2017 Coaches Clinic Notes



Organized by Larry Shyatt & Mike Robuck

Hosted by University of Florida's Mike White & Scott Stricklin

Notes by UF's Adam Jaffe

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Bruce Weber (Kansas State) – The Profession, Zone Offense

- The Profession: You learn at any level
- Always stay in the game (attend high school practices, NBA practices)
- If you stop learning, you're done in the business
    - You learn more from experience than you do video
- As a coach, you have to get your best player to buy in
    1. Relationships: Must have relationship with players and parents
    2. You cannot do it alone – staff is so important
- You are the ambassador for organization
- Need to be able to listen, only way you are capable of changing
- Cannot have YES men
- Must help players figure out their roles
- Get a niche
- Keys to surviving in business:
- Why do you coach?
- Coach because you love it/care

- Love the kids, they know if you care about them and so do parents
    1. Why do you coach the way you do?
    2. Are you coachable as a coach?
    3. Are you flexible as a coach?
- When you are through changing, you are through
- Every team has something they do really well, how can you take that away?
- Do you go into the game with only bullet? If so, you're in trouble—Have multiple bullets in gun
- Do you have the guts to change on the fly**?**

Zone Offense

- Push the ball! Don't let zone get set
- No matter what you run, you better teach them how to play
- Concepts over plays—4 out 1 in, 3 out 2 in

- Would you rather have 2 good plays at end of year or 2 players?
- Get ball reversals, and look for vulnerable areas
- Cuts from outside to inside are toughest to defend in zone
    - Button Hook cut: through middle to lane line from trail spot
- Push it, space, ball reversals, get ball inside
- Inside to outside
- Always start practice with passing drills—lost art
- Against zones, you want overload action
- Misdirection dribble very important against zone
- Only throw back to same player IF you misdirection dribble cause you shifted the zone
- Get the ball up to the defense
- Get into the gap—make 2 guard 1

- Early offense—utilize zipper cut against zone
- Early offense—double drag into overload action
- Early offense—horns look. Screen outside of the zone
  -After ball reversal, flare screen the zone
- You can't TEXT on the court—have to TALK
- Efficiency of Practice:
- Work on Transition Defense
- Advantage/ Disadvantage Drills
- REBOUND the basketball—grey area of zone

Chris Oliver (University of Windsor) - Skill Development

- Evidence/research based information used in practice
- How do we apply the ideas in a practical way?
- No traditional drills-always have O +D Cues
  -Increase players enjoyment of practice, increase retention, and transfer of skills learned into a game
- Block Practice – same thing repeatedly in the same way
- Games are always variable and random
- Practice should develop in a way where the player is never doing the same thing in the same way over and over (doesn't transfer to game)
- Basketball decision training (trying to bridge a gap between game and practice):
- Simulate defensive cues (Arm length away & arms out = pass)/ arms down = shoot)
- No pause in action (keep feet moving)
- 0 second philosophy – if you're open take the shot
- Only game-like practice is offense vs. defense
- Chest pass not as popular – can restrict player's freedom
- Add creativity by passing…
  1. Outside the body
  2. Behind the back
  3. Over the head
- Stab dribble = get ball right to the floor after catching
- Some players learn how to do things better on their own
- The decision is harder than the skill
  - Shoulder to chest relationship = offensive advantage
  - Chest to chest relationship = Counter move
- Practice should combine the skill and the decision
- Emphasize different types of finishes for layups
- The game is chaos – too hard to script
  - Most coaching is scripted/structured

- Easier to improve a player's decision making
- The struggle (fight for your learning) helps players to improve
- A pause in the learning process is an important part of the process
- Incorporate BDT (Basketball Decision Training) into 1 on 1s

- Add constraints – shape a learner's behavior
- Defender- adds visual stimuli
- Ask a lot of questions during practice
- 2 on 1 shooting drill
    - Constraints: have to pass or shoot
    - Focused on individual development
    - Open – shoot it
    - Goal of defense – stop
    - Shooters – 2 second count on decision
    - Work on penetration reactions – drive to score
- Basketball decision training is a bridge to apply to drills
- Give players ability to play free on offense
- Teach leading and following – allow players to lead drills + rotations to stimulate the mind
    - Switch up who leaders/followers are as you see fit during practice
- Teammates are active participants in each other's learning
- Mentality off a ball screen should be to score
- Shooter shouldn't be thinking of rebounding – he should focus on follow through (sign your shot)
- Mistake = hold, recreate, and teach in the moment on the fly
- Use specific feedback over general feedback
- Criticism and coaching is not negative
- Finite amount of time – don't waste time on something that will not transfer to the game
- **Basketballimmersion.com**
- **Basketballimmersion.com/learnbdt**

Mike Procopio (Dallas Mavericks) – Player development & more

- Have to be comfortable around the players
- Players have to be able to buy-in to you
- When going through draft process, what player do you want him to become?
    - Meet & Talk to them about being professional
    - Players 30 minutes early to workout/ 15 minutes early to meeting
    - Know everyone's names = invested
- Drills and practices don't translate unless they get minutes
    - Rookies have to transition from being best player on their team to playing off 3-4 better players
- 100% survival at NBA level—MUST be honest with these guys
- Traded players are going to a team who aren't as invested into the player (low success rate)
- Staff needs to be on the same page
- Empower assistants to work with players
- Players need to know what they need to get better at –communication is vital in player development
- Meet with developmental players on road trips

- - How is home? What coach do you have an issue with? Etc
- Many ways to develop players – need to be organized, follow through, and invest in the player
- Win or lose, treat players the same unless they are being unprofessional
- Consistency builds trust and can move development process forward
- Be honest with players – can't just tell them what they want to hear
- Have to hold players accountable
- Footwork over results, not traveling
  -Always stay low and be ready to make play
- Correct players when wrong – stop drills if footwork is wrong
- Accountability = Not Personal!
- Repetition, correction, and communication
- Do not keep anything bottled in – tell the player!
  - Info from meetings needs to be communicated to players
- Things that aren't covered - Rebounding, boxing out, off the ball defense, closing out, passing, cutting, screening – all important
- "Dominate simple" – basketball is simple with a plan of attack, communicate that plan, and try like hell to execute that plan
- Play off defender – don't need to learn elaborate moves (most PD videos you see on web these days)
- Kobe—Basic + Simple, no elaborate moves in workouts, plays off instinct
- Kobe Preparation before every game:
  1. Strengths and weaknesses of guys guarding him
  2. Defenses he will see
  3. Why opponents play the way they do
- Kobe is a mindset—have to play with confidence
- Tell the players why they are doing something – builds player's trust in you
- In NBA by year 5 – you are who you are

Mike Weinar (Dallas Mavericks) – Job in Detail and Dew / NBA EOG Offense

- Detail oriented – Mountain Dew story
- Get in front of the right people – no is not an option
- Non negotiable – family and faith
- Be the expert in the room with your tasks
- VIP – Very Influential Person
- Be a positive influence on your circle of people you interact with everyday
- To be that person you have to have a vision, you have to understand what you want to accomplish
- Have to have integrity to be influential - need to be trusted
- Purpose – need to have a purpose where you are in professional and personal life
- "Success leaves footprints"
- "Things do not change, we change" – we must adapt to our environment
- "Hate them tonight, love them tomorrow"

- Keep it likeable and learnable (KILL)
- “Agree or disagree, but in the end unite”
- “Zebras don’t change stripes, they change jungles”
- As a head coach – ideas become reality
- No hold basketball – dribble is a cancer if its not a penetrating dribble
- Mavs Thumb (Against Zone)—good for college coaches

Frame 1



Frame 2



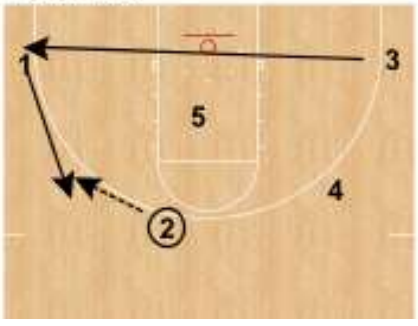
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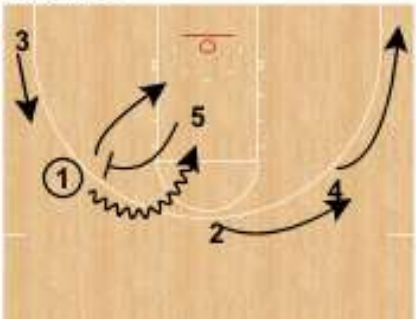
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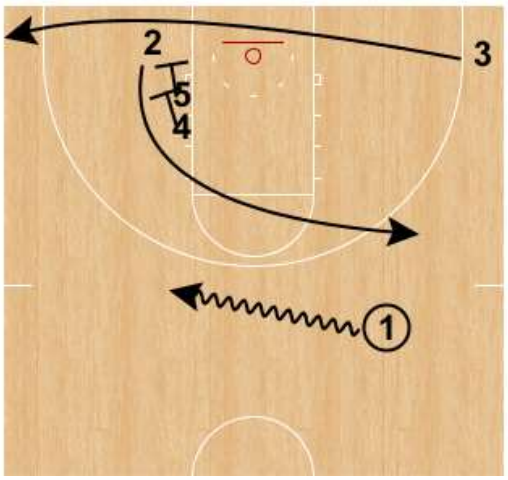


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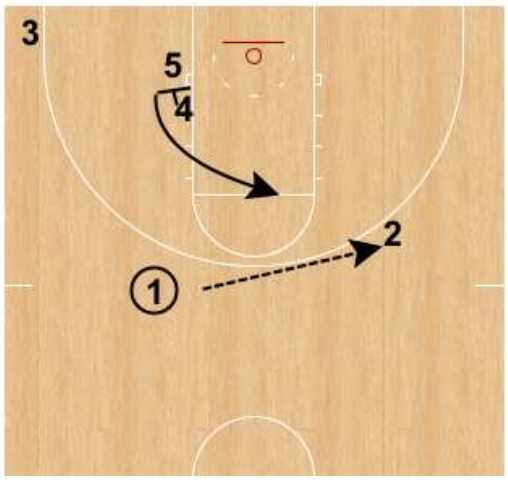


- Quick Hitters/ End of Game Actions

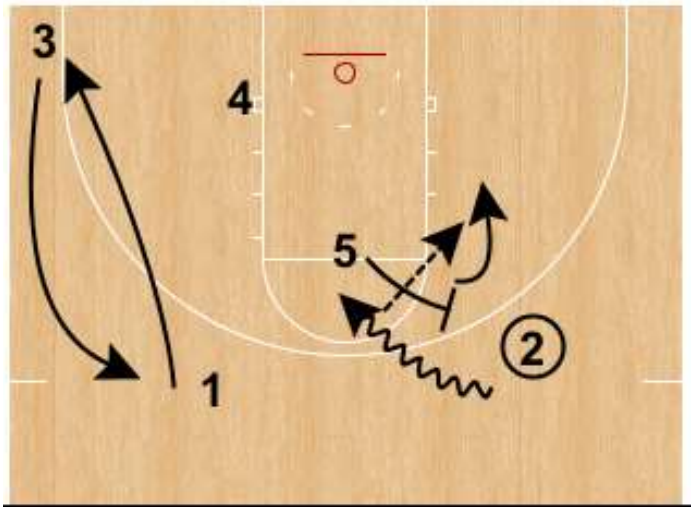
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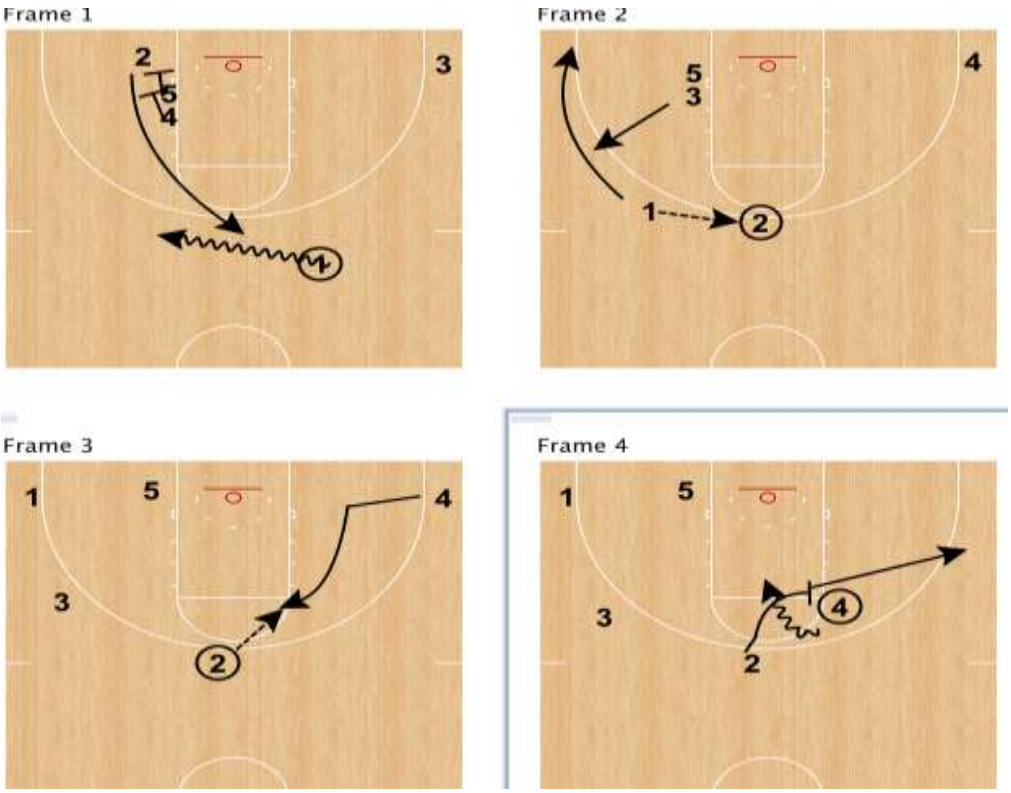
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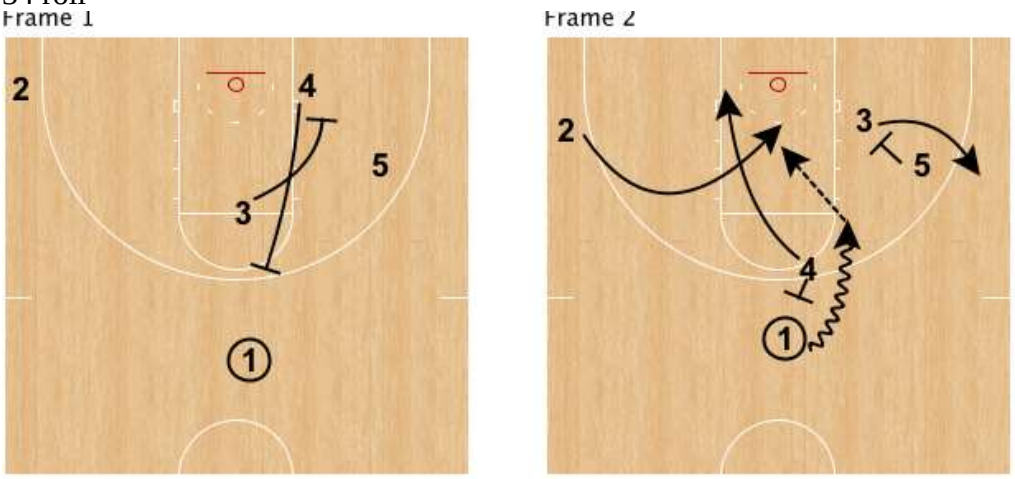
Frame 3



- Mavs “Biggy Screen” – Next Page



- 34 roll



  - Golden State "Fist Up"
  - Several different options
  - If the 2 is a great shooter, he might opt to simply raise instead of Maggette cut
  - Use it a lot in ATO's

Don Kalkstein (Dallas Mavericks & Texas Rangers Sports Psychologist) – The Missing Piece

- Coaches tend to have a harder time listening
- Only 17 D1 schools offer the "missing piece" (Sport Psychology) component to their athletics department
- Mental preparation and execution of skill under distress and stress is more important than skill development
  - If you cannot perform under duress/stress, you're just another commodity
- Sport psychology isn't THE answer but it is part of the answer
- Injured players start to feel isolated and lose identity as part of the team
  - Assist to enhance group dynamic/cohesion
- Optimal performance – the best you can perform consistently
- Helps with emotional issues of coach, staff, or family
- Mental Training Techniques
  - Goal setting
  - Focus + Concentration
  - Anxiety + Arousal Control
  - Visualization
  - Performance Routines
  - Distractions/attractions
  - Relaxation Techniques
  - Positive Self Talk
- Performance obstacles – ex. Confidence
  - Needs coaches support
  - "Buy in and be All in"
  - Doesn't work if someone on staff is preaching a different message

- Daily meetings with coach
- Society for sport, exercise, and performance psychology
- Health services and counseling center on Universities
- All about the relationships – build long lasting relationships
- Open door policy = overrated! Don't have a door
- Be mobile and accessible to staff and players
- Volume does not equal importance of a message
- Communication – how much are you willing to invest
  - Eye level communication
  - Physical touch
- Sport psychology wont take you backwards, but it will only take you forward as much as you think it will take you forward
- Maintain eye level

- Don't take a knee-jerk approach
- Imagery over visualization
- Don't only show makes – build self confidence
- **Don.kalkstein@dallasmavs.com**
- **@Think2win**

Del Harris (All World NBA Coaching Star) – 3 Areas That Will Affect Winning

- **Friscodh@gmail.com**
- Analytics are a tool, not THE tool
- Basketball is always different
- Decision making should be worked on before instead of analyzing possibilities after
- Inside-out is still the name of the game
- Most efficient way to go inside-out is off the pass
- *On Point* – coach your players so that they could be friends of yours 50 years later
- *Zone Defenders* – zone offense book
- Spacing is Key
    - Do not have 3 players in the middle lane after the 1st pass
    - Opens the lane for hi/lo, cutters, and penetrations
    - Puts three players in scoring position
- How to keep spacing
    - Use inside fill cut to open middle
    - Crosscourt diagonal pass angles
    - Sets up attacking low post and under
- Positive use of the dribble
    - Attacking the goal
    - Punching the gaps
    - Improve the passing angles inside and out
    - Dribble rotations down from wing/ dribble up
- Most important pass in basketball is the first swing pass
- Low Post Points
    - Key – must fight for a Paint Catch, not race for the block
    - Develop the Low Post Players
    - Positioning and footwork
- Low Post Spacing Situations
    - Never leave him with 9 players behind ball level
    - Do not pass and cut middle between post and F.T line
    - **Only good cuts are:**
        - Hard baseline cuts unless he is deep in post
        - Corner cut if he is deep
        - Mid-Post? Baseline cut or high drift
        - Exchange cut with nearest man on top on post move

- PNR Defense DO's/DONT's:

    - First move must be up into man with ball when they hear the back defender call out screen
    - Move to the angle you want the ball to go, but not at too high an angle that you invite a split
    - If you are switching, release in time to get under the picker/roller or popper to stay with the body.
    - If not switching, then work low and hard to get back to a decent defensive angle
    - Be ready to make a "late switch" on call if you get lost and a back man picks you up. Get to his mans body.
- Can't switch everything
- Defending the picker
    - Call pick early 3x loud and be in athletic stance, active hands, Bump his route some if can. Don't stand straight up.
    - Hard show / trap, square up to sideline: Don't be late!
    - If containing, angle away from direct line

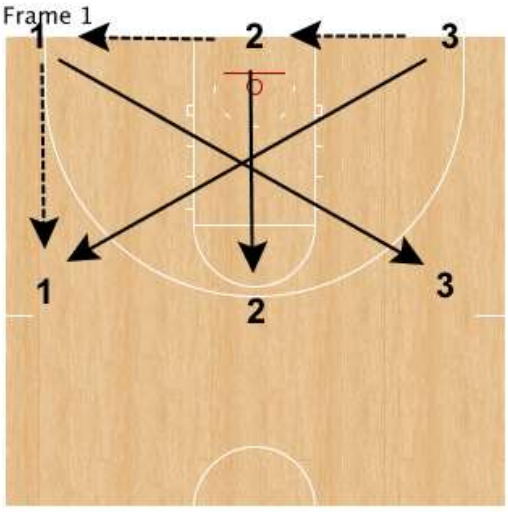
Chris Darnell (Phoenix Suns) – NBA Video Translating to College

- Value of video
    - Growth in technology – instant access, file sharing, data potential
    - Preparation
    - Analysis, teaching, and player development
- Resources
    - Synergy
        - Player-team-game view
        - Aren't uploaded until following day
    - Second Spectrum
        - Synergy on steroids
        - Extremely detailed and breakdowns
        - 99% accuracy
    - PlayerLync
        - iPad File Share
    - Just Play
        - iPad fully customized scouting reports
        - Tests on upcoming games
        - Message option between player/coach
    - Sports Code
        - 100% customizable code window
        - Matrix – proofs all your actions throughout the game
        - Breakdown to how you want
        - Choose tags
    - Pairing Video-Analytics
        - SportsCode Data converted
        - Identify Areas of Improvement
        - Player Performance
        - Special Studies

- Outside the box
  - Paint touches
  - No middle
  - Shot contests
  - Shot clock PPP
  - Shot type by play
  - Transition defense - how many back?
  - Defensive grading

Micah Shrewsberry (Boston Celtics) – Defending the Elite

- Everything is stolen
- Closeout Drill – bent wrists, hands back (Stay Square)
  - Eventually start inching in to him
  - Everyone to the left one dribble
  - Big league step + absorb in chest with 2nd dribble
  - Work on fly by's (multiple efforts) – use inside hand each time to avoid fouling
- When defending in gaps, be LONG and have to jump to the ball
- 3 on 3 Defensive Drill:
  - Cut & Fill: help man tags with hand or forearm, further inside you get, the harder it is to recover
  - No Face Cuts



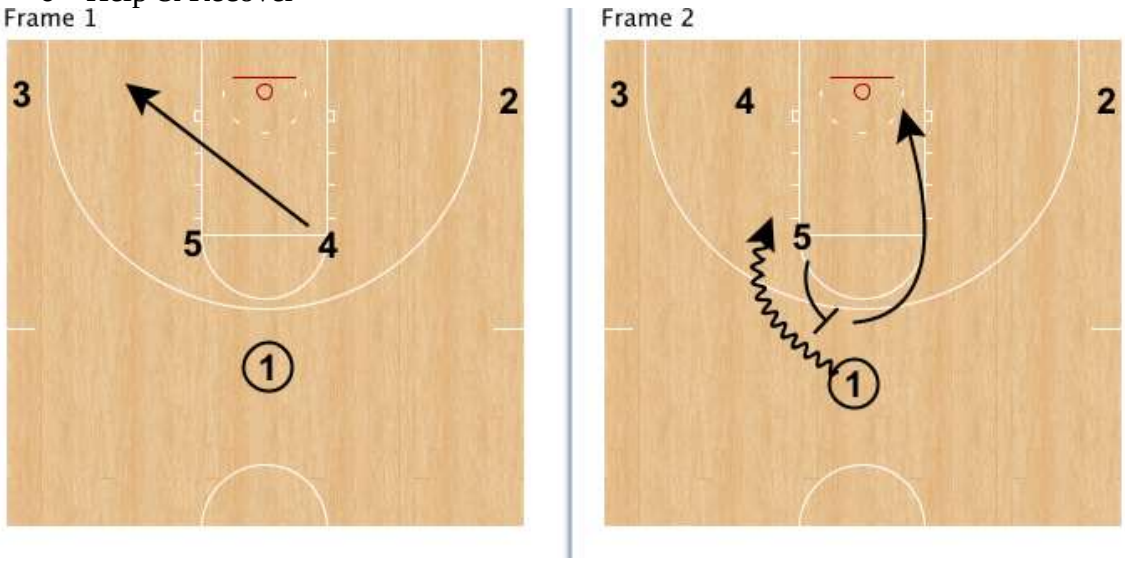
  - Offensive reversal back to orginial side
  - Get blown by, rotate
  - Skip to top and then reverse with fly by's

- 4 on 4 Drill Minus 1:
  - Normal 4 on 4 shell
  - Coach calls player X name—he must sprint to half court, temporarily 4 on 3
  - "Where's the biggest threat"?
  - When player X is called, defense must talk immediately
  - Effective communication drill

- 4 on 4 Shell with Wing Ball Screen
    - Work on step up and ICING ball screen
    - Two weak side defenders zoned up in an I

- Celtics "Veer"
    - Veering great shooters in ballscreens
    - Defender steps up and into ICE and forces ball handler inside 3 point line before switching
    - Make pass back tough (high active hands)

- Defending Washington "Horns Stay"
    - "Same Side" D: 5 defender takes a step or two back before screen
    - Ball reversal to 2—High closeout
    - Step up into trapping wing ball screen
    - Help & Recover



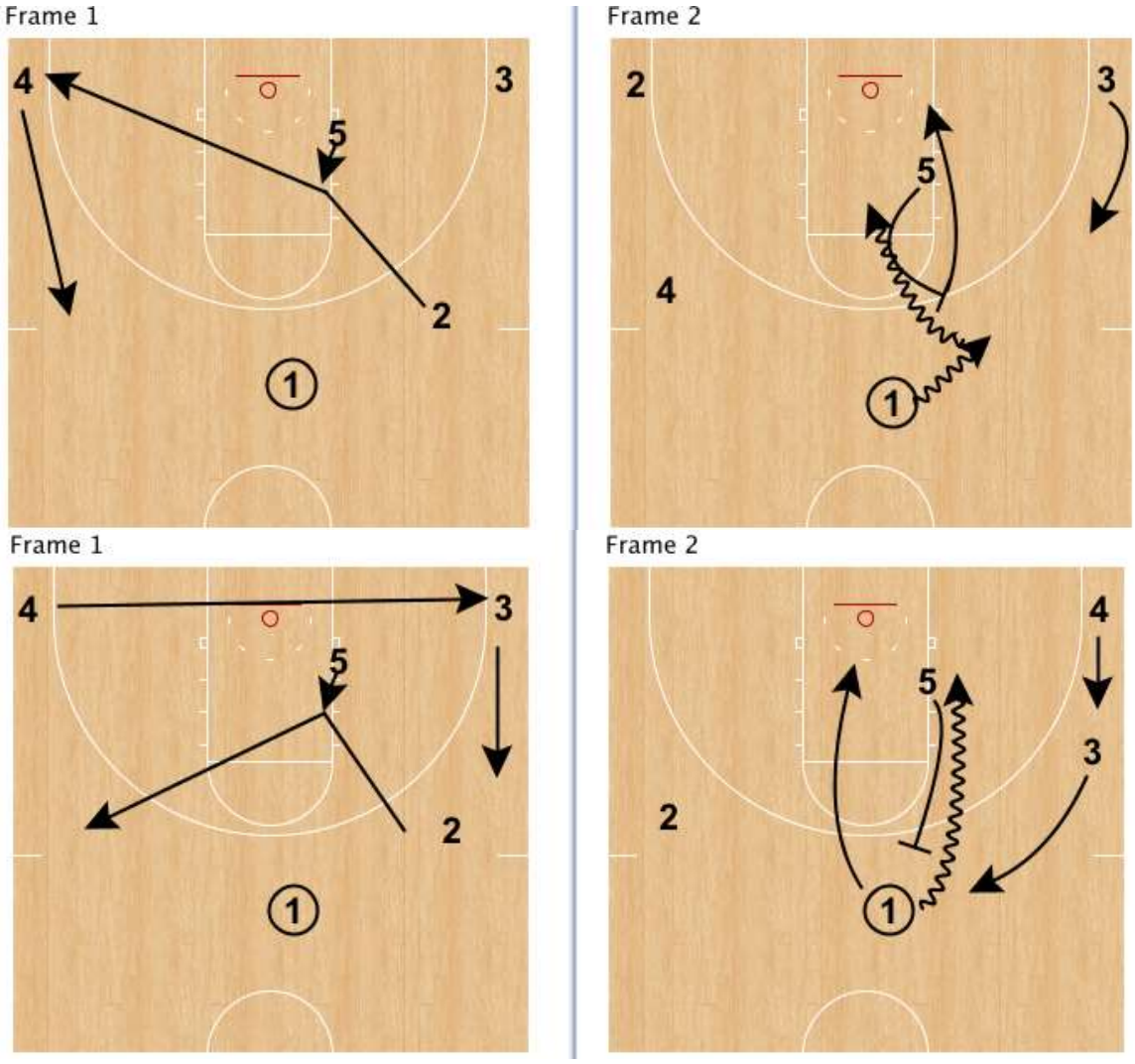
- Boston's practices are always open
- Believe in your system – want to have your players reacting and playing free
- To compete for championships – must share defensive DNA
- Must dictate the way the game is played – thought going into the game
- If you want a defensive minded team – must have defensive minded players on your team
- Buy in to that mindset – multiple effort team
- Poor system with max effort – a "chance"
- Great system with max effort – compete for championships
- 5 critical components of good defensive teams
    - Stance
        - Lower man wins
        - Maximizes efficiency
        - Shows commitment
        - Long off the ball
        - Body position

    - Vision and Awareness
        - See the game – read passer's eyes and reading the action
        - Let the game tell you what to do – don't be robots
    - Communication
        - Builds trust
        - Be decisive
        - Eliminates confusion
        - Early, loud, often
    - Multiple efforts
        - Accountable for each other
        - Challenge everything
    - 5 man rebounding
- Drills
    - Play tendencies
    - Inch in
    - Right to right – then left to left

Tom Crean (Former Marquette & Indiana Head Coach)

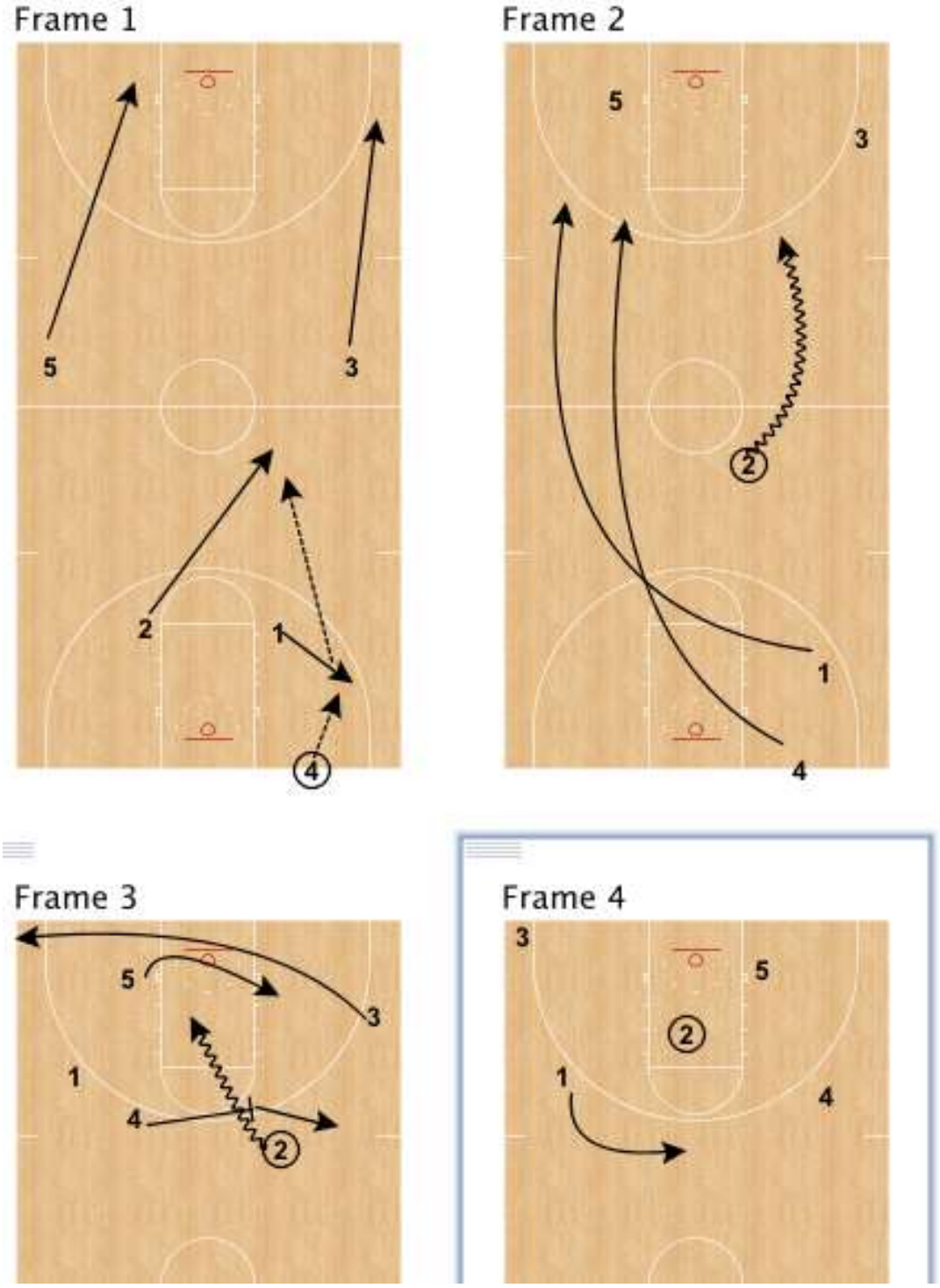
- "Just coach the team"
- "Practice efficiency leads to game reality"
- Spacing can create confusion and lack of communication
- Be proactive about what your defender is doing
- Its not the end all but the beginning of all
- Read the ball, and play off your man
- Where can you put someone on an island?
- The most important thing is that we never are standing straight up – always down

- **Offensive Actions with Spacing Principles:**



  - Sprinting to spots
  - Want to create 2 steps before sprinting to screen
  - Corner- you are always a threat to play off of your man—someone will make a mistake off the ball

- **Press Break "Chase" Offense**



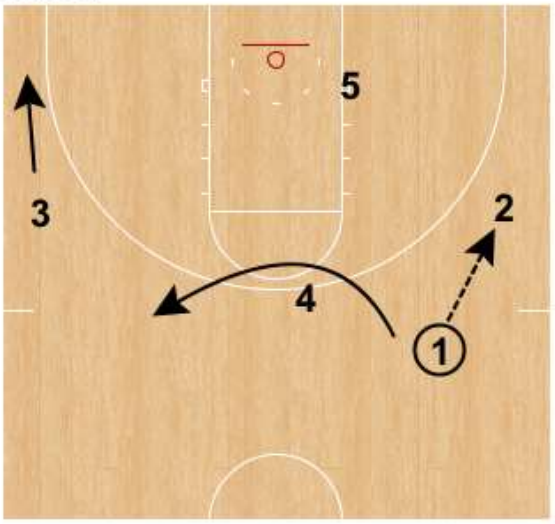
  - **5 man MUST keep defender occupied—come across lane once ball gets advanced in a hurry, looking for position down low to score**
  - **If defender is at or above you when in corner, stay behind (potential back door cut)**
  - **If defender is below you, lift to get above**

- Get low and come across on ball screen
- Utilize corner 3s
- Square your shoulders to the pitch
- People are going to make mistakes on the weak side
- Everything matters – find a way to take advantage
- Get the man off the nail – leave top open
- Step to the pass – square up with dominant foot
- The best players are ready to release
- Read outside in

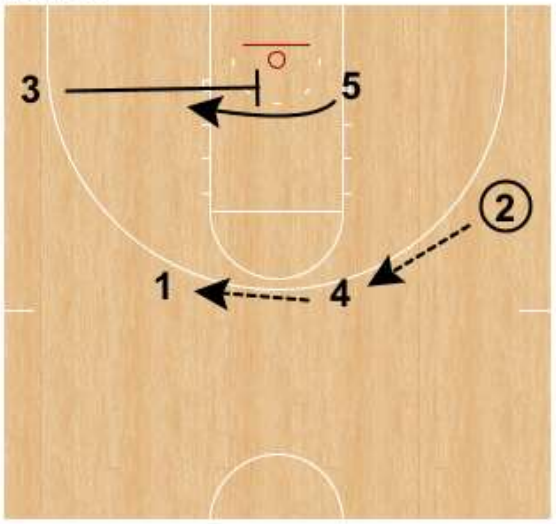
Darrell Walker (Clark Atlanta University) – Early Offense

- **What can I run where the ball is going to move and not stop?**

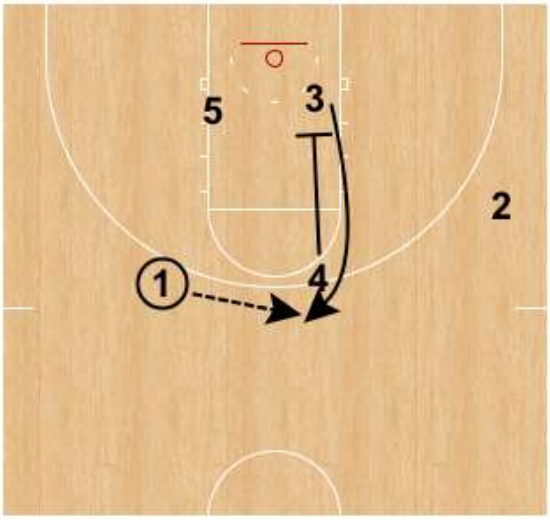
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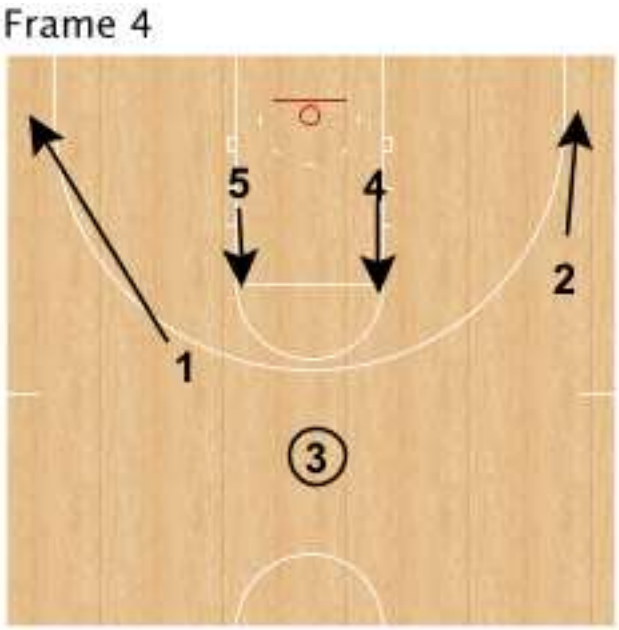


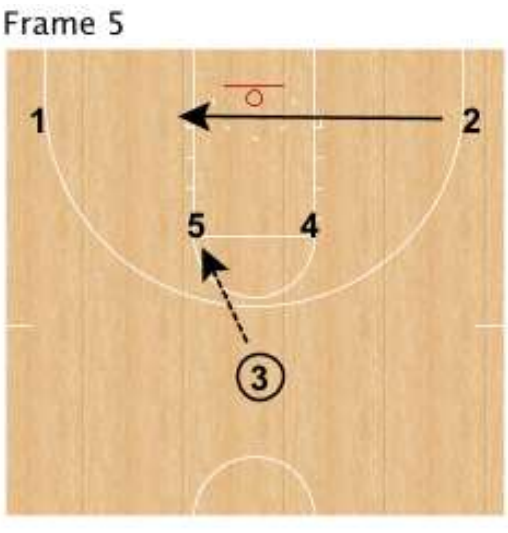
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- First look—Flex into down screen for wing
- Make sure wing setting flex screen makes solid contact—force defender to bump

- If action is defended well and wing doesn't have good look…



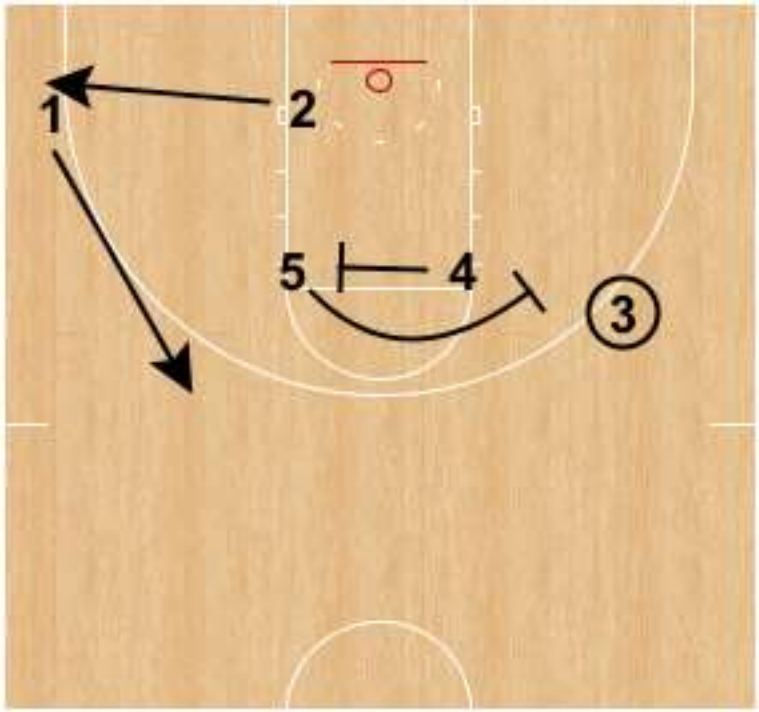




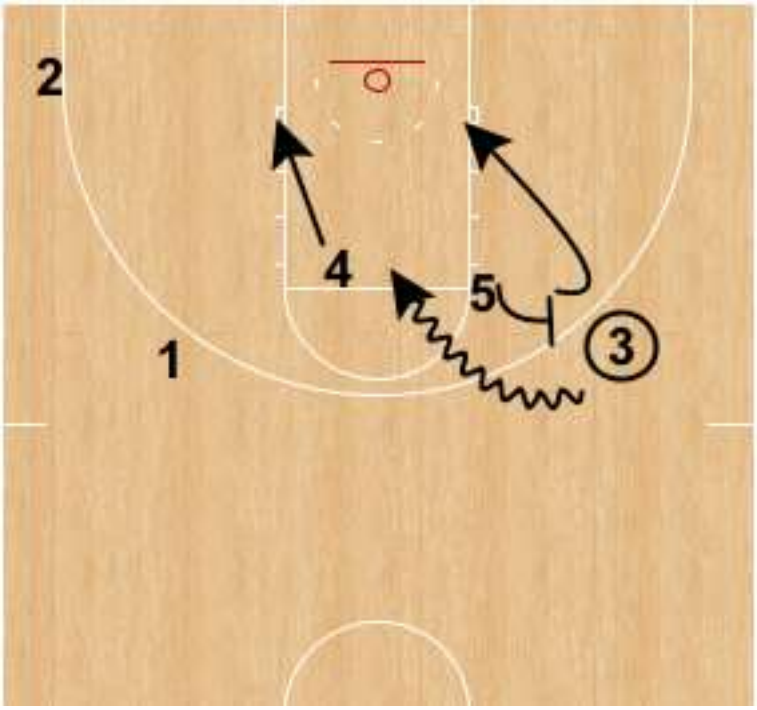
- 2 cuts hard looking for pass from 5
- 3 walks his man up to receive flare screen from the 4

- If action is defended well and no shot attempt off the flare screen…

Frame 8

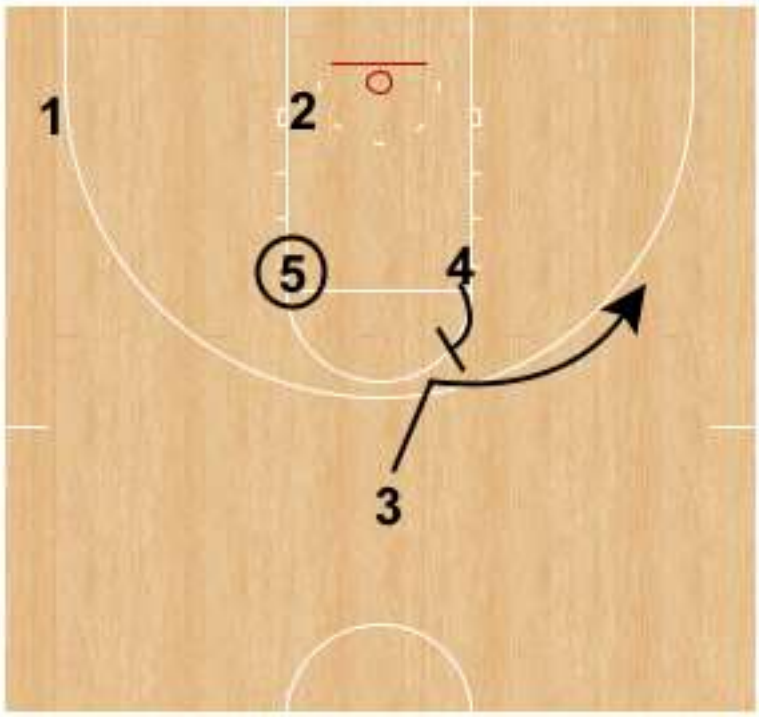


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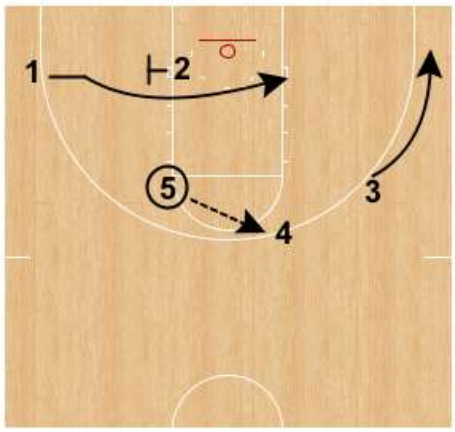


    - Two man action with the 3 and 5
- If big at the elbow can't throw the pass off the flare screen…

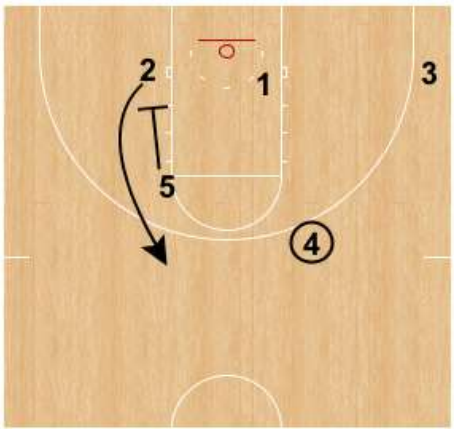
Frame 6



Frame 7



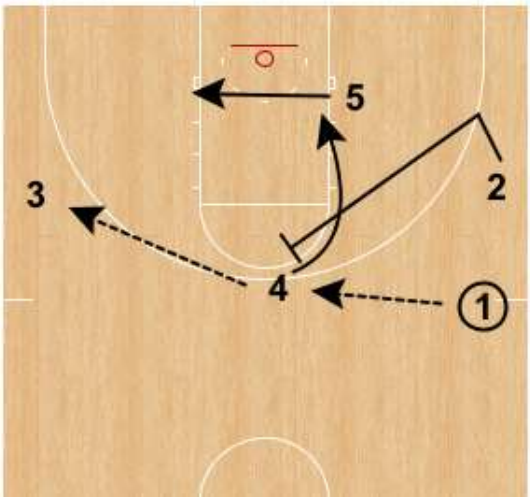
Frame 8



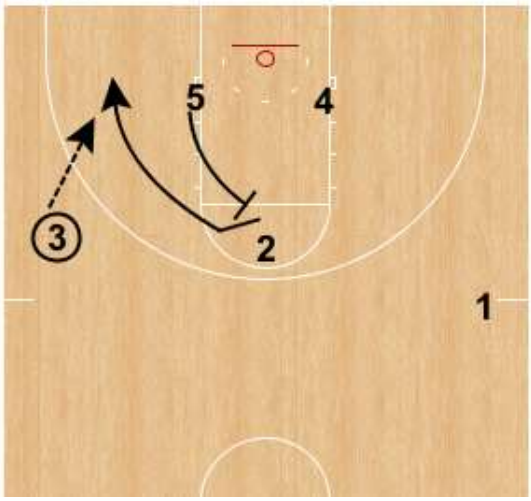
- 3 flattens out to the corner to keep spacing intact
- Continuity—Ball always moving

- Another action with multiple options
- Continuity—Ball always moving

Frame 1

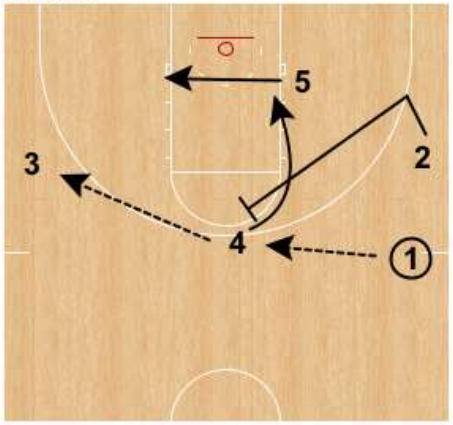


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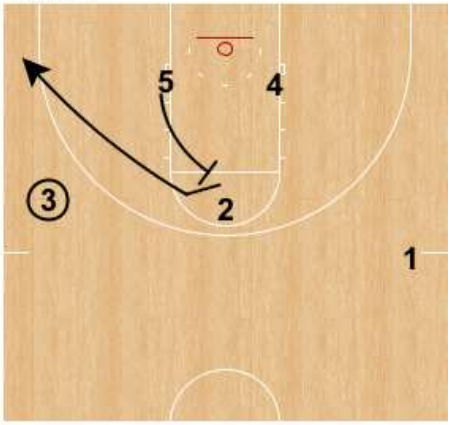


- If pass to the 2 isn't there…

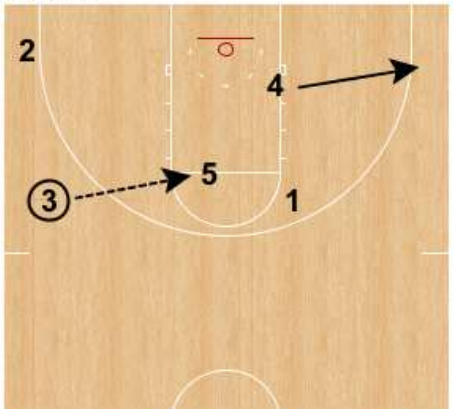
Frame 1



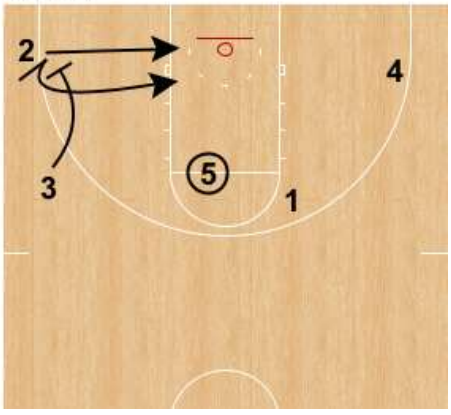
Frame 2



Frame 3



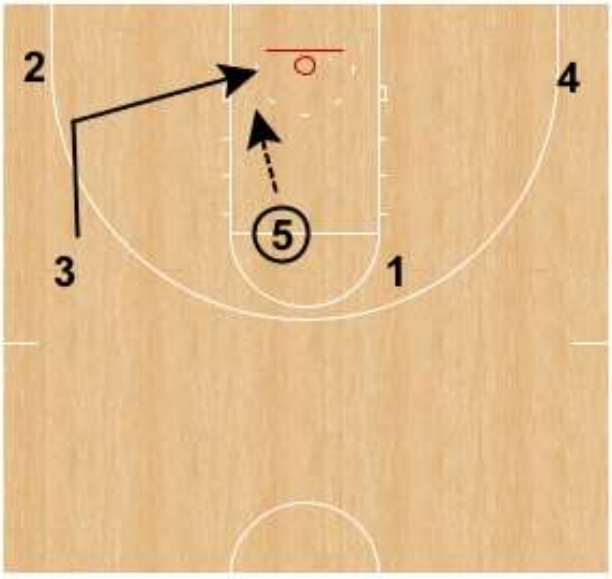
Frame 4



- Have the option to hit 2 on backdoor, curl or pop behind down screen

- You can bypass pass to 2 and run action to get ball back in hands of the 3
  - Different ripples

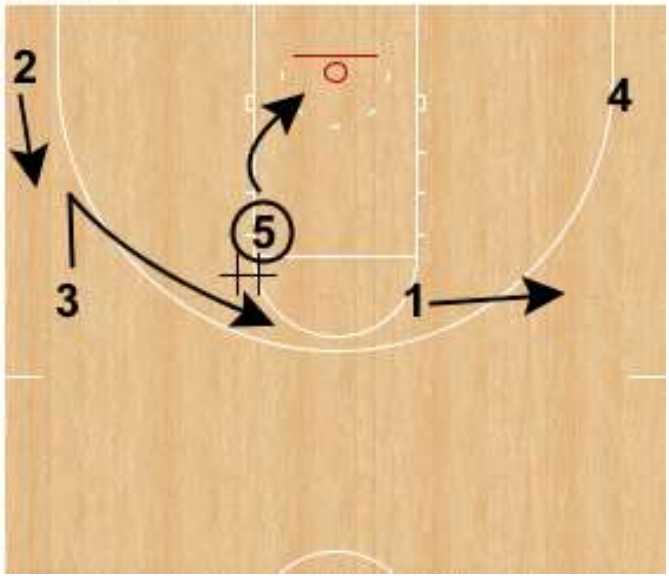
Frame 4



- Get this two times a game

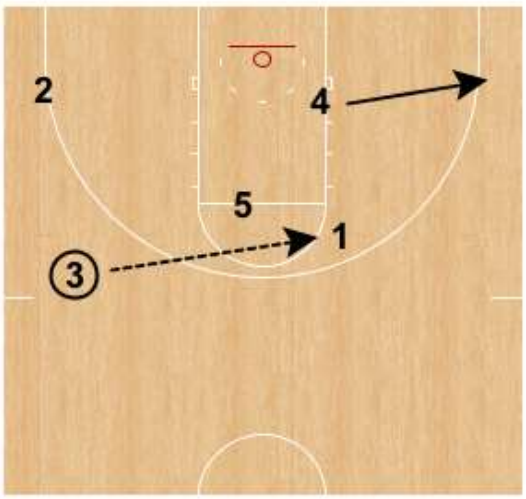
OR

Frame 5

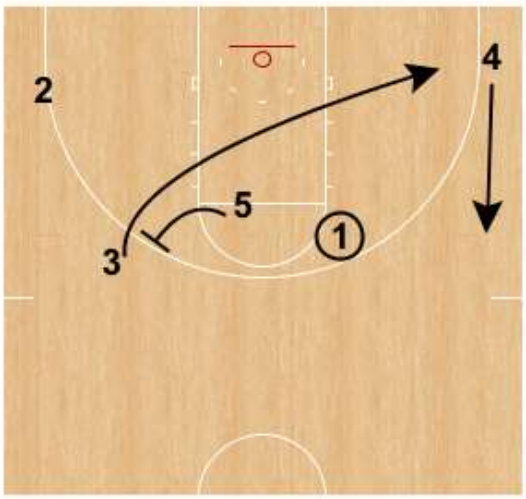


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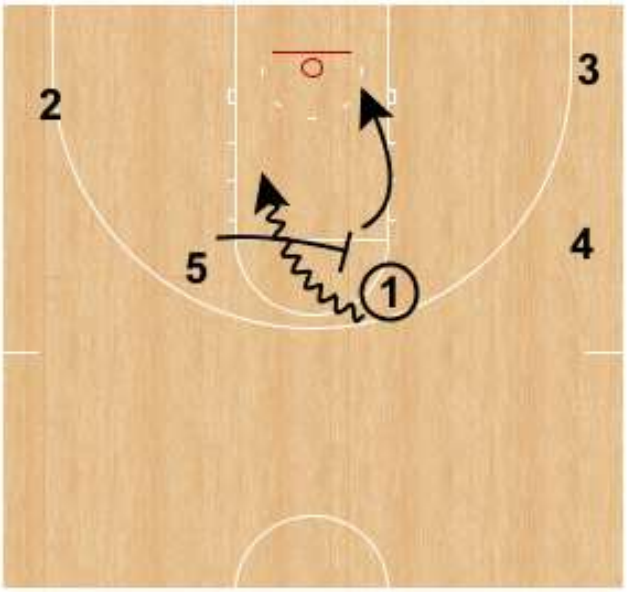
Frame 3



Frame 4



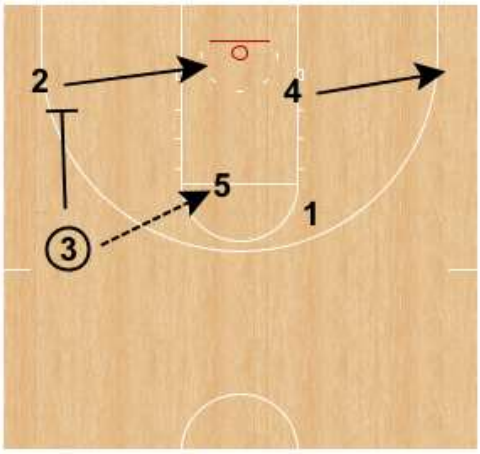
Frame 5



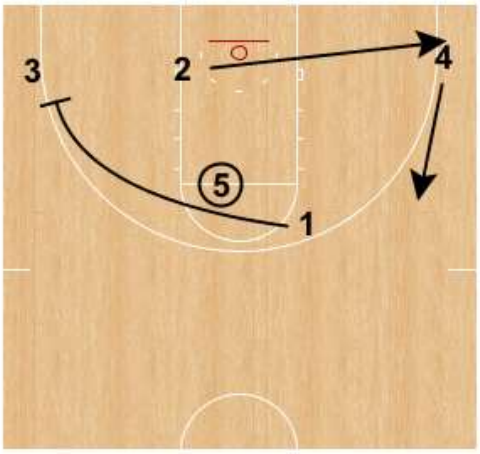
- 3 swings to the 1 instead of 5
- Important for 4 to raise to clear out corner for the 3
- SPACING

- More options

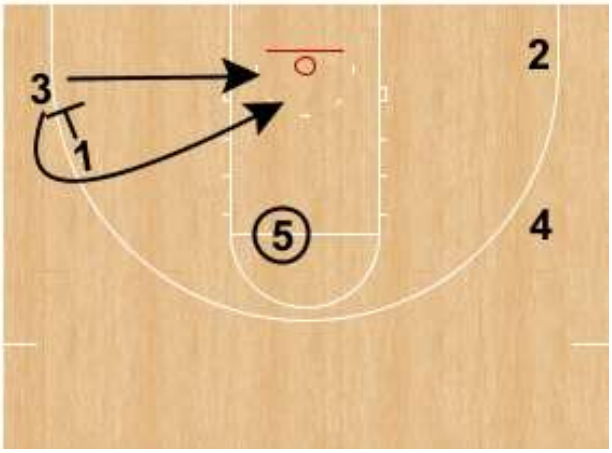
Frame 3



Frame 4

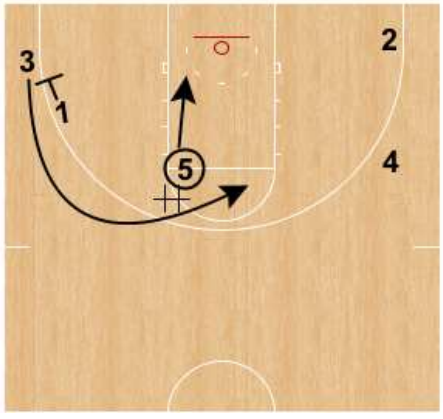


Frame 5

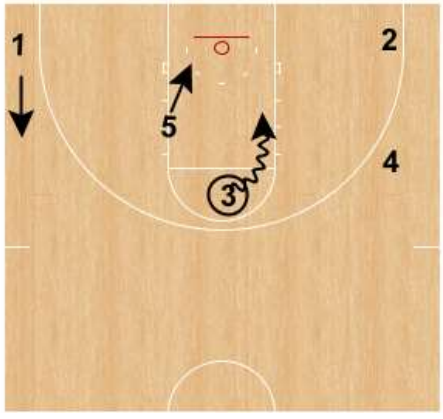


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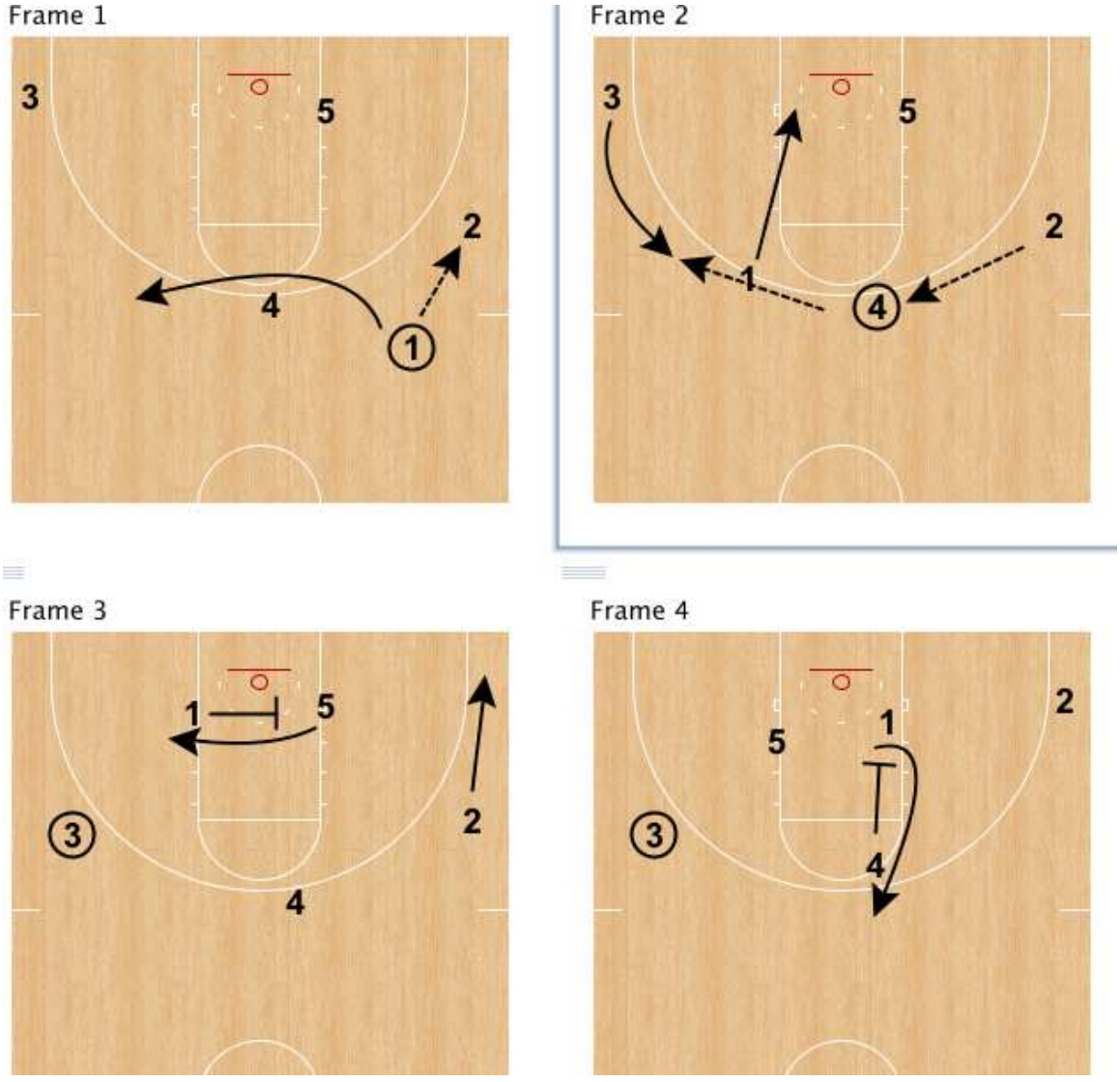
Frame 5



Frame 6



- Another way to get into it



  - Different look if 1 is denied hard on swing
  - Look for backdoor
  - Right back into it

Players Panel

Simpkins: Be open to change

- Yelling, abrasive coaching style isn't as effective anymore
- Must be able to adjust your style
- Players want to TRUST coaches—leads to accountability
- Give kids confidence
- Kids are playing in spite of coaches instead of FOR coaches if there is no trust

Nance:

- Cliques lead to strengthened negative opinions or feelings toward player/coach
- Social media age and technology are contributing to cliquey atmosphere
- Players need to hang around each other as a team as much as possible & coach needs to keep a pulse on it
  - Coach should talk to players as people and not just your player

Humphrey:

- Create a fun atmosphere for players to strive in
- They can play for each other instead of themselves
- Teammates that give each other confidence gives confidence back around the locker room

Coaching methods that rubbed players the wrong way:

Simpkins:

- Outrageous punishments that don't serve any benefit to players
  -Point needs to be delivered effectively and in a clear way
  - Coaches need to treat their players like they would want their son to be treated in the same situation

Humphrey:

- Practices need to be intense and focused
- Do not need to be long, but must have MAX effort

Nance:

- Group punishment sucks (No players like group punishment)
  - Easy way to lose guys in locker room and make them dislike one of their teammates
  - Each team has a guy that "can't figure it out"

Coaching methods that player panel really liked:

Humphrey:

- Liked competitive practices
- Winners and losers make it more interesting and keep players engaged

Nance:

- Equal treatment to all players
- Screaming and yelling went in one ear and out the other. However, players see when the best player gets chewed out
- Coach Shyatt used to tell me "Today I'm going to get on you a little" so other players would feel like they were being treated the same
- All about trust

Simpkins:

- Sitting down face to face and talking about goals and making a plan to get there, together.
- "Players can see authenticity"
- Rather than "don't shoot", find them open shots to build them up
- Challenge guys to say we are about winning and get rid of the distractions

Hardest things for a coach to pick up on:
Humphrey:
- Hard to see which players aren't truly bought in to program or message
- Must identify them right away

Nance:
- When players are looking ahead to a big game or big day
  - Lack of focus on the NOW

Chad Hymas – "Life"

- Pull something out of somebody that they didn't know they had
- Once there is a breach in trust, it is extremely difficult to get them back
- As a person/coach, you MUST care about others':
  - Needs
  - Fears
  - Victories
- Whether it be in recruiting or talking to loved ones, use "I, me & my" less, and use "you, we, ours & us" more and watch what happens
- Love is demonstrated by action, not by words
  - People forget what you say, but they never forget yow you made them feel
- Your problems become less significant when you put others' needs, fears and victories before your own
- Titles mean NOTHING when it comes to leaving a legacy
- The smallest things make the biggest difference
  - Being Alive
  - John Wooden Sock Story
- Be in the minority as a coach—show compassion & care for loved ones and players and staff
  - "How's your dad doing? Did he get that job?" "We're happy to hear he's doing well"
  - We're proud of you and everything you do for our program

- True definition of potential: getting someone to a place they didn't think they could get
  - This is what being a coach is all about, not wins and/or losses
- Never change your value system
  - Family is ALWAYS first
  - Don't wait to play with your kids—it's easier to sit, watch TV & be depressed
  - Proactive over reactive coaching
- "Don't just walk in a kids shoes, drop to their level"
- " What's it going to take for me to be coachable"?
  - Don't get to a point where it takes a broken neck to be coachable
- Serving your family, coaches & players is not a setup, it's an opportunity
- Heart over head—the more you think, the less likely you'll do it
- ***Application of lessons learned during talk:***

- Coach White and Mark stand behind a water bottle placed on the floor
- Chad asks them to take a sip of water normally without spilling
- After Coach White and Mark complete the task, Chad asks them to now take a sip of water without using their hands
- " Get awkward"
- After both Coach White and Mark unsuccessfully try to pick up the water bottle, Chad tells everyone in attendance that he has failed
- None of us went to go help Coach White or Mark
- "Paralysis"- If you thought to help but didn't

Administrator Panel

- One and done rule
  - Create pathway to go from elite youth level – to G league – to NBA
  - Elite academy overseas – China, Australia, India
  - Leading towards youth kids going straight to the NBA / G-league
  - No perfect method on what is best for student/university/organizations
  - Over the last 15 years – 96 players drafted that have played one year in college and went straight to NBA
    - Average draft pick position: 15
    - Average career games played: 271
    - Average career minutes per game: 22
  - Same 15 years – 398 players drafted that have played 2+ college years
    - Average draft pick position: 33
    - Average career games played: 199
    - Average career minutes per game: 14
  - Would like to see undrafted players be able to return to college basketball

- Agent Rules
  - Agencies hard to regulate – close relationships with big companies (shoes) and agencies
  - Agencies able to adapt to new rules and regulations
  - Guaranteed money
  - Future lottery picks easier to predict and track in basketball
- Future of college basketball
  - Different type of game / different viewers
  - NBA – College spectator age gap
  - "The 4 year plan"
  - G League + NBA are future
- Big money in global academics / NBA G League / G League facilities
- Transfers
  - More societal than sports related
  - Lack of playing time / unhappiness
  - "Sit-out year" necessary for academics
- 231 of 300 players drafted played in college (2013-2017)
- AAU overcharging coaches to watch games
  - Have to buy coach's packets / can't sit in general admission

- Coaches led to AAU being what it is today
    - No real solution
- Stricklin: College sports will always have a market – unique nature of sport + education in America.
- High school to NBA not uncharted territory – college basketball still relevant in past

Tates Locke – "Mistakes I've Made"

- Mistakes
    - Ego or panic
- Two mistakes made:
    - Taking Clemson job
    - Staying at Clemson (passed on Indiana- Knight)
- Ego was in the way
- Formed the South Carolina Basketball Coaches Association
    - Player of the week, monthly newsletter, banquet, etc…
- Mistake: Tried to create level playing surface
- Created a fake black fraternity—used the black churches help
    - Caught by NCAA
    - Became miserable human being
    - Felt like he has violated the sport
    - Divorce, IRS, drinking
- Don't get caught up in the temptation
- Repetition not a form of punishment
- Give back to basketball
- "Take what you have and make everyone around you better"
- Teaching has been lost in coaching

Kevin Eastman

- "Seek wisdom from those who came before you"
- The 3 F's
    - Find – WILT List
    - Follow – read more
    - Fit – have to internalize information (will help you be your best)
- You can memorize or internalize
    - Memorization isn't you + you can't execute when it's time under pressure
- WILT list
    - What I Learned Today
- Stop talking and start thinking
    - Bring solutions with the problem
- Accountability vs. Blame Driven
    - Pre-Driven thought before meeting
- Forget the tick – learn to talk and listen
- Relationships key
    - "NBA – 60% relationships, 40% X's and O's"
    - Knowledge = Price of Admission

- To be a great leader – 3 positions
    - Out front – pulling them with you
    - Behind them – pushing them forward
    - Walk side by side with them
- Don't "rules" yourself out of wins
- Coach the players your have – not the players you lost
- Old problems need new ways of thinking
- Coach players you have, not the players you've lost
- Great players live by words
    - Truth
        - Live it- Actions match words?
        - Tell it- Messenger needs to figure out how to convey it
        - Take it
    - Until
        - Best leaders/coaches work here
        - No deadline to learning
- Success
    - 2 bests
        - The best
        - My best = Role players
- Best
    - To be the best you have to beat the best at their best
    - To be the best you have to learn the best from the best
    - To be the best you have to bring your best everyday
        - Accountability – owning up to words, actions, mistakes, and failures
    - To be the best you must demand the best from yourself and each other
- Can not fear competition or losing
    - Learn it alls vs. know it alls
- Success in simplicity, confusion in complexity
    - Be the best? Demand the best from yourself + others
- "Bilities"
    - Accountability
    - Responsibility
    - Dependability
    - Vulnerability
    - Availability
- It's deadly if you don't know what you should be learning
    - "Don't have to be right, we just have to get it right"
- Invisible people/ ingredients in success are invaluable
    - Manager, janitors
- Everyday truly counts when it's the last day
- 3 most important days in our lives
    - Yesterday – evaluation and education
    - Today - execution
    - Tomorrow – Preparation

- The great teams live in the world of "re"
    - Reevaluate
    - Reestablish
    - Recommit
- Stay curious
- Stay coachable
- Relationship ingredients
    - Listening – idea exchange
        - The person who listens the most – leaves with the most information
    - Giving
    - Talking
    - Receiving
        - It's not all about getting
- Its not about how – it's about who
- $ign = Career Killer
- Preparation
    - Must be detailed
    - Must be researched
    - Must be truthful
    - Cover two "what's" - What will (likely happen) / What if (goes another way)
- 4 most important words in coaching
    - Shit
    - It
    - Aint
    - Working
    - Coaching/ life is about adjustments
- Preparation trumps pressure, knowledge is quickness
- "Preparation is my separation"
- 3 gaps that need to be filled
    - Capability gap – more to be achieved
    - Knowledge gap – more to be learned
    - "Team-ness" gap
        - Teammate – Have to be over yourself
        - Teamwork - Sacrifice
        - Team
- Ubuntu
    - People are people because of other people
    - I can only be all I can be, if you are all you can be
        - Jealous free culture
- "He who angers you owns you" -Grady Rivers
- I control: emotion, attitude and mind
- **kebc24@aol.com**

Mike White (University of Florida)

- This is the best clinic going
- Unbelievable resource for all coaches
- Our staff: not overly creative, but convictive in what we do
- Identical staff from Louisiana Tech—we preach loyalty to recruits
- One of the most underrated aspects of all of what we do is how good your staff is, and how well they work together
- The one thing that helped us the most this past year: our locker room
- Culture was incredible
- As a staff, we do things OUR WAY—unique in some drills we do
- Industry tells you to get rid of secretary and S&C coach when you accept new coaching position
    - Preston Greene (S&C), Tracy Pfaff (Secretary) were two of some of the biggest reasons we were successful last year
    - Were already at school when hired
- Crucial to learn from everyone, including your support staff
- University of Florida—Best Athletic Department in country
- Learn from other coaches at your school—they're an incredible resource
- As a coach, it is imperative to be open-minded
- Three Team Rules: Be on time, be loyal & be a man
- Overall Practice philosophies: Efficiency, more drills & less talking, put guys in stressful environments, competitions (winners & losers), communication, No standing (6 mins of break but pressure FT's during that time)
- Track & reward tips every day
- For every turnover you commit, you owe staff & team an 11(down& back)
- Team Turnovers: After 10th turnover, team runs 22. After 12th, another 22 and so forth
- Daily meetings with players in office before practice—could be 30 seconds, could be 30 minutes
- Promote an environment where team meetings are productive and help form bonds between teammates
- Drills:

1. Majerus Ball Handling
2. Majerus Closeouts
3. Circle Passing
4. 4 on 3 Drill
5. 80%
6. Circle Blockouts