

Coach:

We certainly hope all is well as the school year is off and running. I know it has been a while since our last newsletter, and we apologize for that. We are hoping to get back to sending out a newsletter every two weeks. As we have mentioned earlier, if there is some specific topics you would like to discuss within our newsletter, please do not hesitate to reach out and discuss it with us. We really want this newsletter to be a useful coaching and leadership tool for all coaches at all levels. Please feel free to share topics if you have any. Coaches helping coaches is a GREAT thing. "Sharing the game" is "growing the game". The game can be basketball, coaching or leadership.

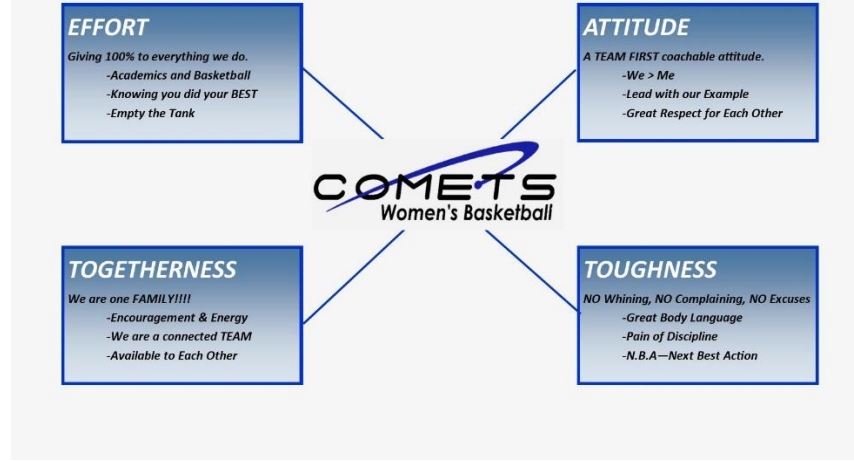
**Twitter:** @CometsWBB, @HutterCoach

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## **TEAM ACTIVITY – GOAL SETTING**

We actually just did this activity with our team last week to get to our six team goals that will guide our team this year. We have a "Core Four" values of: Attitude, Effort, Togetherness and Toughness. But we wanted some tangible goals that could help all of us determine if we were heading in the proper direction as a team. As we did this exercise, we listed our "Core Four" on the board, so they could use them to lead them to their six team goals for the year. We started by placing the players in pairs, and within those pairs they had to come up with six team goals for this upcoming season. When they finished, we took each pair, and combined them with another pair to create a group of four. That group of four would then have to come up with six team goals they wanted to take forward out of the 12 total goals that existed between the two pairs when they came together. Then the groups of four would pair together to get groups of eight, and they would have to bring forward six team goals from their combined list. We did this until the final two groups came together to form our whole team and they had to bring forward the final six goals that we would then use for this season. It was a great way to get ALL involved in the goal setting process. When they are in pairs and small groups, they are all contributing to the process. So, all players feel they are having a "say" in what will drive the team this year with team goals. I really felt this was a productive activity for our team last week. It took us close to an hour to come up with and discuss six team goals for our team. We heard some very good player to player discussions through the entire process.

# THE CORE FOUR



## BLOCK OUT DRILLS

Here is a block out drill. We actually do a block out drill everyday in practice. We discuss with our players the importance of “closing out a possession” with a quality block out and rebound. During our block out process we use the phrase “visual followed by physical”. When the ball is shot we tell our players to locate their player with their eyes. If the offensive player comes towards the rim to offensive rebound, then you get physical and block them out. If the offensive player does not move towards the rim to offensive rebound, then you “chase’ the ball and “attack” the rebound. Here are a few more phrases we use in defensive rebounding:

- A proper block out is **BODY ON BODY** contact
- 70% of missed shots will rebound opposite of the shot off the rim and travel about half the distance of the shot
- R & R – “Rebound and Run” – Tempo starts with a defensive rebound

“3/3 Auburn Drill” – Click the link below to see a video of the drill:

<https://youtu.be/fUo2wZlsymw>




**COMETS**  
Women's Basketball

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Y**


**YOUR EFFORT AND ATTITUDE WILL  
ALWAYS SHOW YOUR INTEREST  
IN WHAT YOU LOVE**

The “Three A’s” that all players are looking for from their coaching staff:

- Accountability
- Affirmation
- Appreciation



## RELATIONSHIP THOUGHTS



- You have a relationship with anybody that you deal with on a daily basis
- I want all of my relationships to be sound, solid and healthy– NOT ALL PERFECT – takes effort
- Players won’t care what you know, until they know that you care
- People will forget what you said, and they will forget what you did, but they will never forget how you made them feel
- Life is much more enjoyable when you care about other people– “Life is a team sport”
- Building relationships takes time, that is usually the biggest obstacle that coaches have to overcome, are they willing to invest the personal time needed to develop healthy coach/player relationships
- Having an “Attitude of Gratitude” – “Thank you notes” – Appreciation for others - Respect
- Happiness begins when selfishness ends
- Three ways to say “thank you” to someone:
  1. Say It
  2. Write It
  3. Live it daily with your example, effort & attitude
- Your best “ability” in relationship building is “availability”– are you available to the people that need your support

**OUR PROGRAM SHOULD HAVE AN OVERRIDING PURPOSE THAT IS GREATER THAN WINNING - EXPERIENCES AND RELATIONSHIPS**

## **OPEN PRACTICE**

**We will begin practicing on Monday, October 2<sup>nd</sup>. We wanted to take this opportunity to let you know that our practices are ALWAYS open for coaches to come in and observe. You are welcome any time to come and watch a practice. You can sit in on film sessions, weight sessions or discuss with our staff after practice about concepts during practice. We love to share the game and give back to the game. Feel free to reach out to our WBB office if you or your staff would have an interest in observing practice for a day. Coaches are always welcome!!**