



# COACHING NEWSLETTER



NEWSLETTER FOR ALL LEADERS OF ALL SPORTS AT ALL LEVELS

## TEAM Culture Activity—“GAME SHOW”

This is a fun and interactive game for the entire team to play, especially early in the season when you are trying to get the players (especially the young or new ones) to understand what your program’s culture is all about. We have a “Wall of Culture” in our Team Room that helps us with this game. We have played both Wheel of Fortune and Jeopardy with this team activity. Take the “buzz” words that you use within your program and integrate them into a game of Wheel of Fortune or a game of Jeopardy. We have played the game a couple of ways. We have divided the team into two even teams and played. With the winning team getting something. We have also played where it is the entire team against the coaches. When they get one answer correct it is a point for them, if they get it wrong, it is a point for the coaches. I know this game seems kind of remedial, and maybe for younger teams, but our kids enjoy it, because they are a competitive group. Also remember the “root” of the game. That is to get the players discussing what your program’s culture is all about, and words they will hear and use everyday.



Wall of Culture

### The Power of a “Thank You” Note

In an era where most people are looking to get things done very quickly and efficiently, we have somewhat sacrificed time for personal feeling. When was the last time we wrote a hand written “thank you” note to someone who has impacted us??? It is amazing what a hand written personal note can do to enhance a person’s day. If you have received one, then you know what we are talking about. Many people have helped us get to where we are, and I am sure we are very appreciative of their help and relationship. When is the last time you told them either “thank you” or how much they mean to you??? I hope we never lose the ability to let the people know who have “shaped” us how grateful we are for their mentorship. So if you have a moment, pull out a piece of paper and write them a note. They and you will be glad you did.

### Good Leadership Video Clips

<https://www.youtube.com/watch?v=lwuouSVtWAE>  
-Simon Sinek

[https://www.youtube.com/watch?v=MNL\\_DAI19\\_I](https://www.youtube.com/watch?v=MNL_DAI19_I)  
-TCU Baseball—”The Grind”

<https://www.youtube.com/watch?v=HUt-cGPeFGY>  
-Don Meyer Tribute Video

<https://www.youtube.com/watch?v=X8u1Y-CVbQA>  
-Nick Saban—Leadership

You will have to copy and paste the URL into your browser to be able to view the videos above. Thanks.



## 101 WAYS TO PRAISE A CHILD

WOW – WAY TO GO – SUPER – YOU’RE SPECIAL – OUTSTANDING – EXCELLENT – GREAT – GOOD – NEAT – WELL DONE – REMARKABLE – I KNEW YOU COULD DO IT – I’M PROUD OF YOU – FANTASTIC – SUPER STAR – NICE WORK – LOOKING GOOD – YOU’RE ON TOP OF IT – BEAUTIFUL – NOW YOU’RE FLYING – YOU’RE CATCHING ON – NOW YOU’VE GOT IT – YOU’RE INCREDIBLE – BRAVO – YOU’RE FANTASTIC – HURRAY FOR YOU – YOU’RE ON TARGET – YOU’RE ON YOUR WAY – HOW NICE – HOW SMART – GOOD JOB – THAT’S INCREDIBLE – HOT DOG – DYNAMITE – YOU’RE BEAUTIFUL – YOU’RE UNIQUE – NOTHING CAN STOP YOU NOW – GOOD FOR YOU – I LIKE YOU – YOU’RE A WINNER – REMARKABLE JOB – BEAUTIFUL WORK – SPECTACULAR – YOU’RE SPECTACULAR – YOU’RE DARING – YOU’RE PRECIOUS – GREAT DISCOVERY – YOU’VE DISCOVERED THE SECRET – YOU FIGURED

IT OUT – FANTASTIC JOB – HIP, HIP HURRAY – BINGO – MAGNIFICENT – MARVELOUS – TERRIFIC – YOU’RE IMPORTANT – PHENOMENAL – YOU’RE SENSATIONAL – SUPER WORK – CREATIVE JOB – SUPER JOB – FANTASTIC JOB – EXCEPTIONAL PERFORMANCE – YOU’RE A REAL TROOPER – YOU ARE RESPONSIBLE – YOU ARE EXCITING – YOU LEARNED IT RIGHT – WHAT AN IMAGINATION – WHAT A GOOD LISTENER – YOU ARE FUN – YOU’RE GROWING UP – YOU TRIED HARD – YOU CARE – BEAUTIFUL SHARING – OUTSTANDING PERFORMANCE – YOU’RE A GOOD FRIEND – I TRUST YOU – YOU’RE IMPORTANT – YOU MEAN A LOT TO ME – YOU MAKE ME HAPPY – YOU BELONG – YOU’VE GOT A FRIEND – YOU MAKE ME LAUGH – YOU BRIGHTEN MY DAY – I RESPECT YOU – YOU MEAN THE WORLD TO ME – THAT’S CORRECT – YOU’RE A JOY – YOU’RE A TREASURE – YOU’RE WONDERFUL – YOU’RE PERFECT – AWESOME – A+

## Basketball Practice Drills & Ideas

<https://www.youtube.com/watch?v=hQJ1z3yQmAM&feature=youtu.be>

This video is of a drill that we have been doing that we call “5/5 Perfect Possession”. The offense runs their normal offense. The defense is trying to get a deflection to go on offense. If the defense get a deflections then the defense and offense will switch. Each possession is 25 seconds long, if the defense does not get a deflection. The only shot we allow to be shot is a lay up. If the lay up is made that is two points for the offense. If the lay up is missed then we switch offense and defense. This is a competitive drill. The winner of the drill, is the team, on offense, who can complete the most passes. So you need to keep track of completed passes and DHO’s. This drill forces the offense to take care of the ball, and make sound smart decisions while dealing with constant pressure. It also forces the defense to get up in passing lanes and try and get a deflection. 5/5 Perfect Possession is the last 10:00 of this video clip.

The first portion of the video clip, is us dealing with ball screens and working on rotation away from the ball to the “roil” player and playing the ball screen properly. After the second ball screen, the drill becomes live.

