



DRILLBOOK

Coaching & Practice Principles



Coaching & Practice Principles



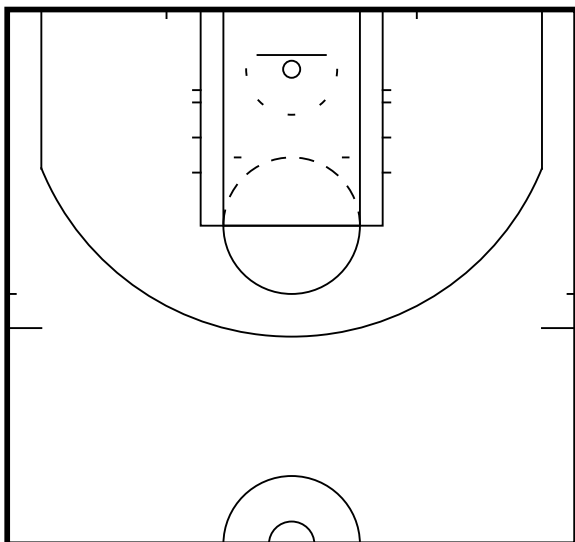
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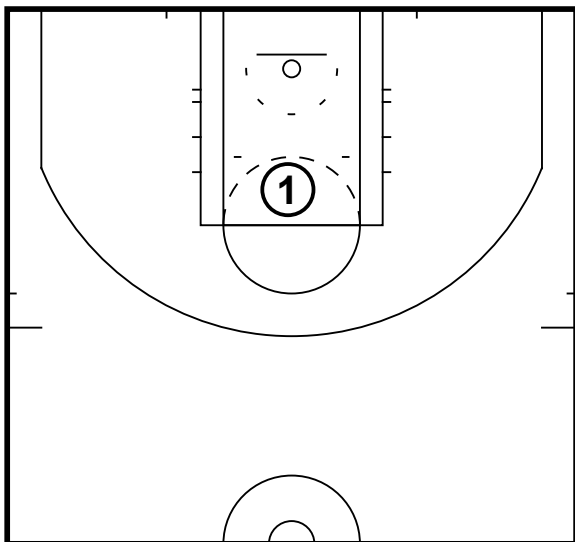
10 INGREDIENTS OF A GOOD PLAYER COACHING & PRACTICE PRINCIPLES



1. **Love to play the game :** A player must have a passion for the game. It's the only way to deal with all it takes to become a better player.
2. **Has and develops ball skills (basic fundamentals) :** Without fundamentals there's no base to build on. Great fundamentals are a must to become an advanced player.
3. **Footwork :** Basketball is a game of feet, even more than a game of hands. Your feet give you balance, speed, agility, ... Footwork is one of the fundamentals of the game.
4. **Offensive moves (advance fundamentals) :** Are important to take your game to a higher level. Of course the more offensive moves a player has the better, but it is my opinion that a wide range of solid basic fundamentals together with a limited number of well trained advance fundamentals are sufficient to become a good player. Important is that the player knows what he can and (even more important) can not.
5. **Ability to "see" the floor :** court vision, "seeing" the game, reading the defense ... all necessary skills for a player. Depending on the position of the player it's a must have (e.g. a pointguard without court vision won't be any good of course) or it makes a good player a great player (e.g. a big man with good court vision will make an excellent key passer).
6. **Learn to listen and know when you are being given good advice :** A player should be hungry to learn more about the game every single day. Not only he should listen to good advice, he must do something with it.
7. **Learn the concept of being a smart action/reaction player :** Being able to read the game, to react to the defense, to react to your own teammates and to make smart decisions at the right moment is an absolute necessity for a player now a days.
8. **Get your body in ultimate physical basketball condition :** If not a player has to use a lot of his energy just to keep up at practice. That is energy he can't use to improve his skills. Fatigue will make him loose focus and concentration and he'll need both to become a better player.
9. **Mental toughness :** A tough training schedule, the pressure of the competition, good results at school, problems and discussions with parents or boy/girlfriend, ... a player must have a certain level of mental toughness to deal with all these things or he will loose focus.
10. **Be a good organizer :** To find a good balance between family, basketball and school(results) a player must be a good organizer to be able to divide his time as optimal as possible between these 3 important things.

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10 PITFALLS YOU MIGHT ENCOUNTER COACHING & PRACTICE PRINCIPLES



1. Not every player will be interested in every practice.

No matter how much experience you have or how great you are at teaching, you will encounter times in the gym when players are just not interested. Don't give in to the temptation to scold or yell. Instead, try changing your tone of voice. Try moving around. Try both. You can even switch from talking to a physical activity, like a scrimmage. The process of the scrimmage may increase the players' understanding and, possibly, their level of interest.

Teach them anyway.

2. If a practice is going badly, stop and regroup.

Even if you have planned a detailed practice and have a clear goal in mind, if your approach is not working – for whatever reason – stop! Regroup and start over with a different approach, or abandon

your planned practice entirely and go on to something else. Afterward, be honest with yourself as you examine what went wrong and make plans for the next day.

Do it. Do it right. Do it right now.

3. Coaching will get better.

Maybe not tomorrow or even next week, but at some point, as you keep at it, your job will get easier.

Do you remember your very first practice? Were you nervous? Of course. So was I. See how much your coaching has already improved? By next year you will be able to look back on today and be

amazed at how much you have learned and how much more easily you do your job.

The dawn alleviates.

4. You do not have to say yes to everything.

Do not feel that you must say yes each time you are asked to participate. Know your limits. Practice saying, Thank you for thinking of me, but I do not have the time to do a good job with another

commitment right now. Of course, you must accept your responsibility as a professional and do your fair share, but remember to be realistic about your time.

Learn to say no.

5. Not every player or parent will love you.

And you will not love every one of them, either. Those feelings are perfectly acceptable. We coaches

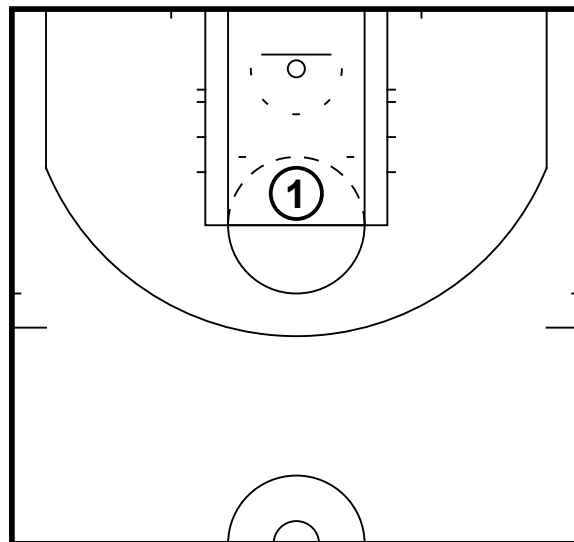
are not hired to love players and their parents. Our job is to teach players and, at times, their parents as

well. Players do not need you to be their buddy. They need a facilitator, a guide, mentor, a role model

for learning and for character.

Give them what they need.

10 PITFALLS YOU MIGHT ENCOUNTER COACHING & PRACTICE PRINCIPLES



6. You cannot be creative every day.

When those times happen, turn to outside resources for help. Coaching books, teaching guides, clinics, professional organizations such as high school associations and the NABC are designed to support you in generating well-developed practices. When you come up with your own effective and meaningful practices—and you will – be sure to share your ideas with other coaches, both veterans and newcomers to the profession.

Sit at the feet of Masters.

7. No one can manage classes, students, players, recruiting, media and – oh, yes, coaching – all at the same time and stay sane.

A little multi-tasking can be good, but you must know your limits. Beware of burnout. Remember #4.

A little learning is a dangerous thing – drink deep.

8. Some days you will cry, but the good news is that some days you will laugh.

Learn to laugh with your players and with yourself.

Patience is a great virtue.

9. You will make mistakes. That's life, and that's how you learn.

You cannot undo your mistakes, but berating yourself for them is counterproductive. If the mistake requires an apology, make it and move on. Mistakes are life. Life is not a game. No one is keeping score.

Put down the beating stick.

10. This is the best job on earth.

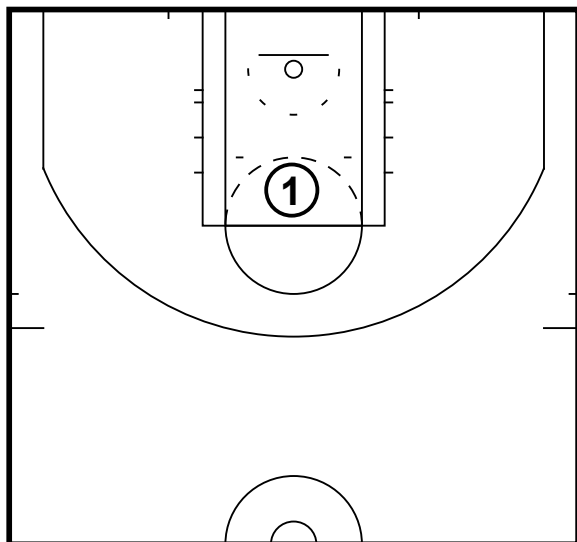
Stand up straight. Hold your head high. Look people in the eye and proudly announce,

I am a basketball coach.

You can make a difference.

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11 CHAMPIONSHIP KILLERS COACHING & PRACTICE PRINCIPLES



11 Championship Killers

When the season first starts, every team is in the championship hunt. Every team sets their eyes on the final prize – winning a championship and being crowned #1.

Legendary Hall of Fame football coach Bill Parcells once said, ***'In order to win, you have to figure out what makes you lose.'***

That is a powerful concept.

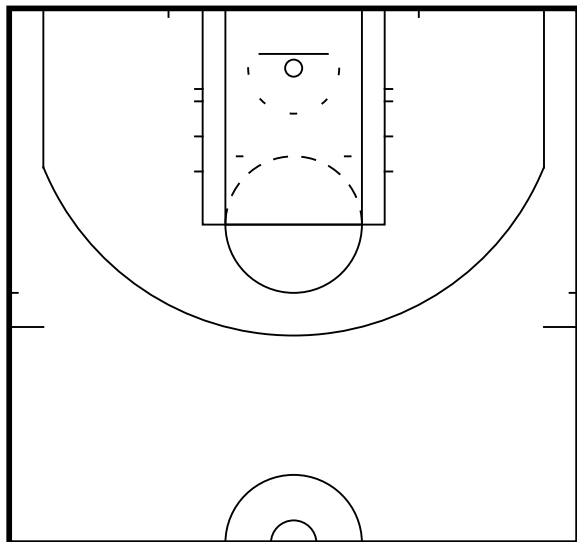
So before you can win a championship, you need to figure out what will prevent that from happening.

Here are 11 Championship Killers:

1. **Entitlement:** Players don't feel they need to earn a championship. They think it will happen automatically based on tradition or last year's success.
2. **Arrogance:** Similar to entitlement, players don't think losing is even possible. They lack respect for their opponent and for the game itself.
3. **Selfishness:** Players think 'me' and not 'we.' They are more concerned with individual stats than with winning.
4. **Complacency:** Players think 'good enough' is good enough. It isn't.
5. **Lack of Confidence:** Too much confidence (see #2) is a major problem. But so is a lack of confidence. You have to believe you can win it all.
6. **Lack of Effort:** This one better be obvious.
7. **Lack of Trust:** Players need to trust coaches. Coaches need to trust players. Lack of trust on either side will create dysfunction and dissention and cause the entire ball of yarn to unwind.
8. **Lack of Conditioning:** It is a long season. If players run out of gas mid-way through, they can't finish the race!
9. **Lack of Commitment:** Winning a championship requires commitment on and off the court. Staying up late on your computer the night before a game or getting in academic trouble shows a severe lack of commitment.
10. **Lack of Leadership:** Coaches can't be the only leaders on the team. Period.
11. **Lack of Role Acceptance:** Basketball is a team game. Every player on the team, from the leading scorer to the last player on the bench, has a specific role. To win a championship, every player on the team must know, accept and take pride in their role.

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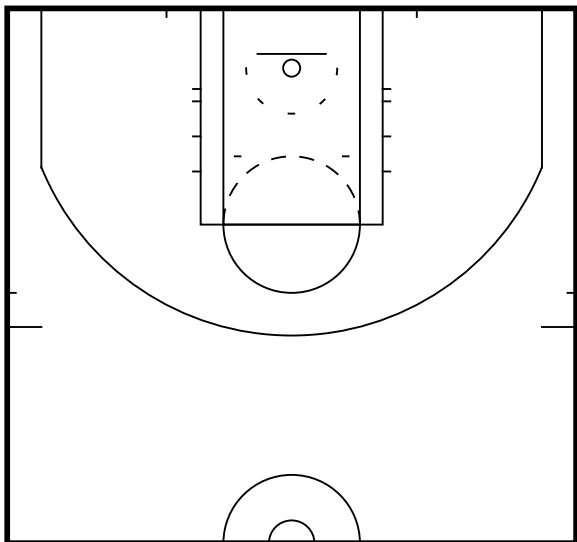
12 COACHING 'ABSOLUTES' COACHING & PRACTICE PRINCIPLES



1. Basketball, like every other sport, is predicated on the execution of the fundamentals.
2. The coach is a teacher; his subject is the fundamentals.
3. The highest level of achievement is attained by the teams with the best conditioned players.
4. Even the greatest players have a level of improvement to achieve.
5. Even the greatest players accept coaching and value the need for discipline and the order that it brings to the team.
6. Winning is more related to good defense than good offense.
7. Break-down drills, under simulated game conditions, are essential to team success.
8. Teams that play together beat those with superior players who play more as individuals.
9. There are no physical limits to individual achievement.
10. Although the game has become more sophisticated, simpler is better in developing and teaching a system of play.
11. Players draw confidence from a poised, alert coach who anticipates changing in game conditions.
12. Teams that never concede defeat can accomplish incredible victories.

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14 QUALITIES OF A MASTER COACH COACHING & PRACTICE PRINCIPLES

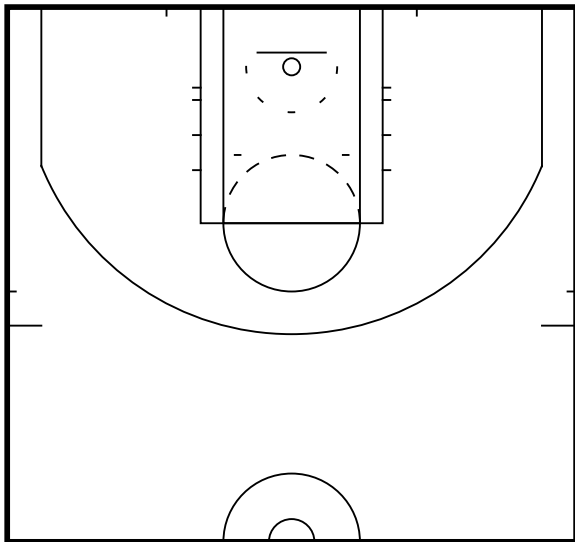


Here are 14 qualities of a master coach:

1. A master coach has a purposeful mission.
2. A master coach is a big thinker.
3. A master coach has high character.
4. A master coach embraces change.
5. A master coach has empathy.
6. A master coach takes calculated risks.
7. A master coach has a high basketball I.Q.
8. A master coach is decisive.
9. A master coach uses authority appropriately.
10. A master coach is an effective communicator.
11. A master coach is a servant leader.
12. A master coach is courageous.
13. A master coach is fully committed to the betterment of their players (on and off the court).
14. A master coach works on their craft every single day.

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24 E's OF BASKETBALL SUCCESS COACHING & PRACTICE PRINCIPLES



From King James to KD and Coach K to Coach Cal, here are 24 reasons the best are so successful:

They bring **ENERGY** and **ENTHUSIASM** to every workout, practice and game.

They give a tremendous **EFFORT** every time they take the floor.

No matter how accomplished they are, they never feel **ENTITLED**. They work hard to **EARN** their success every day.

They work with **EFFICIENCY**. They know that everything they do matters. They don't waste time or energy.

They are **EAGER** to work, because they truly **ENJOY** the game. They arrive to workouts, practices and games **EARLY**.

They hold themselves to a very high standard and always push to **EXCEED** their own high **EXPECTATIONS**.

They remain poised in the heat of competition (they are never **ERRATIC**). They are extremely **EFFECTIVE** under pressure.

They **EVALUATE** themselves daily. They are **EDUCATED** students of the game.

They perform with precision. They **EXECUTE** every play as well as they can.

They don't expect things to be **EASY**. They **EMBRACE** challenges and constantly push themselves out of their comfort zone. They always go the **EXTRA** mile.

They are confident in their abilities, but they always keep their **EGO** in check. They always feel they have more to prove. They are never content. They are never satisfied.

They show their **EMOTION** (passion) and **ENGAGE** and inspire those around them.

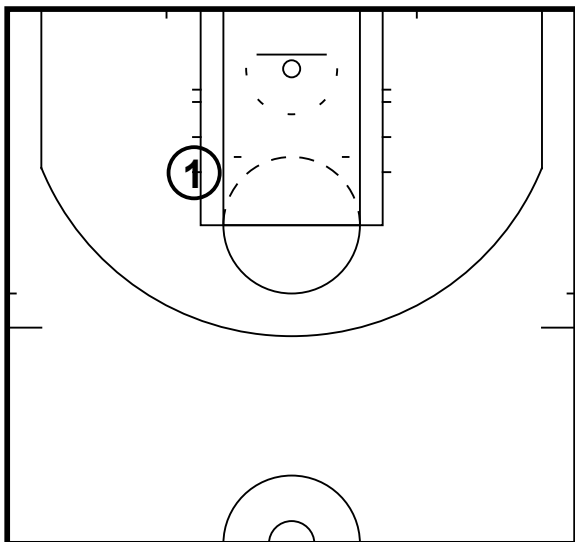
They set standards for themselves and for their team and they **ENFORCE** those standards daily.

They eat well, stay hydrated, get ample rest, train appropriately, and watch film so that they are **EQUIPPED** to perform with **EXCELLENCE**.

How many of these do YOU do?

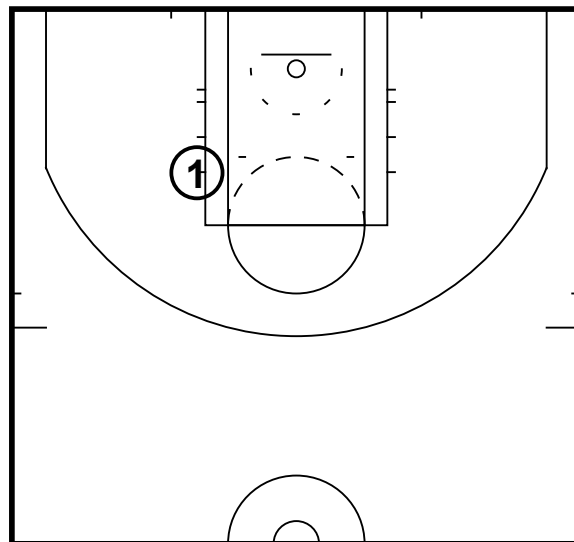
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37 ESSENTIALS TO BE A SUCCESSFUL COACH COACHING & PRACTICE PRINCIPLES



1. **Be an excellent teacher** : be an unbelievable teacher in the fundamentals of the game and increase the ability of your player(s).
1. **Player/Coach relationship** : have a rapport with your players on and off the court (= trust factor on and off the court)
2. **Sell your system** : sell your system every single day, not just the first team meeting
3. **Motivation** : challenge your players and push them to go just that little bit further
4. **Organization** : be a great organizer not only in the off season, but also during the entire season. Organize your staff and have a separate calendar for every assistant coach.
5. **Create an identity** : create an identity for your team and make your team want to take this identity to the next level.
6. **Be positive** : the player must understand that you're on his side. Use negative comments in a winning streak and positive comments during a losing streak. Use positive reinforcement to bounce back after a loss and surprise your team by being positive after a loss.
7. **High energy** : if you coach with high energy (not only during a game), you'll get players with high energy.
8. **Be in good physical condition** : being out of shape limits your teaching ability. Your physical condition is an example for your players.
9. **Intensity** : players will play with intensity if you coach with intensity.
10. **Your will to win** : how high is your will to win? If a coach doesn't take losing lightly, players won't take losing lightly and if a coach willingly accepts losing, his team will do the same.
11. **Understand the rules of the game** : know the rules inside and out. Players will lose faith in a coach who doesn't understand the rules of the game.
12. **Relationships and communication** : conduct yourself properly with the referees. Referees respond to communications, not embarrassment.
13. **Work ethics** : the only way to get ahead of the competition is to outwork them. Where do you rank yourself within your conference, league or entire sport? Where are you compared to coaches in other sports?
14. **Talent evaluation** : how to mesh your team together and what is the most effective way to use the talent that you have. Your record is a direct reflection of your talent evolution capacities.
15. **Ego management** : manage player ego and coaching staff ego, but also your own ego.
16. **Respect factor** : how do you gain respect? Gain it with all the items we're talking about in this module.
17. **Find a mentor** : a mentor is someone you can lean on for advice. A mentor's advice isn't limited to your sport. Take advantage of your mentor's experience.
18. **The media** : don't lie to the media, respect the job they have to do, but it's your right as a coach not to answer a question.
19. **Consistency** : be very consistent.
20. **Master the X's and O's** : Master them yourself as much as possible and surround yourself with the best X's & O's people you can find, especially within areas you're weak.

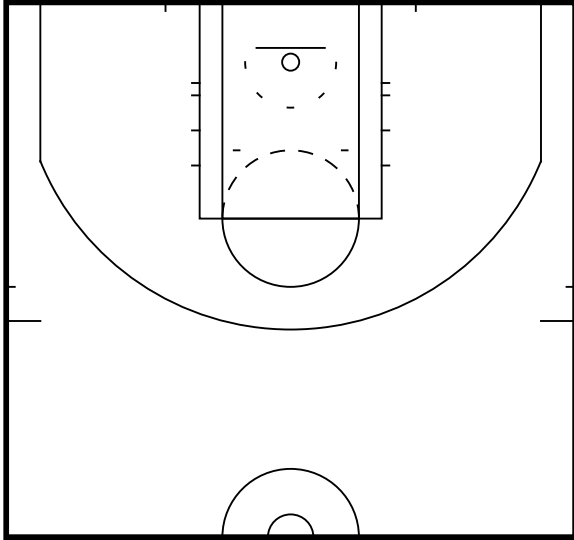
37 ESSENTIALS TO BE A SUCCESSFUL COACH COACHING & PRACTICE PRINCIPLES



21. **Brainstorm** : find out ways to make your system better. Meet with other coaches and learn.
22. **The staff** : hire the best coaches you can as an assistant coach and trainer. Be sure your staff is on the same page.
23. **Preparation** : be prepared for problems before they occur.
24. **Late game preparations** : work on special game situations
25. **Handling a loss** : talk to our team about how they should conduct themselves after a loss. A postgame loss should include a time of reflection on what went wrong.
26. **Create a winning environment** : make people feel good about where they're playing.
27. **Be creative** : be creative to grab the players' attention. Be innovative.
28. **Clearly define roles** : discuss player roles in training camp. Don't lead a player on. Do the same for your staff.
29. **Create team chemistry** : make your players get along not only off the court but especially on the court. Let them see things the same during a game. Use events off the floor to increase your team chemistry.
30. **Ability to communicate** : try to improve your public speaking abilities. Masters of public speaking can take control of a locker room.
31. **Goal setting** : set goals that are obtainable. Do something goal oriented everyday.
32. **Dedication** : all great coaches are dedicated.
33. **Idea generator** : who is going to be your idea generator? Don't become complacent in idea generation. Change with the times.
34. **Problem solving** : turn a loss into a solution. Always get a solution as quickly as you can.
35. **Opportunity** : Every loss or problem is an opportunity. Players will respect you for that.
36. **Leadership** : above all, a successful coach must be a great leader. Be honest with yourself and your situation.

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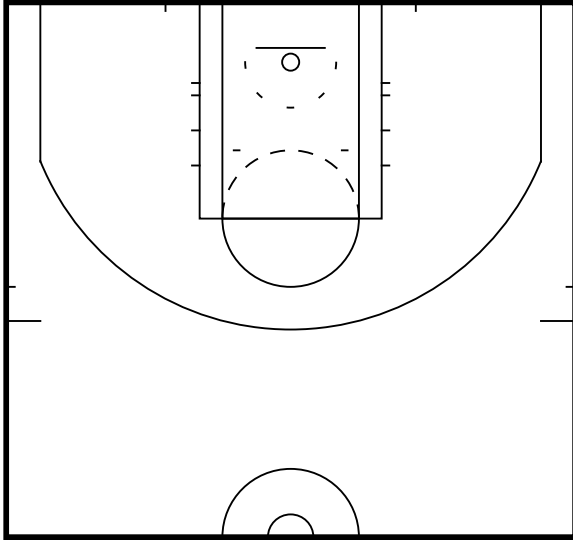
5 ABSOLUTE PRACTICE RULES COACHING & PRACTICE PRINCIPLES



- Head coach is always present during practice
- A player only can miss practice due to an injury, home emergency or study purposes
- A player comes on time for a practice
- No one is allowed to disturb the coach or player during practice
- Tremendous effort is demanded from all players at practice.

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5 LEVELS OF COMMUNICATION COACHING & PRACTICE PRINCIPLES

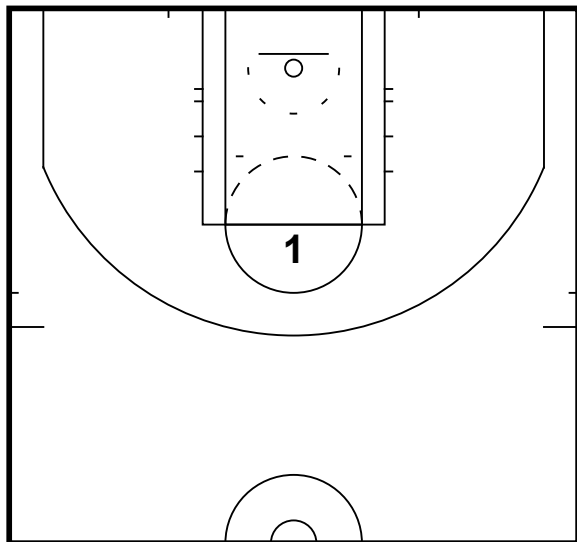


There are 5 levels of communication with players - ***use each one less than the one before it as you go down the levels.***

1. **Conversational:** You have the give and take whereby you get to know the player and he/she learns you as well. You demonstrate your care. Use this the most.
2. **Encouragement:** Voice is animated and enthusiastic. Use it as much as you can, but it has to be a result of real achievement, not just blowing smoke. But the worst person to be with is the one you simply cannot please. Be real.
3. **Instructional:** Voice is slightly animated as you attempt to pass on teaching points that may help your player get better, or that may help him understand the team concept. Use often, but mostly in practice or in certain 1-1 situations.
4. **Correctional:** Voice increases somewhat in urgency, but this is not to be confused with screaming. Naturally, this is used on important issues in practices and games to help eliminate errors. Use it as needed, but if it overwhelms the encouragement level, the team will tune you out sooner than later.
5. **Go Nuts:** Yes, there is a place for letting them know that they have crossed the line in terms of lack of effort or execution or attitude, etc. They must know you really care about certain issues. But, of course you must maintain control here, as it should be a purposeful act. Overdo this level and you will lose your team by Christmas unless you are winning every game.

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5 RULES FOR LEADING YOUR TEAMMATES COACHING & PRACTICE PRINCIPLES



Rule 1: Be Prepared

Team leaders earn the right to lead by being prepared. The prepared leader is always in the process of improving. They stimulate improvement by always asking more of themselves. What am I doing well? Where do I need to improve? How do my behaviors impact my teammates? Leadership grows out of self-knowledge, character, integrity, discipline, competence and commitment to a personal vision of excellence. When these building blocks are in place you have the foundation to model the way for your teammates.

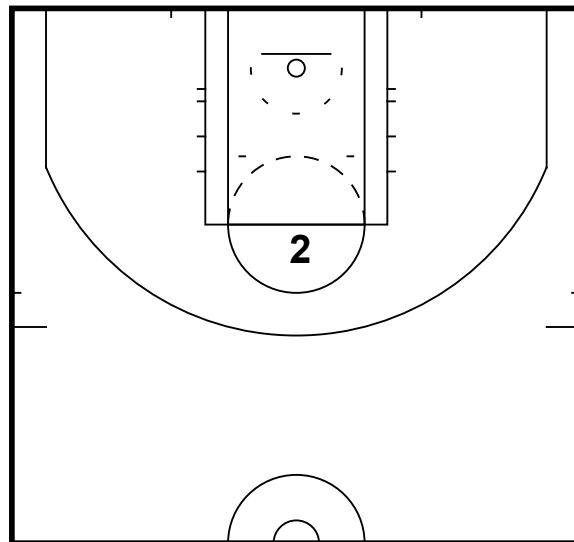
Rule 2: Build Right Relationships

The ability to effectively lead your team will be determined by the quality and character of the relationships you build. Exceptional leaders build genuine relationships with teammates based on authenticity and appreciation. Leadership is always a two-way interaction between leaders and followers—between you and your teammates. Exceptional team leaders ground interactions in respect and genuine care, and understand that right relationships emerge when everyone has a mutual influence and impact on each other.

Rule 3: Foster Integrity

Leaders function at their best when they are consistent in their values, actions, and words. Part of the sport experience is dealing with losses, failures, and disappointments. How you handle and help teammates work through adversity will influence trust and loyalty among team members. Supporting and reassuring teammates in times of doubt will help others learn, grow, and change. Acting with integrity is the glue to building a cohesive team.

5 RULES FOR LEADING YOUR TEAMMATES COACHING & PRACTICE PRINCIPLES



Rule 4: Exert Influence

Your success as a leader will be found in getting teammates to go beyond themselves—to give more to the team than they ever believed they were capable of giving. Leadership is fundamentally about change. A common problem is that most people feel little need to move beyond their comfort zone. This requires motivating teammates by persuading and influencing them to change in some basic ways, challenging them get out of their comfort zone. Your actions and attitudes will exert influence through your personal example—providing energy by embodying high standards and demonstrating an unwavering commitment to the team's vision.

Rule 5: Know Where You're Going

The difference between being an average team leader or an exceptional team leader is knowing where you're going. Great team leaders cultivate an attractive and inspiring vision for individual excellence and contribution to the team. This requires understanding the Big Picture and using it as your road map and rudder. To motivate others to follow you need to sell the Big Picture, getting your teammates to believe in the team's purpose, vision and goals.