



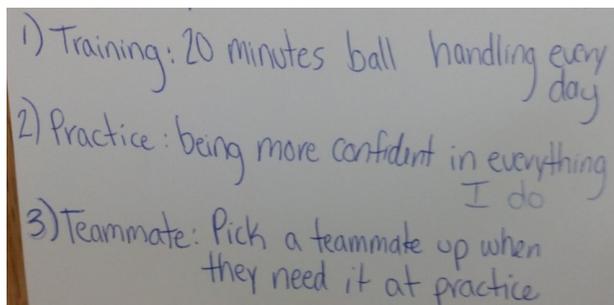
COACHING NEWSLETTER



NEWSLETTER FOR ALL LEADERS OF ALL SPORTS AT ALL LEVELS

TEAM Culture Activity—"Goal Cards"

We have been doing this activity for the last four weeks now, and I can say, it is a great idea and has helped us so much both on the floor and off the floor. Each player has a "Goal Card" for the week. Each player will come up with three goals. One of the goals will be a Training Goal, which is what they plan to do physically to get better as a player OUTSIDE of practice time. Another goal is a Practice Goal, and that is what they plan to focus on during practice this week. This goal can be a skill goal or an attitude goal. The final goal on the "Goal Card" is a teammate goal. They focus on one thing that they can do to be a better teammate for the week. This goal might be either on the floor, or off the floor. On Monday of each week, we have the players hand in the card by noon. We then have a meeting before practice and each player's card is read out loud by another player. We wanted to do this, so the player whose card is being read, can hear their own goals for the week, from another teammate. We then post all cards in the locker room for the week, and challenge the players to encourage each other to achieve all three goals that they have set for themselves. Coaching staff will help with this encouragement throughout the week. One way the staff helps the players, is we will take a picture of their card midweek and send to them, and ask how their goals are coming for the week, and if there is anything we can do to help. We have attached an example card to this newsletter for you to see one of our player's goals for this past week.



Practice Drills

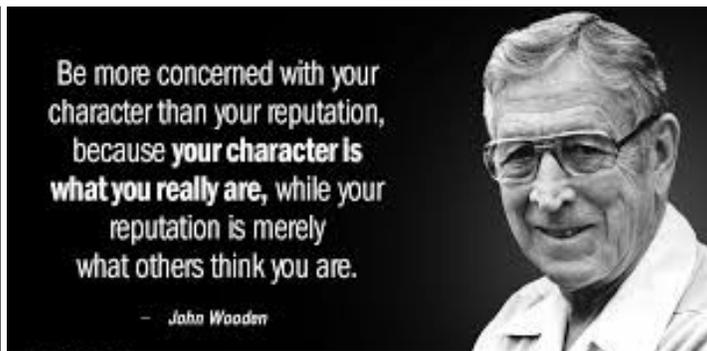
"Feed the Post"

<https://www.youtube.com/watch?v=BICXmqJJKs&t=3s>

<https://www.youtube.com/watch?v=GWMuOGTS70s&t=1s>

Full Court Lay Up Drill

<https://www.youtube.com/>



Copy and Paste the link addresses in your browser to see the video of the practice drills*

Practice Drills

"Shooting" Drills

"V" Cut Shooting

<https://www.youtube.com/watch?v=KCpX0I5Vthc&t=4s>

"Line" Shooting Drill

https://www.youtube.com/watch?v=EYgT2Dh_FS0&t=2s

"FREE" Fall Coaches Clinic

Every year for the past eight years we have had a FREE Fall Basketball Coaches Clinic for all the coaches in North Dakota and Minnesota. This year, we are unable to have this clinic due to the COVID-19 pandemic situation. This has always been a fun clinic for us, to share ideas and philosophies on basketball and the coaching profession. I have added a link to our FREE Fall Coaches Clinic from a three years ago, just to share some ideas. Hope it helps.

<https://www.youtube.com/watch?v=sR-A2YMLRO0&t=20s>

Practice Planning Ideas

As the calendar rolls over from October to November most of us are either already starting to practice or are starting to think about the start of practice. Practice planning can be one of the most underrated aspects of on the floor coaching. There are so many things to consider when trying to put together and execute a great practice. We have attached three handouts to this email that may help with Practice Planning. These handouts are from Phil Martelli, Mike Dunlap and Mike Krzyzewski. These handouts are great for all coaches at all levels. They also can relate to other sports than just basketball. Feel free to share with whoever you feel might benefit from them.

Motivational Team Videos:

<https://www.youtube.com/watch?v=B-uzAHBBm4M&t=2s>

<https://www.youtube.com/watch?v=4h2p08AfaQ8>

Helpful Coaching Web Sites and Twitter Pages:

YouTube Channels:

-Radius Athletics

-Zak Boisvert

Twitter—@CoachingAdvice

Twitter—@AlexJSarama

Twitter—@RisingCoaches

“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.

Laurie Sieben—Girls Basketball Coach—Grafton High School High School—North Dakota

Why do I coach?

Why I Coach actually started at a young age, ever since my elementary days I knew I wanted to be a Teacher and a Coach. I absolutely love teaching the game and feel very fortunate to work with young athletes-“Kids”, teach life skills and have the opportunity to be a part of their journey through the game of basketball. Which just happens to be a game I enjoy as well. I take pride that I have the opportunity as a Coach to help enhance Life habits by emphasizing Teamwork, Dedication, Sportsmanship and Heart. As a Coach I love that I can be an advocate for them on the court and off the court, nothing excites me more as a Coach is to witness improvement.

Laurie Sieben

Grafton “Spoilers”

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