

PRACTICE DRILL IDEAS

Here are two more drills that maybe can help your team on the floor. I am reminded of what a coach said to me a while back. "You can get all the good ideas, but you are not able to use all of the good ideas". Some of these drills we have adapted to our style of play. I think it is quality of a solid coach, when they are able to modify a drill to make it work for them and their team's style of play. We hope that these drills can help your team. Enjoy!!!

Click on or copy and paste the link after the drill description for a video of the drill:

"Full Court Lay Ups" - We do this drill very early in practice for a warm up, or at the end of practice for a cool down. The goal is for the team to make 30 lay ups in 3:00. Each player, except for the rebounder, is allowed one dribble to gain momentum to throw the pass "on time and on target". The team runs for every floor touch outside of the one permissible dribble they are allowed. <https://www.youtube.com/watch?v=b8lDYQpDgQg&t=80s>

"UConn Shooting" - This is a 5:00 team shooting drill, where we shoot each shot for 1:00. There are five types of shots: Corner 3, wing 3, Slot 3, Wing 3 and Corner 3. The team is allowed to use only six balls, and they have to make 70 shots in the 5:00 as a team. <https://www.youtube.com/watch?v=K3ZHSBUYCic&t=19s>

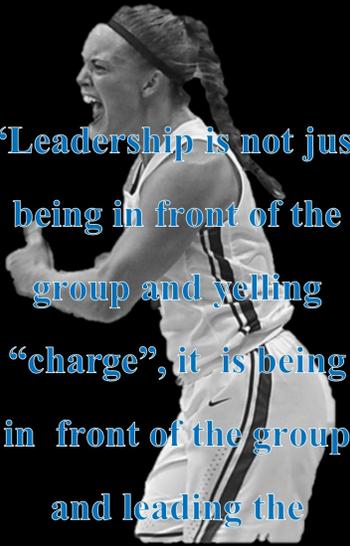
TEAM CULTURE ACTIVITY—"Hero, Highlight, Hardship"

We got this team activity from Jon Gordon, and the very first time we did it as a team about five years ago, it was one of the most powerful team sessions we have ever had. Have the team sit in a circle, so they all have eye contact on each other's eyes and faces. Each player will go around the room and share one Hero, one Highlight, and one Hardship from their lives up to this point. These moments in their lives can be athletic related or personal. Completely up to the player. We as coaches are always trying to get the players to talk **TO** one another, instead of **AT** one another. We just feel when the players start to talk to each

other they will actually start to listen to each other as well. When you are talking and intently listening you have a team that has a great ability to communicate with each other.

A COACHES CHALLENGE

As coaches we have a great ability to impact many players and coaches. Billy Graham said that "A coach will impact more people in one year, than the average person will in their entire life". That is quite a statement. **The Challenge:** To try and impact every player and coach on your team over the next week, Find small unique ways to impact their day. Maybe it's a text message, written note, phone call, individual meeting, etc.... Then have your players write one "thank you: note to whoever they feel has impacted their lives, and mail it for them. An impact can last a lifetime!!!!!!



"Leadership is not just being in front of the group and yelling "charge", it is being in front of the group and leading the charge"

Motivational Coaching Quote:

“Your program should have one overriding purpose within it, that is greater than winning”

“if it just about winning, what happens when you start to win??” - “Because when needs are met, motivation stops.

Helpful Coaching Web Sites, Twitter Pages & Podcasts

Podcasts—“A Good Listen”

“Coaching U” Podcast

“The Basketball” Podcast

Twitter—@PGCbasketball

Twitter—@BrianWWilliams

Twitter—@WinningHoops

“WHY I COACH”

We think it is so important that we know WHY WE COACH, not just ourselves, but also our colleagues and peers. There are so many good coaches out there, who coach for so many good reasons. We have learned that coaching is a very tough profession both on and off the floor, no matter what level we coach at. One way we can make the profession easier is to share ideas, and also maybe share why we do what we do, which is COACH. In this portion of the newsletter, we are going to hear from high school coaches from around the state and have them share why they coach.

Jason Brend—Girls Basketball Coach— Thompson High School—North Dakota

Why do I coach?

Growing up, sports were always a big part of my life. Throughout high school I had a football coach (Randy Vigen) who was a close family friend. Following games our families would get together and one thing we’d do is watch that night’s game film. It was there that I first realized how much I enjoyed watching my coach break down film. He would watch plays over-and-over analyzing every single player, pointing out what was done correctly and what needed to be fixed in upcoming practices. Our entire team had a chance to watch game film on their own, but by getting the opportunity to do so with the coach really taught me the finer points of the game and I fell in love with the thought process and details that went into planning each practice and game. As a player, little did I know how very little I actually knew.

As I went off to college, that same high school football coach, who was also the school’s athletic director, hired me to coach at the elementary and junior high levels. It was here that I started learning about the importance of teaching the proper techniques, necessary skills, and learning how to take kids at various levels and helping them all improve as players. Reading books, watching videos, and thousands of questions for the head coaches were a big part of my training. In the elementary and JH levels, you could literally see the improvement that kids would make on a weekly basis and that was an absolute rush and great motivator for me. However, as a rookie coach, little did I know how little I actually knew.

The next few years I coached at the JV level and once again there were a whole new set of goals and skills to be learned including how to read defenses, seeing the game two steps ahead, and simply making sure everyone got along. Once again at this level, my feelings were reinforced that the most joy that I received in coaching wasn’t winning games, it was seeing kids gain confidence in themselves as they saw improvements that they were making along with watching kids with different skill sets and backgrounds gel together as a team. Even though I was improving as a coach, little did I know how little I actually knew.

When the day came that I became a head basketball coach, I felt like I was ready for anything. There was nothing that another team could throw at us that we couldn’t handle. I soon learned that breaking down game film, setting up effective practices plans, game planning, and being able to make in-game adjustments wasn’t even close to everything that a head coach needed to do. I was now also responsible for team selections, conversations with upset parents, issuing and collecting uniforms, taking rules tests, teaching young assistants, setting up off-season workouts and camps, etc. With all of these new responsibilities came a lot of added stress. Once again I leaned on my former HS football coach for guidance and he told me, I had to enjoy the process because he too at one time didn’t know how little he actually knew.

Hearing that a Hall of Fame coach, whom I respected more than any other coach went through the same learning experiences as I was taught me that there would always be new challenges as a coach. I realized that I would never know everything or have all of the answers, I would simply know more than I did the day before, and have peers and past experiences to learn from.

No matter how many years I coach, I still get a rush seeing my players gain confidence in themselves. I love watching them grow as players and as people and take a lot of pride in ensuring that they have a good experience in our basketball program. The game is ever-changing and as a coach you have to grow along with it or else you will get left behind. I hope that I will never know as little as I know right now.