

Coach:

I hope all is well with you. Hard to believe we are approaching the end to another school year. We just had graduation this past weekend. It is a very gratifying time for me to see players walk across the stage to receive their diploma. We have s saying in our program “Basketball may have brought you to Mayville State, but it is not why you are at Mayville State. You are here to get your degree, first and foremost”.

Coach Don Meyer said it best: “Your program needs to have one overriding purpose, which is clearly visible, and which teaches lessons beyond winning.”

For us at Mayville State WBB, it is the players receiving their degrees.

Online/Email Clinic – Match Up Zone

We sent our first installment of our online/email coaches clinic on our 2-3 Match Up zone this past week. If you still have an interest in being a part of this coaches clinic (all done through email), just reply to this email and we will get you added to the list and get you the first installment of notes as soon as we can. Then you can start to ask questions and hopefully be a part of a larger discussion with other coaches. We hope to have the second installment of notes on our Match Up Zone by the end of this week.

“Drill of the Week” – 4/4 “Hurley” Drill – Click the link below to see a video of this drill:

We actually do this drill quite a bit to begin both our 3/3 and 4/4 LIVE sessions of practice. We play “mini” games everyday in practice to teach offensive concepts like spacing, cutting, timing and decision making. This is just a different way to start rather than the “old school” check at the top and play. We have different rules that we emphasize every day, it depends on what we are emphasizing for the day. In this video segment, you can see that we are actually working on doubling the low post out of our man to man defense. We usually play for 10:00 and give each team three possessions in a row before we switch, when we play competitive LIVE sessions.

<https://youtu.be/BC67jL0syZc>

Shooting Drill – “UConn” Shooting – Click the link below to see a video of this drill:

We do this drill for 5:00, we spend 1:00 on each rotation of shots that you see in the video. We make this drill competitive every day in practice by giving the team a score they have to achieve. We start at 65 makes. Once they hit the goal, we move the score up 5 makes every time. So once the team makes 65, we move the goal up to 70. Once they make 70 shots, we move the goal up to 75 and so on. I think we were at 95 makes this past year. We allow the team to only use six ballas for this drill., Great drill for team shooting, communication and passing.

<https://youtu.be/K3ZHSBUYCic>

“Coaches Corner” – Leadership Quotes

-F.A.M.I.L.Y

F – Forget

A – About

M – Me

I – I

L – Love

Y – You

-Trustworthiness is based on character, what you are as a person, and competence, what you can do.

-Memory ties you to your past, imagination points you to your future.

-Almost everything in leadership comes back to relationships.

-A real winning attitude is about standards of excellence – which are variable from year to year, from team to team. Being the best you can be – and doing the best you can – are the constants.

-When a leader takes responsibility for his own actions and mistakes, he not only sets a good example, he shows a healthy respect for the players on the team.

-Well, if you are always striving to achieve a success that is defined by someone else, I think you’ll always be frustrated.

-You develop a team to achieve what one person cannot accomplish alone.

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The difference between

Boss | Leader

Demands	Coaches
Relies on authority	Relies on goodwill
Issues ultimatums	Generates enthusiasm
Says "I"	Says "We"
Uses people	Develops people
Takes credit	Gives credit
Places the blame	Accepts blame
Says "Go"	Says "Let's go"
My way is the only way	Strength in unity

