Mikans.
- You are not going to win with individual talent but **WE WILL WIN TOGETHER AS A TEAM.**
 - Use the concept of Perfect Possession on defense.
 - **Scouting Report/Facts** for players to know:
 - Know the number of the player you are guarding.
 - Know that player's game.
 - Know what his favorite cut is.
 - Know the stats for his last five games.
 - You can not teach players TWO conflicting habits.
 - The five man gets the ball out of the net and has to defend. The ball should not touch the ground.

Coach Don Meyer Coaching Academy Coach Don Meyer – Part IV

Pete Newell's Rule:

- ❖ Get better shots than your opponent and get more of those better shots.

Coach Meyer's Application of Pete Newell's Rule Concerning Northern State Basketball:

- We know the shot that we want to take and we know whom we want to take the shot.
- Fight to get the shot we want rather than taking the quick shot that our opponent gives us.
- It is not enough to know we will win the game. We must know exactly how we will win the game.
- We must have the right spirit: **A TEAM SPIRIT**

Wolves' Defense:

- ▶ Transition and talk. Defensive fast break.
- ▶ Know whom you are guarding, know their number and know their game.
- ▶ Ball Pressure, early help and recovery are all important. **UBIQUITOUS!**
- ▶ Shot down a scorer in the post. No Threes to a Three!
- ▶ Shot Pressure. We must change or alter the shot with pressure.
- ▶ Smart fouls only!
- ▶ **BOPCRO!** – Block out – Pursue – Chin the Rebound – Outlet!

Wolves' Offense:

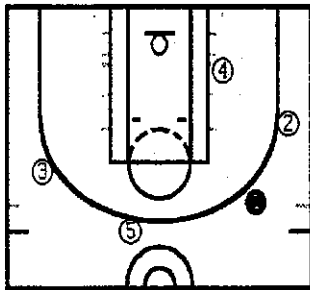
- ▶ Look to run on every possession.
- ▶ Handle the ball with sureness. Easy pass, easy reverse, and easy swing.
- ▶ Make yourself difficult to guard. Help your teammate to get open.
- ▶ Practice great shot discipline by using technique and selection.

- ▶ Draw fouls. Always take make more free throws as a team than your opponent takes. (John Wooden Rule)
- ▶ We must cover the offensive boards!

Attacking Pressure:

- When attacking the zone with the fast-break you have four options:
 - 1) Go to the four man.
 - 2) Go the five man and then dump down to the four man.
 - 3) Wing to wing skip pass.
 - 4) Toss the ball back to the point guard. (See Figure 25 for positions)

Figure 25:



- Against a man-to-man defense go motion after you swing the ball. Use motion if you cannot reverse the ball versus a man to man defense.

Zone Secondary:

- **Important Concept** – Take the man away from the area he came from. (See Diagrams 26A, B, C, D & E):

Figure 26A: Explanation

1. Cut the two man or one man through depending on who you want to be the cutter.
2. Swing the ball to the three man.
3. The four man seals and then comes across if he does not receive the ball.

Figure 26A:

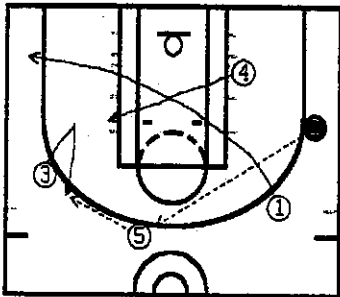


Figure 26B & C: Explanation

- 1) The 3 man drives the ball to the "T" area and kicks or international it back to the cutter filling the corner.
- 2) The cutter executes the same drive and can pass it back to the five man who has made a basket cut and filled the same corner.

Figure 26B:

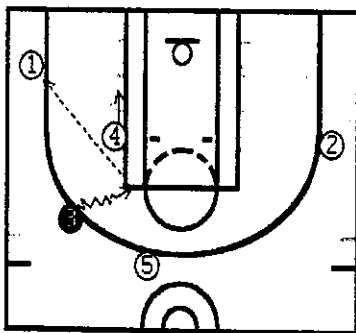


Figure 26C:

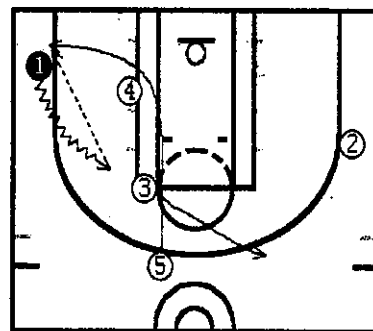
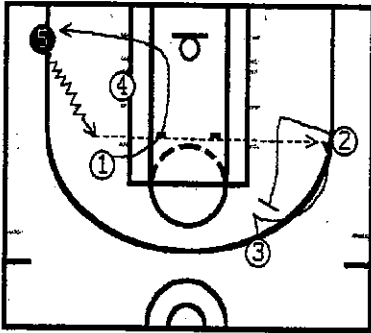
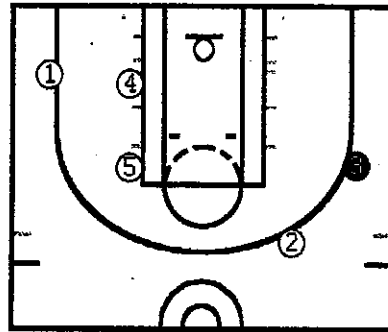


Figure 26D & E: Explanation

- 1) The one man (two if he was not the cutter) has remained behind and sets a flare screen.
- 2) The three man cuts across and uses the flare screen set by the one man.
- 3) The two man can pass to five or three.

Figure 26D:**Figure 26E:**

- Against a zone defense, you have to run and rebound because the zone defenders do not block out.
- Cuts, which are run all the way to the rim, are hard for a zone defense to defend.
- Diagonal cuts are easy for a zone defense to defend.
- If you run patterns against a zone defense, the zone will adapt. Short cuts are hard to guard. (See Figure 27A)
- Take the ball away from where you want it to go.
- Loop, Skip – The one guard must go with the handler. The other guard must stay for the two man. (See Figure 27B)

Figure 27A: Short Cut

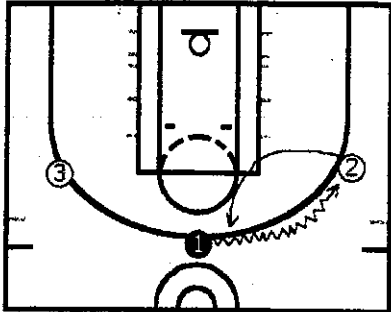
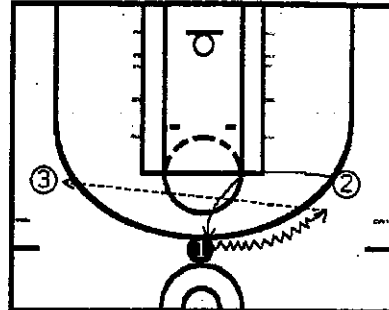


Figure 27B: Loop, Skip



- On the skip pass to 3, the 4 man has screened in. He goes to the next defender and leg whips him for the seal. The 3 man shot fakes and then passes to the four man. (See Figure 28A & B)

Figure 28A:

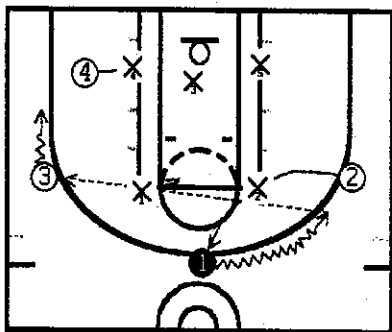
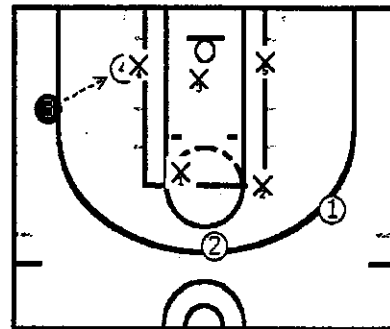
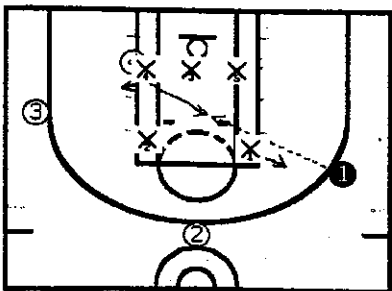


Figure 28B:



If the defender cheats the four man flashes. (See Figure 29)

Figure 29: Defender Cheats on the Loop!

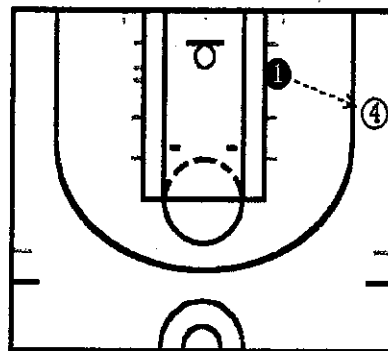


- You can run a European or "33" with a Big who can shoot 3's. The Wing drives baseline, jump stops and executes a rear turn. The Big has filled in behind for the 3 pt. shot. The Big should not leave until the dribble has stopped. (See Figure 30A & B)

Figure 30A:



Figure 30B:



- Loop Flash – Use this to throw the ball into four guys on the weak-side. (See Figure 31A & B)

Figure 31A: Loop, Flash

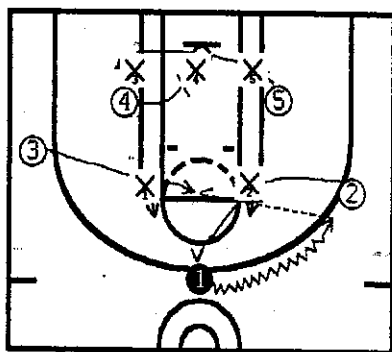
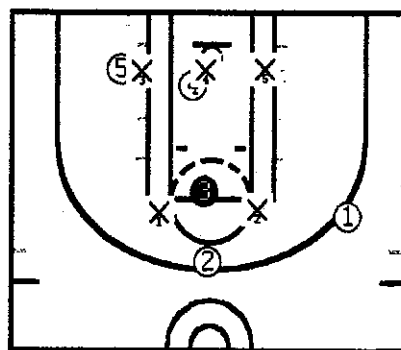


Figure 31B: Flasher Receives



- **Executing a Loop-Skip:** As the ball is skipped to the three man, the five man cuts underneath to his shooting range – (3 pt. if he can go that far) – appropriate distance if he cannot while the four man screens. (See Figure 30A & B)

Figure 30A:

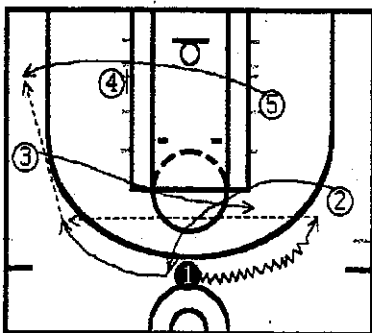
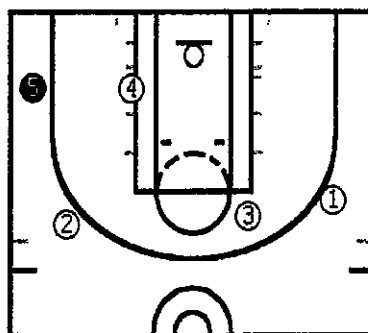


Figure 30B:



- Loop flash works well if your five man can shoot 3's. If a non-shooter goes into the flash position, he must make a play. (See Figure 31A & B)

Figure 31A:

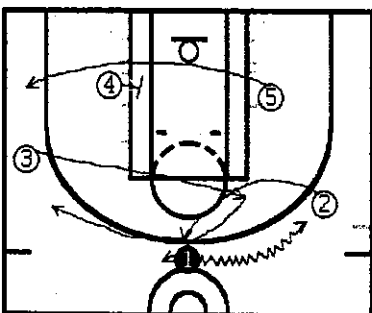
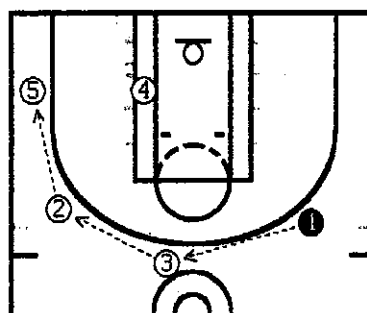


Figure 31B:



- Coach Bobby Knight says, *“Help get each other open – That is part of your job on offense!”*

Other Coach Bobby Knight Quotes:

- “Defense is an Attitude.”
- “They march to lunch, they march to dinner, chin in, chest out, gut in--- All Day---I love this place!”---About Army
- “I would rather be thought of as a teacher, not a coach.”
- “I try to win basketball games and at the same time prepare my players for the rest of their lives.”
- “Coaches can learn a lot just by studying examples of indecisiveness or timidity.”
- “In order for players to be successful, you must push them to the limit.”
- “In every game, somebody has to loose but it does not have to be me.”
- “I am always bothered when we loose to the good teams.”
- “I am willing to get into the arena to scratch and claw for what I believe in.”
- “The will to prepare to win is more important than the will to win”.
- “A man has got to believe in something. I believe that I will go Fishing.”

Going Against a Triangle & 2:

- You always must think in terms of your system:
 - a. Fast break – always run it – you do not have to gun it.
 - b. Try to split the triangle.
- If you can not intimidate them, antagonize them.

More Coach Meyerisms (Some are answered questions):

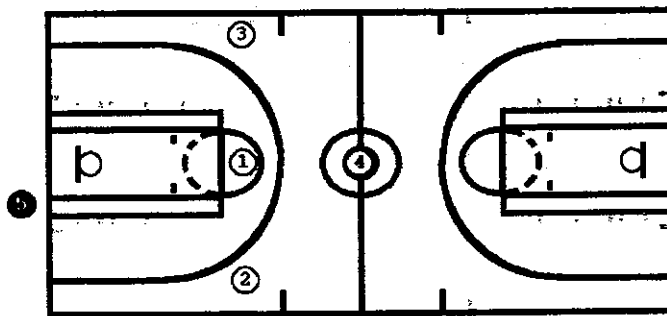
- If your program is not doing Community Service, you are scum!
Have the guys make visits to nursing homes or visit a pediatric ward at the local hospital. Have things to give away like shirts, balls or pictures. You may want to carry sharpies for autographs.

- Do not ever think that because you win and or run the right kind of program that an administrator can not and/or will not get you.
- Key point about *Beating the Press* is getting the ball in bounds.

(See Figure 32 – Basic Press Break Alignment, 1:3:1)

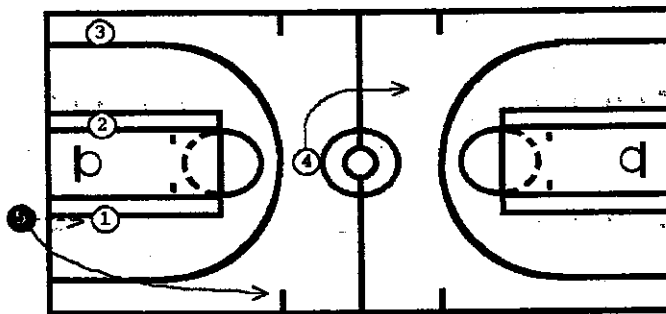
1. Put your best handler in the middle of the floor and let him make decisions.
2. Leave the best handler in the middle of the floor.
3. The handler needs three available passes and a deep diagonal pass.
4. Attack the basket against the press but be aware of the time and score.
5. Shorten the pass against pressure – It is the receiver's job to do this by coming to meet the pass.

Figure 32:



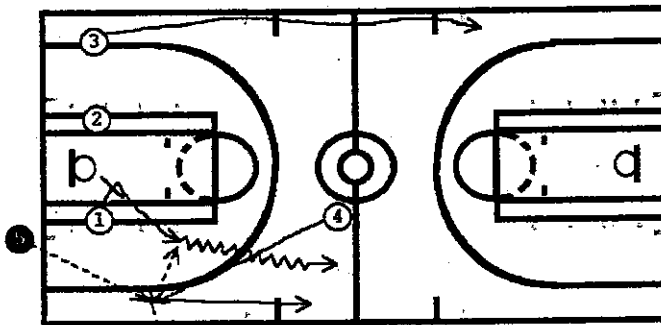
- Against a dead-ball full-court man-to-man line up as shown in **Figure 33**.

Figure 33:



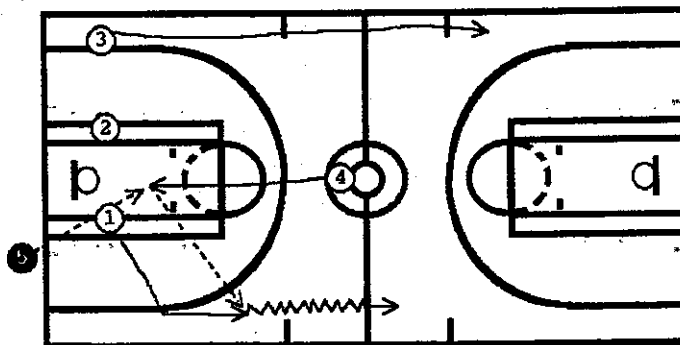
- The three man should be your best finisher on the break.
- Throw over the one man or the one man posts to receive in the backcourt and now you go 2-on-1.
- Iowa State: (See Figure 34)
- Four breaks up to receive the in-bounds pass while the one man seals. When four receives the one man breaks and receives the ball. The three man goes as well and now you have a 2-on-1 with your point guard and your best finisher.

Figure 34:

**Pull versus Dead Ball man-to-man:**

- This is better to run if you have difficulty in-bounding the ball. You will still get the 2-on-1 fast break opportunity. (See Figure 35)

Figure 35:



- Late in the game, substitute for the worst free throw shooter on your team. Inbound the ball to the best free throw shooter and have him be strong and take the foul.
- Know that a **SMART TEAM** will foul before the ball is in-bounded.
- Run a secondary break after in-bounding the ball on the sideline.
- This is a true statement - *If you cannot coach your best player, you are going to have a miserable season.*
- The inverse of this is also true - *If you can coach your best player you are going to have a fun season.*
- The fun of basketball is learning about each other, **LEARNING** about becoming a **TEAM**.
- Dick Bennett says there is more pressure at the Division I level but you do not have to work as hard as you do in high school. High School Coaches earn their money!
- There is no sound worse than the sound of blowing your own horn.
- **Philippians II** explains what a **TEAM** should be:

A Plea for Unity and Humility: If there is any encouragement in Christ, any solace in love, any participation in the Spirit, any compassion and mercy, complete my job by being of the same mind, with the same love, united in heart, thinking one thing. Do nothing out of selfishness or out of vainglory; rather, humbly regard others as more important than yourselves, each looking out not for his own interests, but also everyone for those of others. Have among yourselves the same attitude that is also yours in Christ Jesus.

- When Coach Meyer recruits, he has his current players help evaluate the recruit. The most important question he has them answer is:
 - ❖ *Do you think that this guy will fit in here at Northern?*
- Love is what drives a **GOOD TEAM**.
- Things to do to make **TEAMS** play hard:
 - 1) Give players **TEAM** ownership.
 - 2) Give players Individual responsibility. You must have a system with individual responsibility.
- When one guy makes a mistake, it is everybody's mistake.
- The less you are as a **TEAM** – the less you played **HARD**.
- Strong internal leadership is a start for the building of the **TEAM** process.

- Anal coaches have **GOOD** teams but not **GREAT** teams because they cannot deviate.
- **NAVY SEALS never SURRENDER** because they have suffered the most. You can get the Navy Seals Training Film from Amazon.com. It is **GREAT!** Show it to your **TEAM!**
- Coach Dean Smith – Do not let your buddy down. This is a Military concept.

Games Within A Game Concepts: (Good Handout Material)

1. Make more free throws than your opponent attempts.
 2. Commit good fouls – foul for profit.
 3. Get 50 % of all offensive rebounds – includes FT's.
 4. Get all available charges.
 5. Get all available loose balls (4 and 5 are floor game and need to be rewarded).
 6. Assists – win the assist game.
 7. % of Turnovers must not be more than 15 % of your offensive possessions.
 8. No middle drives.
 9. Keep the ball off the top.
 10. Hold them to a given % from the field and under a certain 3 pt. % from the arc.
 11. 10 under 10 – Hold a TEAM to 10 points in the first 10 minutes.
 12. We want 30 points and 15 rebounds from our postposition.
 13. Shooting a given % from the field and from the arc.
 14. FT % must be 85% or higher. You set the percentage)
 15. Transition game – Do not allow a certain number of points to be the result of transition.
- Coach Bennett said that he was overly concerned with peoples' criticism.
 - Coach Bennett thinks that the media guys really believe that deep down inside of each of them, they know more than the coach.
 - Make the game simple and easy to learn. Keep you players aggressive and alert.

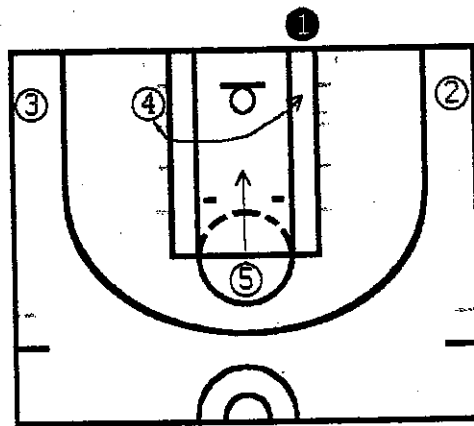
There are two kinds of people in life:

- 1) People who suck the life out of an individual, family, organization or TEAM.
- 2) People who breath life into an individual, family, organization or TEAM.

- Contest every shot with ball pressure.
- Chart contested and uncontested shots – Pat Riley.

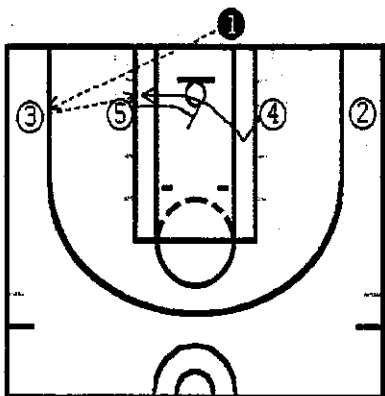
Zone out of bounds play from the Minnesota State High School Tournament: (See Figure 36)

**Figure 36: The four man flashes hard to the ball side.
The five man looks for the seam. He could go straight as drawn or left or right when moving to the baseline.
Put pressure on the ball from behind or attack from the rear. (San Francisco Concept)
The three and four guys are your best shooters.**



More Zone out of Bounds:

**Figure 37: Pass the ball to the shooter on the backside.
The five man center screens the zone.
The four man goes under the screen and to the goal.**



- Defending the delay game:
 - 1) Regular.
 - 2) Zipper.
 - 3) Side Fist
- "It is better to go too far with a player than not far enough." John Wooden
- "Fool me once, shame on you. Fool me twice, shame on me. But you have to give them a chance to fool you." *John Wooden*
- You do not want to be reactionary on defense.
- "Against our defense, every offense should look the same. A dribble arc to the outside." *Dick Bennett on his old Push Defense.*
- Personnel and Personality – Yours and the League.
"When the ball cannot see you, trap it!" *Bobby Knight*
- If the ball had eyes when it is in your hands would its eyes be open.

Basic Flex Motion Offense: (Figure 38A, B, C &D)

Figure 38A:

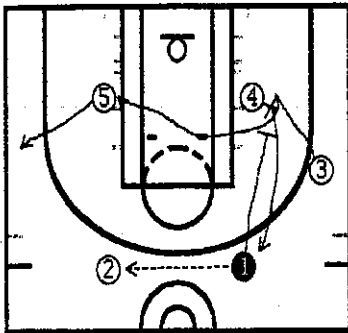


Figure 38B:

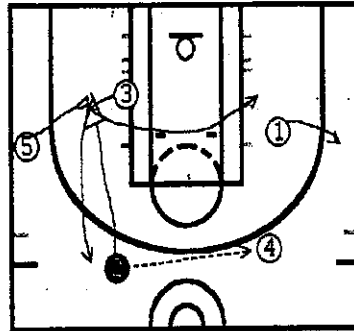


Figure 38C:

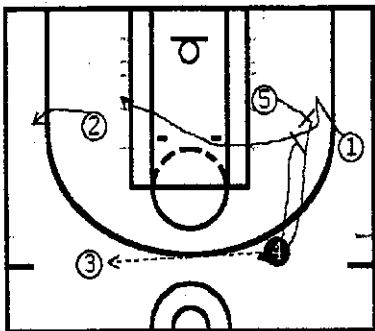
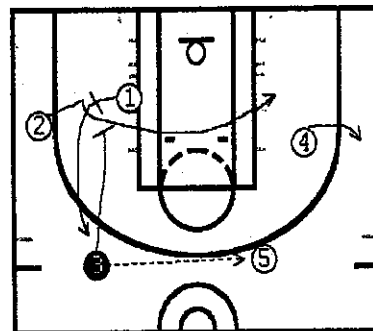


Figure 38D:



Defending the Flex:

- Old Way:
 - 1) When you can get two guards on top, you switch.
 - 2) When you can get two Bigs in the middle, you switch.
 - 3) If you are interchangeable, switch them all.
 - 4) The first thing to stop is the guard to guard pass.
- "Sometimes not to guard is to guard." *Chuck Daly*
- You can let a TEAM put it in the corner and then pack it in.

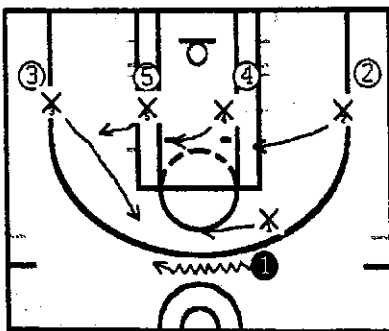
- Stand like you are in a zone with your hands up and the odds are excellent they will go to zone attack.
- Zone the flex.
- Trap the first pass.
- If the best TEAM in your league runs it – work on it a little each day or week to get ready for it. You do not have to tell your TEAM what you are doing.
- **Be a student of the game:**
 - 1) Recognition – Recognize the play.
 - 2) Anticipation – Anticipate and move into position.
 - 3) Make the play – Make the “Dog Gone” Play!
- Dork trap – leave the dork and trap the stud or the one man.
- Make the dork handle and make the decisions. Let the dork have the ball.
- “Why deny bad players the ball?” *Coach Bob Ligouri – Des Moines, Iowa*
- Always pressure the basketball full court, especially girls.
- If the inbounder cannot handle – trap the handler and make the inbounder handle off the pass back.

Defending the 1:4 Low without Dorks:

Explanation: (See Figure 39)

- 1) *Force the handler to his weak hand.*
- 2) *Set the trap and everybody rotates over.*
- 3) *When the hand goes to the top of the ball to pick it up, everybody recovers.*

Figure 39:



- After games, tell your players this:
 1. You guys did well.
 2. Tell them why and how they did well.
 3. Tell them that they could have done better.
- Write Bob Ligouri for his scouting and offensive booklet.

Bob Ligouri

Dawlings/St. Joseph High School

1400 Buffalo Road

West Des Moines, IA 50265

FASTBREAK PACKAGE

Rules for Fastbreak:

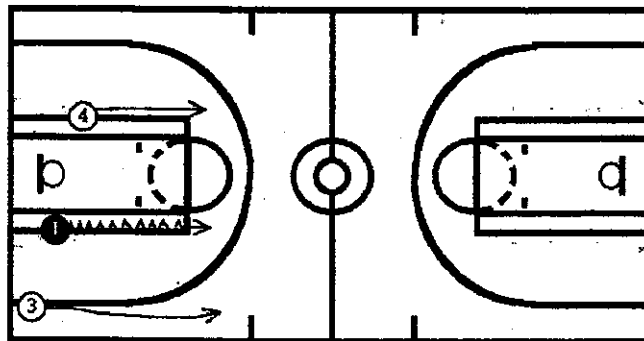
1. Do everyday.
2. Do everything perfect.

Fastbreak Set-up:

1. Three lines to start.
2. Bigs, wings, and ones.

Basic Fastbreak Drill: (See Figure 40)

Figure 40:



Directions for running the Fastbreak Drill:

1. Big tosses the ball off the glass for rebound and makes the outlet pass.
2. The big then sprints to the rim and makes a basket catch on the run and seals.
3. Use air dummies.
4. Go wing or post.
5. Two men get in the same line as the three men. Five men get in the same line as four men.

The Wing:

- Wing takes the ball to the rack.
- Wing to Post.
- Swing to Post.
- Wing to Wing – Post should hold the seal on the original side.

The Left Wing:

- Diagonal pass when the wing goes to the post spot.
- Make defensive transition off made baskets.
- Fake a pass to make a pass.
- Reverse the ball and go 2/5/4.
- You cannot play with just one post man. They cannot give the maximum effort for the entire game. They must be able to run from block to block (Baseline to Baseline) in FOUR seconds. This is MAXIMUM EFFORT!

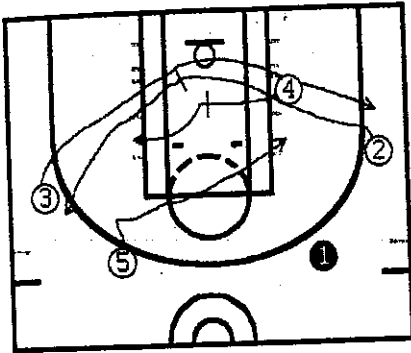
TEXAS TURNOUTS: (See Figure 41)

- This is when you cannot pitch the ball ahead.
- Do you want a quick shot or do you want.

Explanation of Figure 41:

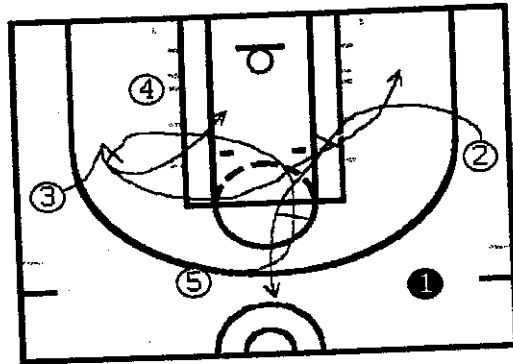
- The two man cuts baseline beneath the four man and sets the first screen for the three man. The four man, a Big, sets the second screen.
- The two man continues on out and balances the floor.
- The four man goes across the lane.
- The one man passes the ball to the three man and the five man times his cut into the post.

Figure 41:



- Call shot against the zone when practicing – this helps teach shot selection.

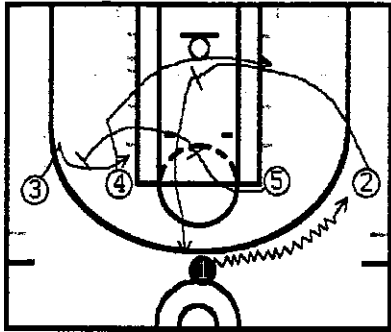
Denver Play (Figure 42)



- Run this off a made free throw when the opponent has had a chance to get back and set their defense.
- The first look on any special would be to look at the post first and then the shooter. Look at the opposite post, in this case, the four man.

Denver Flat (See Figure 43A)

Denver off one-four high:
Figure 43A:



Break Package Against a Zone:

- Call the loop series
 1. Loop Skip.
 2. Loop Flash.
 3. Loop Flare>
- If you are low post ballside when the ball is shot over you spin and go to the weakside.
- Wings are to move to elbows when 3's are missed on top. Everyone must get a piece of the rebounding pie!
- The point guard should always go to a piece of the pie and block out on defense. His man is busy floor balancing.

Good shooting drills for TEAM and Camp:

TEAM competitive:

- a) Divide into two TEAMS.
- b) Mimic and hold follow through.
- c) Bent knees.
- d) Take away for not doing above.
- e) First TEAM to seven with ball back and everybody sitting down wins.
- f) Everyone on your team must yell out the score.
- g) Weak hand passing back.

- h) Countdowns are good. It puts pressure on them.
- i) Coach chooses the spots to shoot from.

Four up:

- a) Same as above but must get a lead in the amount of the designated score and be sitting down to win. In this case, one team must have four more made shots than their opponents. If you play Seven up, the lead must be seven more made baskets.

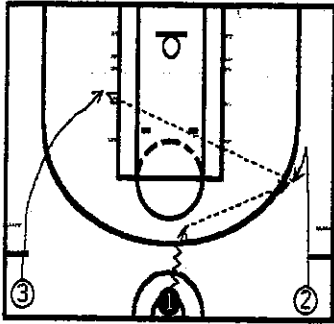
Gotcha and Evil Gotcha:

- a) Players line up in a straight line at the free throw line. You can use a three point shot spot for this drill also.
- b) The first two players in the front of the line have one ball each.
- c) When the first player in line shoots, he must make his shot, even if he has to get his own rebound and use a put back, before the next player in line makes his shot.
- d) If the second player in line makes his shot before the player ahead of him makes his shot, the player that missed his shot is out and sits on the sideline.
- e) Players who make their shot have to get their rebound and throw the ball back to the next player in line using the weak hand.
- f) In this game, you cannot interfere with the other shooters' basketball.
- g) In **EVIL GOTCHA**, you can knock your opponent's basketball off the court or hold him. In other words, fouls are legal in **EVIL GOTCHA**.
- h) **The last player standing is the WINNER.** Losers do Push-ups or Transitions.

Make a 3-on-2 into a 2-on-1: (See Figure 44)

- Angle the ball towards the best three man and away from the best finisher.
- The best Three man runs an International and the finisher gets rebound position.

Figure 44:



- Players are going to make our tournament. They are in charge.
- Have a daily sign-in sheet. We want daily informal contact with the players.
- We are the cavalry – We want people to want us to win.
- Develop a mailing list to little kids – Do something for them. Promote the program. Have things to give away. (Shirts, Handouts, Passes to Games)
- Successful Teams commit to post play. You must commit to this. The game is one from the inside and out!
- Pivots – low jump stops – posts – Michael Doleac. (Played for Coach Majerus at Utah, now with the Orlando Magic. Utah was his only Division I scholarship offer. Do you think that Coach Majerus taught him anything? You Bet he did!)
- Work on sealing with a defender and hold five pound weights in each hand.
- Finishing drills:
 1. X.
 2. reverse X.
 3. Y.

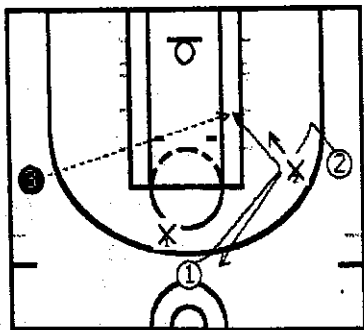
Guidelines for a 2-on-1:

- 1) Split the floor into Thirds.
- 2) The man trailing needs to be one step behind the ball.
 - a) The game is spacing and momentum – play against the opponent's momentum
 - b) One good skip pass deserves another – use the defense's momentum against them.
- 3) Put the ball in the inside hand – it is easier to make the pass.
- 4) Bounce it by the defender's foot.
- 5) If the defender plays the pass – crossover dribble and power move – (The Paxon Move)

- Players that you count on to deliver more, get more latitude to make mistakes.
- Complimentary players have to be mistake free. The responsible player must have the proper attitude. The players must understand the need for that attitude.

Motion Ideas:

- 2-on-0:
 - 1) Wait for the screen.
 - 2) Slow down, then explode.
 - 3) Screener always makes the second cut.
- Screening temporarily destroys spacing unless you do a second cut.
- Slip the switches. (See Figure 45)

Figure 45:

- Back cut hard against switches – they will temporarily take the cutter.
- Have a shooter set a back screen.

Bobby Knight Rule:

“You only have 200 minutes of practice. I want to spend 200 minutes on defense and 200 minutes on offense.”

- In other words, you have to work on both at the same time.
- When you have to sharpen a part of motion – take that part out.
- 2-on-2 with a passer:
- When the ball is in the outside 1/3 of the floor, do not chase the cutter.
- If a kid cannot or will not make a play, it does not matter either way.
- Teach the guys to think about how to get “best.”
- Loop to set up the screen in, etc.
- Loop to get guys in the right position.

Play FOUR UP and TEAM COMPETITIVE as a screening drill.

- The shooter gets the rebound, makes an outlet pass and becomes the passer.
- The screener becomes the next shooter.
- The outlet pass receiver makes a pass to the outlet passer and sets a screen for the new shooter.

1-1-3 Match-up Zone Ideas:

- In 1986, Lipscomb University won a National Title with it.
- Things Coach Meyer likes about the Match-up:
 - 1) Uses man-to-man techniques.
 - 2) You can go full court and press if you are athletic enough.
 - a) Athletes – whatever you want to do.
 - b) Non-athletes – keep the ball in front of you.
 - 3) You can do all the traps:
 - a) Smart.
 - b) Dork.
 - c) Side.

To be successful using the Match-up you must:

- Keep the ball out of the high post.
- You must defend the cut from behind to the corner.

Defending the Corner Cut:

Basic Rule for Defending the Corner Cut:

- We do not want two forwards on the same side of the floor longer than necessary. Change sides with the forwards. (See Figure 46 & 47)

Figure 46:

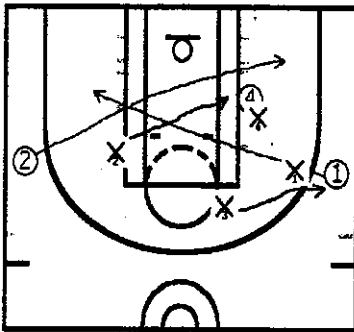
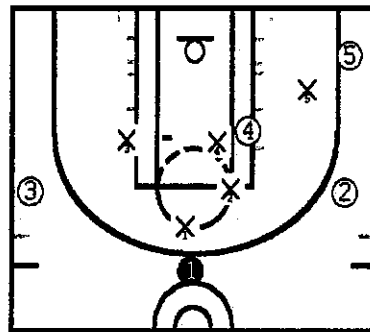


Figure 47:



- Watch the man in front of you – This concept applies to offense and defense.
- Talk to the ball and the man in front of you.
- Trap middle drives and umbrella.
- The Bump Move – This forces the Bigs inside.

Figure 48:

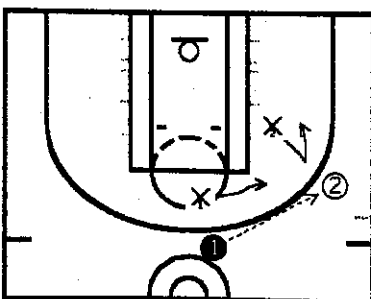
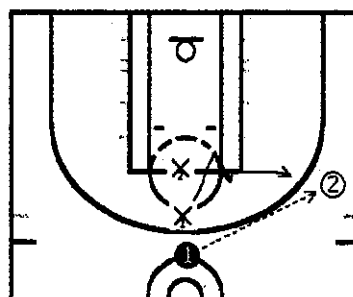


Figure 49:



- Closest man takes the ball concept.
- **Disadvantage drill:**
 1. Whom do you cover and who do you blockout.
 2. The drill teaches you how to talk to the man in front of you
- Talking – One word is better than two words are.
- Like Baseball – Call three (3) times or it is your fault.
- Take the drills you learn and adapt them to your TEAM – Do not just adopt.
- Finish the possession defensively – Blockout and rebound.

You can do everything wrong on defense and get by if you:

- 1) Pressure every shot.
- 2) Finish the play defensively:
 - a) You must rebound – blocking out is not enough
 - b) You must get the loose ball – getting the touch is not enough

Athleticism – Attitude – Skill

- What do you look for in a kid and in what order?
- Attitude will precede skill development – must have a learning attitude.
- Look for the total package.
- Want to be the total package as a coach – Your kids will win even if you lose.
- You can slow the game down with a 2-2-1 Zone Press. Keep the ball in front.
- In high school you should play differently in terms of having it all in.
- It is not what you have; it is what has you.
- As a coach, are you going to be the moth and get too close to the flame?
- Know who you are and what your game is!
- Do you want to be the Biggest and Best? It is necessary to be the Best first and then the Biggest will come!

THE BASIC VERBAL CALLS AND THEIR MEANINGS FOR DEFENSE:

Verbal Calls:

Ball – Ball – Ball
Deny – Deny – Deny
Help – Help – Help
Screen – Screen – Screen
Coverdown – Coverdown – Coverdown
Fill – Fill – Fill
Sink – Sink – Sink
High – High – High
Low – Low – Low
Front – Front – Front
Stance – just once

Shot – just once

DEAD - Just once

Meanings:

= On the ball defense
= Denial defense
= Help defense
= Start screen coverage
= Coverdown on the low post
= Fill part of fill and sink
= Sink part of fill and sink
= High I call
= Low I call
= Low post has been fronted
= Remind all defenders to get in correct stance and position
= Shot has been taken
 blockout/pursue/rebound
= The ball has been picked up

Down Screens – Last guy on a double or a single down screen extends.

THE BASIC VERBAL CALLS ON OFFENSE:

Verbal Calls:

Ball – Ball – Ball

Call Teammates name

Meanings:

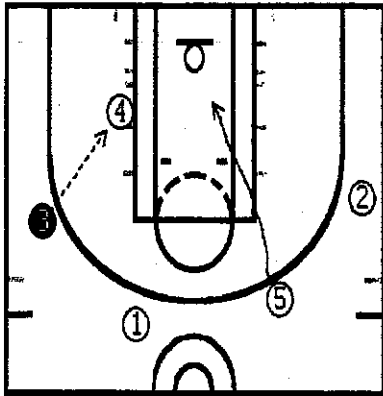
= Used when you are open to receive a pass.
= When you are open.
= You pass them the ball.
= You want to set a screen for your teammate.

Blockers:

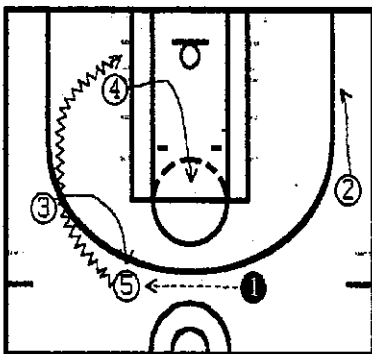
- Name – Screen – Wait.
- Movers – Hear name – Set up Screen – Wait – Call the Cut.

5-on-0 Cut and Space:

- The ball must go in the post – feed the post! (See Figure 50)

Figure 50:**Dive and space: (See Figure 51)**

- Teach this by doing it.
- You can do it with two balls.
- Put a passer under the basket to kick the ball out.

FIGURE 51:**Defensive Cutthroat:**

- You have to score to play defense.
- You can only score points by stopping people when on defense.
- The team that is scored on outlets quickly.

Four things that you must have on Offense:

- Must have an inside game.
- Must have an outside game.
- Must be able to penetrate.
- Must have a pull up game.

Drills/Ideas for Poor Post Catchers:

- Hands are always ready.
- Back to passer drill.
- Two ball catching.
- Taking infield. (Ozzie Smith Drill)
- Bad pass reaction drill.
- Use different size balls during drills. (Tennis Ball and Basketball)
- Use the Toss Back with two basketballs in rapid fire.

Basic Rule for Catching the Basketball:

Catch with your Feet, Eyes and Hands!

Procedure for Teaching a Player to go Shoulder to Shoulder off a Screen:

- Grab the screener's elbow.
- Grab the screener's jersey.
- Wrap the curl cut around the screener.
- Defender goes ball side, grabs the screener/blocker – turn the blocker and fade.

Teaching the Jump Hook:

- Point your shoulders to the basket and grove the shot.
- Practice a good wrist snap. Make certain that you do wrist extensions before this drill!
- Hold a high one-second follow through.
- You must do this drill with both hands, facing opposite sidelines.
- Always chin the ball. A chinned ball is in a protected position and is difficult to rip away. The pros call this "Tight with your Game."
- Start low, wide and compact and use your legs to explode upwards.

SKILL DEVELOPMENT

More Coach Meyerisms:

- ▶ *It's not what you teach; it's what you emphasize!*
- ▶ *Championship teams do the guts of basketball.*
- ▶ *The way you say something is more important than what you say.*
- ▶ *You must make drill GAME LIKE!*

1. EASY RUNNING

- a) Run up and down the court.
- b) Have a coach throw a pass to players.
- c) When pass is caught, player makes a front and rear turn.
- d) Pivot on the ball of your feet.
- e) Make a QUICK STOP not a jump stop high in the air.

2. STARTS, STOPS, AND TURNS

- a) Take two dribbles off the baseline.
- b) A coach on the pivot pressures the player.
- c) Make a rear turn and feed the post.
- d) The receiver catches the ball in the posting position.
 - Catch the ball with your eyes.
 - Catch the ball with your feet.
 - Catch the ball with your hands.
- e) We do not want a Dolly Parton (Chest High) bounce pass.
 - The pass must be low.
 - The chest must be over the thigh to reach and project the pass.
 - Passer must turn the wrist over at the end of the pass so that the ball will bounce into the post player as he leaves his seal. (Do not leave seal early)

3. THE TWO HAND OVERHEAD PASS

- a) Throw to a coach.
- b) Coach will toss the ball back to the player as he runs out.
- c) Make a front turn.
- d) Dribble down to feed the post.

4. FEED THE POST PROGRESSION

- a) Feed from the wing – defense is on the high side.
 - Dribble down from the wing to feed.
 - Feeder relocates to the corner.
 - Post catch is perpendicular to the pass.
 - Dribble down to the post player.
 - Do not bury the post under the board with your pass.
- b) When the post is fronted, loop to the top.
 - Seal out.
 - Get the High-Low Feed. (Air Pass)
 - Fake a pass to make a pass.
- c) Add a defense – 3 on 1 situations
 - Two perimeters and One post player.
 - Loop – Skip – Seal Out.

5. PERIMETER SKILL DEVELOPMENT

- a) 3/0 on top.
 - The wings go to the elbow when the shot goes up.
 - The post goes to the front of the rim.
- b) 3/0 from the wing.
 - 2 on 1 on the weak side board.
 - Post player spins to the weak side.

6. SHOOTING DRILLS

- a) Partner shooting.
 - Two players.
 - Follow your shot – pass to partner.
 - Use one, two, and three passes.
- b) Two balls and three shooters that will close out on all shots.
 - Use fly-by defense to work on getting the ball up.
 - Use the shot fake when the shot is blocked.
 - You can add proper defense with the closeouts.
 - Add help-side defense – one dribble pull-up.

7. CLOSEOUT AND OFFENSIVE MOVES DRILLS

- a) 1/1 from the wing.
 - Add a help-side player.
 - Use shot pressure to take away rhythm from the shooter.
 - If you do not leave the floor, you act as a gun sight for the shooter.
- b) 2/2 from wings.
 - Must work offense and defense in all drills.
 - Close out on the skip pass.
 - Help-side player gives help outside the lane.

8. OPEN COURT MOVES VERSUS DEFENSE

- a) 1 on 2 full court.
 - One defender at the half – line the other at the free throw line.
 - Defenders will bump off.
 - Attack defender with angles.
 - You can not belly out.
- b) 1 on 3 full court.
 - Add a defender at the other free throw lone.
 - Know your go to move.
 - Enter the half court through the center circle.
- c) 1 on 2 half court trapping.
 - Learn to back dribble.
 - Pull back crossover.

9. X – LAY – UPS

- a) Make 6 in 10 seconds.
- b) Dribble to the free throw line and basket with one dribble.
- c) Dribble with the inside hand going back.

Passing out of a Trap:

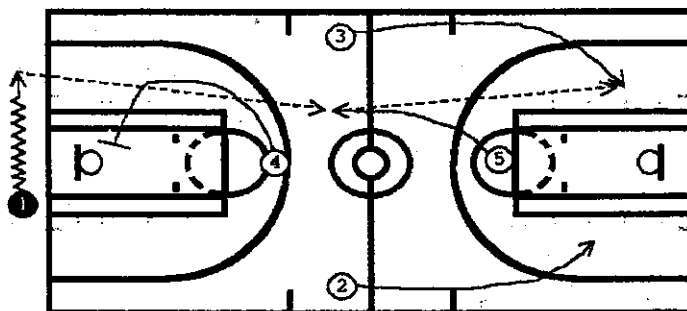
- Never throw over an athlete.
- Use the crack back.
- Throw around.
- Fake a pass, make a pass.

Teach guys to Finish:

- Sight your target early.
- Ignore the defense.
- Make it clean. Score simply, there are no extra points for style.

When you are recruiting a kid, ask yourselves these questions:

- Can you win with him on the floor?
- Can you win with him on the bench?

Home Run Play – End of a Quarter, Half or Game: (See Figure 52)**Figure 52:**

**THIS IS WRITTEN AT THE TOP OF PHILIP HUTCHINSON'S
NOTEBOOK EACH DAY:**

W D T W

We

Deserve

To

WIN!