

Leaders

Strategies for Taking Charge
by Warren Bennis and Burt Nanus

- ***Leadership is about character.***

Seven criteria that most organizations use to evaluate their executives: technical competence, people skills, conceptual skills, track record, taste, judgment and character. Of these the last two are the most difficult to identify, measure or develop. We certainly don't know how to teach them.

- ***The capacity to generate and sustain trust is the central ingredient in leadership.***

You can have the most glorious vision in the world and it won't mean a thing if there's low trust in the organization.

- Leadership is the pivotal force behind successful organizations and that to create vital and viable organizations, leadership is necessary to help organizations develop a new vision of what they can be, then mobilize the organization to change toward the new vision.
- Credibility is at a premium these days. Leaders are being scrutinized as never before.
- Power is at once the most necessary and most distrusted element exigent to human progress.
- Power is the capacity to translate intention into reality and sustain it. Leadership is the wise use of this power. Leaders direct organizational changes that build confidence and empower their employees to seek new ways of doing things. They overcome resistance to change by creating visions of the future that evoke confidence in and mastery of new organizational practices.
- Many organizations tend to be over-managed and under-led. They may excel in the ability to handle the daily routine, yet never question whether the routine should be done at all. There is a profound difference between management and leadership, and both are important. "To manage" means "to bring about, to accomplish, to have charge of or responsibility for, to conduct." "Leading" is "influencing, guiding in direction, course, action, opinion." The distinction is crucial. ***Managers are people who do things right and leaders are people who do the right thing.*** The difference may be summarized as activities of vision and judgment - *effectiveness* – versus activities of mastering routines – *efficiency*.
- ***I want to be thoroughly used up when I die, for the harder I work the more I live.*** -- George Bernard Shaw
- Innovation – any new idea – by definition will not be accepted at first, no matter how sensational the idea may be. Innovation causes resistance to stiffen, defense to set in, opposition to form. And any new idea looks either foolish or impractical or unfeasible – at first. It takes repeated attempts, endless demonstrations, monotonous, rehearsals before innovation can be accepted and internalized by any organization.

- People love others not for who they are, but for how they make us feel. **In order to *willingly* accept the direction of another individual, it *must* feel good to do so. This is the very essence of leadership.** Irwin Federman, former president and CEO of Monolithic Memories
 - In the case of our ninety leaders, they used **five key skills**:
 1. **The ability to accept people as they are**, not as you would like them to be. Understand what other people are like on *their* terms, rather than judging them.
 2. **The capacity to approach relationships and problems in terms of the present rather than the past.**
 3. **The ability to treat those who are close to you with the same courteous attention that you extend to strangers and casual acquaintances.** We tend to take for granted those to whom we are closest.
 4. **The ability to trust others**, even if the risk seems great.
 5. **The ability to do without constant approval and recognition from others.**
 - Receptivity to criticism is as necessary as it is loathsome. And the more valid the criticism, the more difficult it is to receive.
 - All learning involves some “failure,” something from which one can continue to learn. Reasonable failure should never be received with anger.
 - A vision cannot be established in an organization by edict, or by the exercise of power or coercion. It is more an act of persuasion, of creating an enthusiastic and dedicated commitment to a vision because it is right for the times, right for the organization, and right for the people who are working in it.
 - When we asked our ninety leaders about the personal qualities they needed to run their organizations, they never mentioned charisma, or dressing for success, or time management or any of the other glib formulas that pass for wisdom in the popular press. Instead, they talked about persistence and self-knowledge; about willingness to take risks and accept losses; about commitment, consistency and challenge. But, above all, they talked about learning.
 - Leaders are perpetual learners.
 - Walter B. Wriston, Citicorp’s retired chairman and CEO, said, **“If you haven’t ever made a mistake, you haven’t been trying hard enough.”**
 - The entire industry has learned the importance of flexibility, and bankruptcy awaits those who are unable to cope with rapid change.
 - People have a stake in an idea if they participate in its creation; then they’ll work much harder, in a much more dedicated way, to bring it to success.
- Notes shared by Jack Fertig

Les Brown preaches,
“All people are born unique, but most die as copies because they go through life doing what everybody else is doing, due to laziness, fear or lack of vision.”

H I G H F I V E !

The Magic of Working Together
by Ken Blanchard and Sheldon Bowles

- In every industry it was the team players who were in demand. The days of a lone wolf, good producer or not, were ending.
- Unfortunately, people sometimes get so caught up in the process or working out the best leadership style that they forget what they're supposed to be doing in the first place. Organizations can get so focused on beautiful processes that they forget what they're really supposed to be doing. Getting it right gets in the way of getting it done.
- It was the total interdependence, the pooling of skills, that made the difference. No *one* skill was more important than another one. Ultimately, an individual skill reaches its potential when combined with other skills.
- A team is a wonderful thing. It allows us to achieve things far beyond our own ability, while at the same time it keeps us humble.
- **None of us is as smart as all of us.** That's the essence of a team. Once you accept that none of us is as smart as all of us, you can begin to put your needs, your pride, your agenda on hold and let the team's needs, pride and agenda become your priority.
- You can't high five all by yourself. It takes a team of at least two, and both have to do it to make it happen. And when it does, it's a magic moment. It's the same when a team clicks; it's magic.
- **Good teams, successful teams, all share four things in common,** no matter what kind of team they are.
 - 1) ***A sense of purpose – plus shared values and goals.***
 - 2) ***The development of high skills.***
 - 3) The third key is all about *synergistic harmony*. **If you work as a team, you can beat the best there is if the best doesn't work as a team.**
 - 4) ***Repeated reward and recognition.***
- When you focus on the positive, you develop the habit of doing things right. By concentrating on doing things right, you actually wind up doing fewer things wrong.
- To get high performance and high morale required *providing a clear purpose with shared values and goals, unleashing and developing skills* (empowerment and flexibility), *creating team power* (relationships and communication), and *keeping the accent on the positive* (recognition and appreciation).
- When you cut deadwood from a tree, the tree is healthier. Sometimes even the deadwood benefits.
- If you're going to be a part of a High Five team, you have to be willing to accept some losses. Fight for ideas certainly. Try to convince others.

But if they can't or won't buy into your thinking, it's time to take a deep breath and let go. Another time, another project, another team, and your brilliant idea may be appreciated. This time, though, get your ego out of the way and move on. Learning to let go, to put the team's will first, is an empowering experience that leads to the most wonderful of all experiences: being a member of a high-performing, gung-ho, High Five team.

– Notes shared by Jack Fertig

The One Minute Apology

A Powerful Way to Make Things Better

By Ken Blanchard and Margret McBride

- ***The Toughest Part Of Apologizing Is Realizing And Admitting That You Were Wrong.***
- You need to **stop using phrases like *should have, could have, would have, and if only.*** Those are “worry words.” They make you feel overwhelmed, discouraged, and confused. They keep you stuck in the past and prevent you from taking your best course of action. ***They also keep you from being honest with yourself.***
- Done properly, the One Minute Apology is one of the most powerful things anyone can do to repair a situation.
- As soon as you realize you have made a mistake, you need to apologize.
- Mistakes fester and poison relationships. No matter what else is going right, if your president doesn't admit his mistakes right away and then deal with them by changing his behavior, he will lose the confidence of the board, and careers and relationships will be damaged. Apologizing has the potential to not only correct a wrong, but restore the confidence others have in you. In a One Minute Apology you admit you are wrong and you deal with the cause of the damage instead of the symptoms. It's called the One Minute Apology because in most cases it can be said in a minute, even though it requires a good deal more preparation time. The time-consuming part comes in being completely honest with yourself and taking responsibility for your mistakes before you apologize.
- The failure of many leaders begins when they are unwilling to admit to themselves that they've done something wrong. It's their job to accept responsibility for their actions.
- The surrendering process of the One Minute Apology has two important parts. The first is about *you* and coming to grips with what *you* did wrong. The second is making sure the person or persons you have harmed feel that *you* made a mistake. To surrender, you first let go of being right, and then confront the truth about your own failings by being one hundred percent honest with yourself.
- Once you are honest with yourself, then you must take full responsibility for your actions and the harm you've done to someone else. That requires both

humility and courage. Great leaders give everyone else credit when things go well. And when things go wrong, they take full responsibility.

- ***The Longer You Wait To Apologize, The Sooner Your Weakness Is Perceived As Wickedness.***
- We all make mistakes and fall short of perfection. ***What can make us seem evil in the eyes of others is their belief that if we can't be truthful about the incident, we probably lie about other things too.***
- To some people, apologizing is regarded as a weakness rather than a strength.
- The problem with trying to be right all the time is that usually someone else has to be wrong.
- When all is said and done, the most important thing we have is our integrity.
- ***Honesty Is Telling The Truth To Ourselves And Others; Integrity Is Living That Truth***
- ***The Legacy You Leave Is The One You Live.***
- We all fall short of perfection. Your integrity is measured by how quickly you correct your mistakes and get back on course.
- ***Never get upset with yourself – only with your behavior.***
- There is a big difference between an explanation of why something happened and an excuse. An explanation deals with the reasons why something happened, while an excuse tries to cover up who's to blame and establish a reason to minimize accountability. ***You can always find an excuse for poor behavior if you lie to yourself.***
- ***A One-Minute Apology is incomplete without a sincere attempt to make things right.***
- Most people don't really know how to apologize effectively so they just avoid it. And yet when people don't have the guts to admit they're wrong, a small matter can get totally out of control. In some cases, becomes even newsworthy.
- ***If you lie to yourself, lying to others becomes second nature.***
- ***Trust doesn't return until the person I've offended is convinced I have changed my behavior.***
- When a person loses perspective and comes to see themselves as the center of the universe – that's the sign of an out-of-control ego. *False pride* (the first way your ego can get you in trouble) is when you're constantly promoting yourself ahead of others. When good things occur, you want all the credit. The second way your ego gets you in trouble is *self-doubt*. That's when you think less of yourself than you should. Your emphasis then is on protecting yourself. People with false pride don't like to share their vulnerabilities. Admitting that they were wrong about something is their worst nightmare. And people with self-doubt are afraid to admit they are wrong because they fear that others will find out how incompetent they are.
- ***People With Humility Don't Think Less Of Themselves. They Just Think Of Themselves Less.***

- *You can't control the outcome of events, but you can control what you think and what you do.*
- If something is bothering you and you don't deal with it, what happens to those feeling? Grudges fester and can sometimes immobilize you. Once you deal with what's bothering you, almost like magic, your negative feelings and fears disappear.
- *You are able to accept yourself when:*
 - ◆ *Your self-worth is not based on your performance or the opinion of others.*
 - ◆ *When you make a mistake, you are willing to admit it regardless of the outcome.*

-- Notes shared by Jack Fertig

The Dog Ate My Homework

Personal Responsibility –

How We Avoid It and What To Do About It

by Vincent Barry

Avoiding Personal Responsibility

- Nearly everybody has an excuse when something goes wrong. William Bennett
- It's fashionable today to decry the absence of personal responsibility in others, but rarely in ourselves. Like selfishness, irresponsibility is that detestable vice we're quick to spot in others, but slow to see ourselves.
- It's been said that the easiest person to deceive is oneself. If we're truly serious about personal responsibility, we start with ourselves. We need to learn to blame others less and ourselves more.
- Compelling circumstances ordinarily reduce responsibility. No one can reasonably be held accountable for what was impossible to do or avoid doing. But what we insist we couldn't help doing, perhaps we really didn't have to do at all. And what we failed to do, because we believed we had no other choice, perhaps we could have done.
- We're fast becoming a nation of self-proclaimed victims. An eighteen-year-old was suing the San Francisco school system for \$1 million because he had never learned to read or write, although he had graduated from one of that city's high schools. Merely because the young man had passed through the San Francisco school system, his illiteracy intact, did not of itself establish the school system as the cause of his illiteracy. Indeed, because most of its graduates were literate, the blame would seem to lie with the student himself.
- There is a clearly discernible trend to blame others for what are largely the products of our own making.
- The pitiful reality is that many of us – like some students – have come to believe that we need to be told everything; and, worse, that if we aren't, we're excusably ignorant. Why do we keep ourselves ignorant? One reason is to avoid having to face or do something distasteful.

- It's we who are ultimately accountable.
- What's politically right may not be morally right. What's good for a particular group may not be good for society as a whole. Individuals cannot use group loyalty to play dumb to the opportunity and responsibility they always have to the highest canons of personal morality.
- The law is the first and sometimes the last thing that many of us think about in defining our relations and responsibilities to one another. We play dumb to most other concerns, most notably the moral ones. That's largely why we have so many laws, for laws multiply when self-discipline and self-responsibility break down – when too many individuals are more concerned with what's legal than what's right, with what they can get away with than what they ought to do.

That we have legal limits in almost every area of our lives is public proof of countless individual failures to honor some ideal or other, which law piled upon law can do little to alter. The more numerous its laws, the more corrupt the society.

- Once forfeited, trust can't be regained.

Embracing Personal Responsibility

- **The really important thing is not to live, but to live well...And...to live well means the same as to live honorably or rightly.** -- Socrates
 - One of the most powerful stimulants to self-responsibility is caring about others.
 - Learning not to fear responsibility isn't easy because of the negative associations it has in our minds. Standing behind our behavior can get us in trouble, when disowning might keep us out of it. It can make us disliked and unwanted, when disowning could keep us popular. It's this expectation of blame, pain, and punishment, then that we fear about responsibility and need to recast. We need to use the power of our understanding to deflate our fear of taking responsibility and inflate our fear of avoiding it.
 - Of the many factors that bear on how we feel, think, and act, none is more important than our self-concept, that private mental picture of the self that includes feelings and beliefs about the kind of person we are and the one we believe we could or should be.
 - Individuals who are raised to feel good about themselves – to see themselves as basically capable and adequate – generally grow to be self-confident adults.
 - Too many of our graduates have learned how to make a living, but not how to "live well." They know how to make money, but not how to make a difference. How much worth will a nation have that's composed of millions of individuals who have learned "what counts," but not that they count?
 - Believing we can make a difference motivates us to do what we can.
 - When the immature lack heroes, they'll make heroes of the immature.
 - If we want to be more responsible, we must surround ourselves with responsible people. – Notes shared by Jack Fertig
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Here are Five Areas in which you must Have a Solid Coaching Philosophy:

- **Offense**
- **Defense**
- **What to teach**
- **Scouting**
- **Organization**

3-Point Basketball Shooting Tips and Thoughts

When basketball was introduced to the 3-point arc and the 3-point shot, the game was revolutionized. More and more players, especially guards, are getting attracted to shoot from the 3-point range. While a 3-point marksmanship is a valued basketball shooting skill, it is not really a necessary move.

Admittedly, there are some cases that 3-point shots are crucial in tight ball games. The likes of Steve Kerr and Reggie Miller have proven time and time again how a 3-point shelling machine can turn the tides, change and / or achieve the momentum and win ball games. 3-point shooters can also help in stretching out the defense. But then, coaches would love to see their players take more high percentage shots rather than risk long rebounds and open windows of opportunities for the other team to run fast breaks.

For starters, the 3-point shot is a low percentage shot. That means it has less chances of going in than a jump shot from the mid range or inside the paint. Though there are several basketball shooting drills designed to increase 3-point accuracy, the point to remember is that the closer to the basket, the better. If you spot an open lane then by all means drive your way through. If you see an open teammate who can knock down jumpers from the perimeter, then please do the team a favor and pass the ball to him.

That said, coaches do not dismiss the importance of the 3-point shot nor of the 3-point shooter. They are valued commodities in the world of basketball. But if you notice, pure 3-point shooters like Steve Kerr rarely go out and play long minutes, even with their scoring capabilities from the arc. Unless the team needed to score big and fast at that, pure 3-point shooters hardly ever step inside the court during game time.

A knack for 3-point shooting can be a nice addition to an offensive player's array of basketball abilities. If a player can knock those 3's with relative ease, then good for him. Perhaps those basketball shooting workouts are working pretty well. Below are some basketball shooting tips on how to increase 3-point accuracy as well as when to use it during game time:

Make a predetermined number of successful 3-point shots you are going to reach, like 500 3 pointers in one session;

Start from shooting from the post, then from the perimeter, and lastly at the 3-point arc. This will help players to get accustomed as to how much arm and leg power they are going to need the farther they are from the basket;

Practice even if you are tired. It is easy to shoot 3-pointers coming fresh off the bench. Crucial three-pointers are needed during the endgame of tight match, where fatigue usually comes into play. If you are attuned to shooting 3-pointers even if you are tired, there is a high chance that you can nail a 3-pointer during the closing minutes or seconds of a game.

During a ball game, **attempt a 3-point shot only if:**

You have a good look of the basket;

You are left unguarded;

You know you are capable of making the shot;

You are instructed by the coach to do so.

Another important tip is that a player should have a decent mid range jumper before he tries his luck from the arc.

By [Jeff Haefner](#)

4 Steps To A Perfect Basketball Shot

One of the first skills taught to budding basketball players is how to shoot the basketball. Every kid goes into their first practice wanting to learn how to sink a shot and good coaches realize this. In order to keep players from learning the wrong way and thus picking up habits that may be hard to break, coaches should begin teaching the proper way to shoot a basketball.

Form is important to having a shot that is accurate. Without good form control of the ball is next to impossible. A good shooting technique embodies the following four steps.

Step One: Balance

Players should practice jumping up and down and landing each and every time in the same spot. It is important that a player can jump straight up and land from the spot he has jumped from. Having good balance is essential to the set up for the shot. If a player jumps up and to the side instead of straight, the path of the ball will be off.

Step Two: Elbow Position

The elbow needs to always be in towards the body. Players should be taught that the elbow is held in to the body and after the shot should be pointed at the basket. This is part of the whole shot set up. If the elbow is off then the shot will be off.

Step Three: Eyes on Target

Being focused is important to the game of basketball. A player has to learn to always keep their eyes focused on the ball and where the ball is going. When shooting that focus has to be on the basket.

A player needs to keep their eyes on the basket. When practicing balance it is a good idea to also practice keeping an eye on the target. This is important and players should constantly be reminded.

When a player is focused on the target they tend to focus their whole body and movement to the target which in the end helps to land the basket.

Step Four: Follow Through

The final step of shooting a basketball is after the ball leaves the players hand. The follow through allows the final contact with the ball to be focused as the rest of the shot.

Following through involves dropping the wrist with the finger straight down to the floor. This prevents the player from doing any weird movement with their fingers that can send the ball off balance.

These four steps are all essential to the process of shooting a basketball accurately. Players will begin by focusing more on just throwing the ball than anything else, so it is important to take the focus off the power and put it on the technique.

After all, a ball flying through the air will not reach the basket just through shear force – there has to be technique to guide it there. Without technique the player is just hurling the ball through the air with no rhyme or reason and the chances of making a basketball are all left to chance.

By [Bill Pladson](#)

Basketball Shooting Principles

The Upper Body

In this article I want to cover some of the key principles of using the upper body and how it affects your shooting. Understand that there are some basic laws of shooting that I believe everyone should know and understand. For those of you reading this that are coaches of young players, please read this and instruct kids to shoot the right way. If there is one glaring weakness in today's players it is the inability to shoot the basketball consistently. We are in an era of the slam dunk and making moves that humiliate the defenders. It's the reason we have been struggling as a country against other international teams. No matter how good our best players are we are now losing to countries that we beat up only 15 years ago. They beat us because they can shoot the ball better than us - plain and simple.

1st Principle

If your elbow is straight the ball will go straight. This sounds simple and it is. When I miss a shot short or long I am honestly ok with the miss. When I miss to either side of the rim I get concerned and know that my shot needs adjusting. But if my elbow is straight I get the best chance to make the shot.

2nd Principle

Hold the ball in the pads of your fingers. On the release the ball needs to come off your index and middle fingers. You don't want the ball in the palm of your hand because it will cause a flipping effect when you release it. When the ball is in the pads of your fingers you will notice a more natural, comfortable release. When the ball comes off the correct fingers you will get the correct rotation on the ball. If the ball comes off with a side spin then typically the ball is not coming off your fingers correctly.

3rd Principle

Off hand is a guide hand. You've probably heard this before but it's worth repeating, the off hand should not propel the ball toward the basket. When the guide hand is used it is typically done by the thumb on the other hand. I call these people thumb shooters. Thumb shooters use the off hand thumb as a source of power in the jump shot. Typically, thumb shooters are notorious for being very streaky with their shots. The off hand should strictly be used to maintain a straight elbow and that the ball comes off the shooting hand correctly. Use it in line with the other rules of shooting.

4th Principle

The follow through is a key to any shot. My father used to say "elbow to the ceiling". Other coaches say that you should shoot the ball as if you're in a phone booth. This means that the higher the elbow goes the better the arch is. In fact, you'll notice that if you shoot a flat shot it is because your follow through is too

low. You need to get your elbow underneath the ball when you shoot and you'll fix that right away.

I have a drill that I recommend for people who really want to work on their form. It is very basic and simple and will seem tedious, but is an absolute key to finding problems with your shot and fixing them.

Take the ball 3 feet from the front of the rim. Hold the ball out in front of you with your shooting hand. Bring the ball back to shooting position while maintaining control of the ball with your shooting hand. Make sure that your elbow is straight and that the ball is in the pads of your hand. Take the ball to shooting position and shoot it at the hoop. Normally I wouldn't tell you to watch the ball, but for this drill I want you to watch the ball and the rotation that it has. It should not be going side to side at all. If it is then you have some flaws.

Typically the ball is coming off your last two fingers of your hand. **Make the necessary adjustments and keep shooting for 5-10 minutes. This will be boring but forming good habits takes time. After 10 minutes back up a few feet and do the same drill but start to use your guide hand in the process.**

Make sure that the rotation is true. The rotation of the ball will tell you everything that is right or wrong in your shot. Again, this drill will seem tedious but **Larry Bird used it. Dee Brown, from the University of Illinois** does this drill. If pros use it then we should also.

Basketball Shooting Principles

The Lower Body

When I discussed using the upper body I talked about making sure that your elbow was straight. I described that an absolute key to shooting straight was to make sure that your elbow is straight. **When using your lower body the key to your balance is your front foot. Shooters will rarely shoot with their feet parallel. One will often lead slightly in front of the other. The foot that leads is typically your strong foot or dominant foot. This foot needs to be pointed at the target.** When your front foot points at the target it allows your whole body to be in sync. It helps keep your elbow straight and keeps your shoulders and head in line with the basket. This is a very important and over-looked key when it comes to being a solid shooter.

Your feet need to be about shoulder width apart. If your feet are too close together you will notice that you are consistently off balance when you shoot and when you land. You will be an inconsistent shooter. If your feet are shoulder width apart you will notice that you are truly using your legs to get lift on your shot. If your feet are wider than your shoulders you will just feel completely out of sync. You won't be able to get good lift on the shot at all and you will be blocked on a number of your shots. It is unnatural to shoot from that position. Some people believe shooters are from the waist up and that isn't true. The legs are crucial.

Drifting is another common occurrence when players use their legs inconsistently. A good shooter will go straight up and down. They will land in practically the same spot they took the shot from. Shooters that fall forward tend to be off balance and have a lean in their body as they go to shoot. **Shooters that fall to the side are not going up straight.** They are either off-balance with their feet or they have their feet parallel or simply too close together. When I practice my shooting I have to make sure that I jump and land in the same spot. There are times that I don't even care if the ball goes in or not, to me that isn't as important as practicing and creating a solid habit. A key for me is to stay on the balls of my feet and not my heels. When I shoot with the weight on my heels a number of bad things take place.

That's why I always mention this: **PERFECT PRACTICE MAKES PERFECT. Practice good habits and create good habits first.** Don't even worry about making or missing the shots initially. Some of this will feel awkward to you at first, but stick with it. When you have developed proper habits you'll notice whenever something is wrong. For me, I have no problem with my shot if I miss short or long. If I miss to the side then something is wrong. Either it is coming off my hand incorrectly or my feet are messed up. But because of developing good habits I'm easily able to make the necessary adjustments to correct my shot almost instantly.

By Andy Louder

Tips for Coaching Basketball Build Relationships

Let's go over a few tips for coaching basketball that will greatly improve how your players perceive their relationship with you as well as improving them as individuals.

The relationship between you and your basketball players is extremely important. It's not just about teaching them the basketball drills and skills on the court. You're in a position of authority and responsibility. Your players look up to you.

Ever hear professional athletes say, "I'm not a role model. I'm not responsible if some kid wants to copy what I do"?

Many youth basketball coaches take their responsibilities and position lightly, also. You see, it doesn't matter what you think. It matters what those kids think. If they're not getting guidance at home or in school and they're looking at you for help, then following you is very real to them.

Be responsible in your guiding role as Basketball Coach. Be sure your

players know they can come to you for needs basketball related and non-basketball related. Advice you can give regarding their troubles off the court will follow them for many years. I don't remember most of the basketball drills my coaches taught me as a kid specifically, but there were a couple coaches whose "life" advice I still remember.

That's powerful stuff! You have to realize that only a handful of your players will go on to star in high school. Maybe a couple will get to the college ranks. Most likely none of them will go pro.

But don't forget this aspect of today's "tips for coaching basketball" - they ALL will go on with their lives. The relationship you build with them, the words of wisdom you can pass onto them; that can go a long way in whether they decide to make something with their lives or not. It can go a long way in whether they make good decisions in five, ten, fifteen years on various life issues.

These kids will grow up to work in all kinds of fields with all kinds of responsibilities of their own. Hopefully their parents are guiding them properly. But we all know the reality of today's America. Too many parents leave their kids on their own, letting the TV be the one to raise them. No wonder so many kids feel lost and unloved.

But as their coach, you can be a shining light. Do you look at coaching basketball as just a game to be won? Or do you look at it as a chance to help mold your players into quality human beings?

I hope you take these tips for coaching basketball seriously. I hope you realize the awesome responsibility you have to your players. I hope that responsibility doesn't scare you. I hope you embrace that responsibility and run with it. I hope you build a quality relationship with your players.

I hope all this for your players' sake. They need a strong basketball coaching figure. They need someone to stand up and be lovingly strict at times. They need someone to just listen sometimes without judgment. They need someone they can count on for support ALL THE TIME.

Be that person. Build that relationship. Make a difference that will last a generation. Reflect on these tips for coaching basketball and use them.

By Matt Zavadil

Hannah Arendt

This is the precept by which I have lived: Prepare for the worst; expect the best; and take what comes.

8 Steps to a Coaching Philosophy

Philosophy is defined as a set of ideas or beliefs relating to a particular field or activity. Its general intent is to cover or define the underlying bases of the subject.

In transposing the notion of a philosophy from the academic pages to the coaching fields, it is important for coaches to understand what underlies the athletic endeavor in his charge. In short, a coaching philosophy is, simply, the underlying basis of everything that a coach does.

In my role as a high school athletics director have occasion to interview prospective coaches. When I ask the question about coaching philosophy, the answer usually given is that it is the offensive and defensive systems that the coach plans to employ.

While technical strategies are an important part of a coaching philosophy, the more important element is how the athletes are going to be treated. What are the building blocks of the coach's decision-making process? When pressed to give some kind of overall coaching philosophy, coaches rarely have a well thought-out answer.

This is a mistake. A coaching philosophy is important on every level of coaching. It clarifies the coach's mind on essential aspects of his coaching. It also helps clarify the details for the athletes and their parents and lets them know what is expected from everyone involved.

By having this information available from the beginning of a season it will help alleviate possible future problems and help keep the coach on a clearly defined path.

A clear philosophy will give a coach and his coaching staff a foundation upon which to base decisions. Coaches don't always give much consideration to what they are trying to accomplish. If such consideration is not given, a results-oriented climate is likely to ensue. If, typically, a coach is only concerned with wins and losses, he will wind up with unhappy members of the team and dissatisfaction with the program.

In the development of a coaching philosophy, the coach will be required to answer a series of questions on paper. The commitment to writing will help the coach explain and organize his ideas about coaching.

1. WHAT DO YOU WANT TO ACCOMPLISH?

It is understandable that coaches at almost every level want to win contests. There is nothing wrong with wanting to win.

The problem we run into is that wanting to win is not a clearly developed idea of accomplishment. Coaches have to think about the overall goal of student progress. Do you want the athletes to be better students? Better citizens? Better leaders? What are the benefits of sport participation and how are you going to accomplish them?

Don't forget that sports participation has a large educational component to deal with. We want our athletes to enjoy the experience, learn how to be cooperative members of a team, and be better people for having been involved in our programs.

2. WHAT ARE YOUR PRIORITIES?

A reflection of your own priorities as a coach is absolutely necessary. The coach should decide what the most important aspects of team participation are.

For this topic, the needs of the athlete should be of the utmost consideration. What is the reason for playing sports? The most common answer is to have fun. If the athlete is not enjoying the experience, he/she will not give a full effort to the cause. If the athletes are included in the processes of the team, they will learn more and give more effort to the cause.

When deciding about priorities, an athlete-centered approach is the key. Consider including the athletes in the making of team decisions. Athletes will work harder when they feel a deeper connection to the team. Creating opportunities for players to get involved is critical in developing an athlete-centered philosophy.

3. WHAT ARE THE RESPONSIBILITIES?

Another important aspect of a coaching philosophy is defining roles. This is where clarification will assist in player-coach and parent-coach relations.

It is important to think about what each constituent is responsible for. Clearly lay out the responsibilities of the coaching staff, players, and parents. Each party is important to the success of the team.

Team chemistry can be undermined by any of the three groups involved. This is also a good time to clarify boundaries and appropriate ways to discuss issues with the coach.

4. WHAT ARE YOUR TEACHING METHODS?

An often-overlooked part of coaching is the nuts and bolts of teaching movement skills. People learn best by doing things. As coaches, we want to communicate what we know. \

Unfortunately, when we start talking, players will only retain a fraction of what they hear.

In teaching movement skills, we are better off having high levels of involvement in the development of the skill. Simply put, we learn best by actually performing the skill. The coach must consider the methodology of the coaching process. Careful consideration should be given to the way the skills are broken down and implemented in practice. Make sure that all skill work has direct relation to what may occur in game situations.

5. HOW DO YOU DEFINE SUCCESS?

The team that wins the championship will be perceived as the most successful team. Interestingly enough, the teams that don't win feel very successful because the coach has been able to nurture the idea that success comes in other forms.

This is where the coach can have a big impact on the chemistry of a team. If success can be defined in other ways, like making progress, giving effort, how much did we learn, or how much better were we at the end of the season than at the beginning, the coach will be teaching important life lessons to his/her athletes.

By defining achievement in other ways, students will learn that effort is the most important factor in athletics

While it will not always lead to victories, it will, in many cases, lead to increased opportunity for successes.

6. HOW WILL PRACTICES AND GAMES BE ORGANIZED?

Unprepared coaches have difficulty with teams. It doesn't take players long to figure out that a coach is unprepared. Coaches fully expect their players to be ready for practice. They expect players to have the proper equipment, be on time, and be ready to concentrate on the practice.

Players have every right to expect the same from the coach. Coaches have to develop a system that they will use on a day-to-day.

When a routine is established, players become more comfortable and more able to focus on the situation at hand.

The same thing goes for game day. What is expected of all participants leading up to the game? What do coaches believe about playing time?

Do you go into the game with a plan about playing time? (If you believe that every player should play in every game, you should have a plan to accomplish it.)

7. TEAM RULES AND CONSEQUENCES

Team rules are important so that a structure is provided. This is another area where team input is helpful. Young athletes will "buy" into rules that they help establish.

Developing hard-and-fast rules is difficult to do. When you make up rules, be sure that you are willing to enforce them and make sure to apply the consequences of rule breaking consistently to all players.

Does the consequence have the same meaning to a star player as it would to a bench player?

In other words rules infractions with a loss of playing, how would this rule affect a player who rarely plays in a game?

8. HOW WILL YOU COMMUNICATE YOUR PHILOSOPHY?

Once the philosophy is written, the coaching philosophy will be apparent. If the ideas are clear for the coach, they will also be clear for the parents and players.

The next key is to make your philosophy public. Have a parent/player meeting and distribute copies of the philosophy. This will open the lines of communication and allow for parents and players to make decisions about the expectations in the program.

Remember, if you don't have a philosophy, you will probably get a "win-at-all costs" situation. This is difficult because if you don't win games, the team will feel that they have failed.

Sports are an integral part of the educational process because of all the life lessons that can only be learned in competition. Let's make sure that our coaching philosophy is sound so that these lessons will be learned.

By David Parsh

“The real measure of me is not what I can do compared to others, but what I can do compared to my best self,”

“Character: Our best piece of equipment,”

“The longer we play the better we get.”

Frosty Westering

Philosophy

By Kevin Ahern

Coach, Golden Sierra High School

I have been involved with coaching for over 30 years now and as a result I have had the opportunity to experience scores of programs both successful and unsuccessful. I have come to the conclusion that there are three components to a program that make it successful; and none of them have anything to do with the sport alone.

First, I believe that things have to be done with class. This means that we will always do the right thing regardless of the conditions. We may see others doing the wrong thing, but that won't detract us from doing what's right and showing **class** whether we win or lose. As coaches, we need to understand that over time our players will begin to emulate us. This means that if we make the wrong decisions or show poor levels of class, our players will soon follow suit. It is our responsibility to show **class** in everything we do. It shows our players that we can "walk the walk" as well as talk about it. This characteristic goes beyond players and coaches. It has to include parents and fans. It has to be a part of everyone and everything in our program. Without **class**, nothing else really matters.

Second, I believe that things need to be done with quality. As a coach, I would love to have a *carte blanche* account where I could buy anything and everything that I wanted for my program. This is not reality, but I can still bring **quality** to my program. It's not the fancy uniforms or the fancy arena that makes a team. Instead, it's a concept that is built by prioritizing what's important to your program and then building upon it. I have a priority to provide the best and highest quality equipment possible for my players. I have to be willing to sacrifice "fancy" in some areas in order to accomplish the **quality** that I want in the area of safety. As a result, we may have what some people consider "plain" uniforms, but my players are wearing the best equipment I can get to them. **Quality** also permeates into the people that are in our program. We want **quality** people working with our players. Coaches are teachers. We want **quality** people teaching our players how to be **quality** ball players and ultimately, **quality** young people.

Third, I believe that we should have fun. Any sport is a **fun** sport. It can be demanding, but it still can be **fun**. As a young coach I was considered to be very intense. After coaching for a while, I began to realize that I wasn't having **fun** coaching. I can safely say that my players were also not having **fun**. I have enjoyed far greater success as a coach by having **fun** on the field than I did when I was intense. I know dozens of people who tried to play and quit and most of them quit because it wasn't **fun** for them. I also can safely say that these men regret not having played, but somewhere in the past a coach could have done a better job making things **fun** for that player.

In closing, I feel that there is no better learning tool for young men than sports. I believe that there is no other activity a boy can get involved in that offers so many life learning experiences. Over the years I have never met anyone who has regretted playing a sport. I have met scores who have regretted not playing.

Coaching Philosophy

"In basketball, where skill is the order of the day, I also believe that chemistry, heart, commitment and determination can win a ton of games. Unity and trust must become the blocks upon which to build. And through that the team can develop the belief that it can win. I am a firm believer in two things - a coaching staff that demands a most fervent attention to detail, and a team that understands the importance of commitment and chemistry.

Winning is always a can-do thing. It has got to be, however, something your players and coaches crave, thus stimulating the inexhaustible will and dedication necessary to achieve success."

-- Shared by Ed Zaloom

There is no such thing as can't, only won't. If you're qualified, all it takes is a burning desire to accomplish, to make a change. Go forward, go backward. Whatever it takes! But you can't blame other people or society in general. It all comes from your mind. When we do the impossible we realize we are special people.

-- Jan Ashford

"The only thing even in this world is the number of hours in a day. The difference in winning or losing is what you do with those hours."

-- [Woody Hayes](#)

When speaking to people, say what you mean, mean what you say, but don't be mean when you say it.

-- Anon.

Mike Krzyzewski on Motivation

It's the leader's job to instill a winning mindset in his team. This winning mindset does not necessarily mean winning or losing, it means holding yourself to a high standard of excellence. It means giving your best effort in all situations.

Avoid setting goals regarding the number of wins you are trying to achieve. Typically, it will only limit your potential. Instead, **focus your players on goals that they have more control over. Duke's goals usually involve playing hard together, being the best defensive team, and having great team chemistry.**

Encourage your players to enjoy the journey that every season brings. There will be many ups and downs but the key will be how well your players adjust to what happens to them.

True success depends on a person's desire and ability to prepare to win.

Having a sense of pride means that you put your own personal signature on each and every thing you do.

Give your players the freedom to learn from their mistakes, the freedom to grow as people, and the freedom to be themselves.

Don't let convenient excuses like an injury to a key teammate or playing in front of a hostile crowd keep you from giving your best. Instead of feeling sorry for yourself, accept the situation and make the most of it.

Sport constantly tests a person's ability to make adjustments on the fly. The athletes who can adjust the quickest and the best are usually the ones who end up on top.

Break a tournament down so that your players focus only one game at a time. Instead of looking at potential matchups down the road, be sure your team is focused on the present game.

A leader must remember that each person is motivated differently. It's the leader's job to get to know each player so he knows what buttons he should push. Some players need to be challenged while others need a pat on the back.

-- Shared by Coach Czes

"Nothing can stop the person with the right mental attitude from achieving their goal; nothing on earth can help the person with the wrong mental attitude."

-Thomas Jefferson

Overcoming Obstacles

"Man is so made that whenever anything fires his soul, impossibilities vanish." --
Jean de la Fontaine

"If we had no winter, the spring would not be so pleasant: if we did not
sometimes taste of adversity, prosperity would not be so welcome." -- Charlotte
Bronte

"The first step toward success is taken when you refuse to be a captive of the
environment in which you first find yourself." -- Mark Caine

"Adversity has the effect of eliciting talents which, in prosperous circumstances,
would have lain dormant." -- Horace

"Trials, temptations, disappointments -- all these are helps instead of hindrances,
if one uses them rightly. They not only test the fiber of a character, but strengthen
it. Every conquered temptation represents a new fund of moral energy. Every trial
endured and weathered in the right spirit makes a soul nobler and stronger than
it was before." -- James Buckham

"The one resolution, which was in my mind long before it took the form of a
resolution, is the key-note of my life. It is this, always to regard as mere
impertinences of fate the handicaps which were placed upon my life almost at the
beginning. I resolved that they should not crush or dwarf my soul, but rather be
made to blossom, like Aaron's rod, with flowers." -- Helen Keller

"The abundant life does not come to those who have had a lot of obstacles
removed from their path by others. It develops from within and is rooted in strong
mental and moral fiber." -- William Mather Lewis

"The beauty of the soul shines out when a man bears with composure one heavy
mischance after another, not because he does not feel them, but because he is a
man of high and heroic temper." -- Aristotle

"I've learned that no matter what happens, or how bad it seems today, life does
go on, and it will be better tomorrow." -- Maya Angelou

"It is a psychological fact that we cherish most what we have worked hardest to
gain. The further we have come, the sweeter the celebration at the destination
when we arrive." -- Denis Waitley

"It is inevitable that some defeat will enter even the most victorious life. The
human spirit is never finished when it is defeated - it is finished when it
surrenders." -- Ben Stein

"Identify the major obstacle that stands between you and your goal and begin
today to remove it." -- Brian Tracy

Learn to Crawl Before You Walk, Learn to Walk Before You Run

By T. C. Cummings

Stallions like to run. Indeed, they were born to run. But they didn't start their lives running. They had to grow gradually. Even as they fell – and they do fall – the pain and recovery was relative to their ability and growth at the time. A natural rule applies.

That rule, this philosophy, is crucial to the development of elite commandos or anyone with the strong desire to develop personally. People of this caliber – in applying themselves to personal betterment – need to constantly be reminded of the importance of respecting this rule of "**walk before you run.**" As a Navy SEAL, I know that after swimming for three miles while wearing dive fins in the cold ocean, a swimmer's body is not prepared to hit the beach running. The mind can envision this action and may forget the rule, but the rule still applies.

To get to that place where the body and mind align, the body must transition. Muscles must reactivate, and rhythms must adjust. Only by respecting the rule can the envisioned outcome be achieved. If not, the would-be runner falls to the ground, disillusioned with his or her own belief.

Due to the high caliber of clients I've had the honor of working with in the civilian sector, I've been privy to see men and women possessing the same "stallion" characteristics in their business dealings as commandos possess in their operational battles.

In both cases, these "stallions" need to be reigned in from hurting themselves when they seek to run before they can walk. It may be difficult for them to see this when they are in the moment, but it's clear as a bell to an external observer who is an excellent listener.

We can only grow to the extent that we envision ourselves. Unless our inner representation grows as fast as our external growth, we will actually hold ourselves back from lasting success.

Do you know anyone who has dramatically lost weight with great joy only to revert to his or her old habits and weight?

Do you know people who have earned the money they really deserve only to squander it away and regress to their former income?

Who do you know that finally met the person of his or her dreams only to dump that loved one because of a list of silly reasons?

Leaping from crawling to running sets us up for a painful fall. We don't achieve true personal growth, and because we find ourselves back at square one we may become disgruntled and distrustful of the process, often blaming anyone and anything but ourselves.

If you want to change, you must do the work. Go back to basics. In football, professionals earning millions of dollars annually practice the most basic drills throughout the season. Professional artists go back through the strokes and lighting. If you make millions of dollars consistently, most likely it's because you go back to the basics of budgeting, saving and investing consistently.

Whenever you are seeking to grow – and you have a clear vision of what you wish to do – make sure that (who) you are being is big enough to consistently be doing what it is you wish to do. Make sure of this so you can consistently achieve your desired results.

If you are the "stallion," then use your power and set yourself up to win with a coach or trainer whom you trust to observe and protect you from your own impetuous eagerness. And let them help train your muscles and harness your power so you can first walk and then run with a purpose.

If you are a leader responsible for "stallions," then you must protect them from themselves as they seek to skyrocket up the corporate ladder. As a mentor, this is very much your charge. The personal damage – an increase of fear and frustrations – can be the result of falling on one's face too often. This damage can be overcome, but recovery from it can take the wind out of your "stallion's" sails. So as a leader, help them master the fundamentals so their climb up the ladder of growth and personal betterment is a lasting success.

Having the power of choice, we humans don't automatically follow all of the rules as the stallions do in nature. We will never see a healthy plant provide fruit out of the natural order. **For lasting success we need to consciously be aware that we must "learn to crawl before we walk, and walk before we run."**

Coach Kevin Eastman's Basketball Drills

Celtics Assistant Coach Kevin Eastman has taken time out from his busy off-season schedule to offer up some tips to help younger basketball players improve their workout quality and effectiveness. These workout tips can help you develop your skills while having fun learning to play like the pros.

SIX KEYS TO QUALITY SHOOTING WORK

Working on your game is not an easy thing, but below are tips to help you work on your overall practice habits as well as some shooting drills that can help you become an improved shooter. The general theme of these drills is to work hard and at game speed, while also maintaining form to your shot. Work on these skills and we have no doubt that you'll become a better player.

1. Catch & Shoot (Spot Ups)

Catch and shoot is the best way to start a good shooting workout. It allows you to get into a rhythm and work on form with minimal movement. Simply pick a few spots, usually five going around the horn, and shoot ten shots from each spot. Have a rebounder giving you good outlet passes, and remember that although you're not moving at a rapid pace around the floor, it is important to shoot shots at game speed.

2. Cut - Catch - Shoot

Now that you have a good sweat and rhythm going, it's time to move to cut-catch-shoot. In this drill you'll need a passer at the top of the key to give you the entry pass. Start foul line extended and use a "V" cut (running to the low block and cutting back out towards the wing) to get yourself open. Remember to set the defender up when making the "V". You want to walk the defender down to the low block, then quickly cut back out. After receiving the entry pass square up and shoot your shot. Do this drill on both sides of the court at game speed.

3. Shots Off The Dribble

This drill is similar to the above, but this time after catching the entry pass,

SIX KEYS TO A QUALITY SKILL DEVELOPMENT PROGRAM

1. Practice at a rate equal to or faster than that which will occur in a game.

2. Understand it is a process to improve.

- Conditioning
- Effective Practice
- Improvement

3. Eliminate Workout Killers

- Fatigue
- Boredom

4. Have a written workout plan

5. Work on three areas every day

- conditioning
- dribbling
- shooting

6. The theory of two

- Two minutes to show you
- Two weeks to be comfortable
- Two months to use in a game

take a few dribbles right and pull up for your jump shot, then repeat going to the left. As always make sure you go game speed.

4. Perfect The Form On All Shooting Drills

Another key to a good shooting workout is using proper form on each drill. That's why we want to go game speed, so we're used to using perfect form in game conditions. If you don't go at game speed, when you do get into a game your form will be off.

5. Contest All Shots

These drills will be much more productive if you can find a partner to contest your shots. In game situations you most likely will have a hand in your face when you shoot, so practicing that way will allow you to adjust to game situations. If you can't find a partner, use a chair or trashcan to shoot behind.

6. Game Shots From Game Spots At Game Speed

Game speed has been a theme throughout this workout plan. Practicing at game speed is vital to your workout regimen. If you don't work on game situations at the same speed as you would in a game then your practice will not translate to games, and you're basically wasting your time.

FOUR "MUST HAVES" IN YOUR DRILL WORK

1. Weak Hand Development

It's imperative, if you want to become a better basketball player, that you learn how to use your weak hand. If you're right handed you must be able to make the same moves going left and vice versa. As a young player, this will separate you from the competition. So when you're working out, make sure you do your drills going both ways.

2. Footwork & Balance Emphasis

Footwork and balance are key in the game of basketball. Good footwork can mean the difference between having an open jump-shot and a contested jump shot. Balance is also very important. If you watch the great shooters in the NBA, they are almost always squared up and balanced when taking their shots.

3. Playing Thru Contact

Another "must have" in your workout is learning to finish plays, as well as getting open, with contact. If you have a friend or family member that can bump you as you make your "V" cuts, or bump you when you go up for a shot, you'll see the results when you get bumped in your games.

4. Contesting Shots

If you have a partner available for your workout, contest each other's shots. In your games you're going to have defense and you're going to have to shoot with a hand in your face, so it's important to simulate this in your workout.

**"God makes a promise, faith believes it, hope anticipates it,
patience quietly awaits it."**

...Unknown

REMEMBER WHEN

All the girls had ugly gym uniforms?

It took five minutes for the TV to warm up?

Nearly everyone's Mom was at home when the kids got home from school?

Nobody owned a purebred dog?

When a quarter was a decent allowance?

You'd reach into a muddy gutter for a penny?

Your Mom wore nylons that came in two pieces?

**All your male teachers wore neckties and female teachers had their hair
done every day and wore high heels?**

**You got your windshield cleaned, oil checked, and gas pumped, without
asking, all for free, everytime?**

And you didn't pay for air? And, you got trading stamps to boot?

**Laundry detergent had free glasses, dishes or towels hidden inside the
box?**

**It was considered a great privilege to be taken out to dinner at a real
restaurant with your parents?**

They threatened to keep kids back a grade if they failed... and they did?

**When a 57 Chevy was everyone's dream car... to cruise, peel out, lay rubber
or watch submarine races, and people went steady?**

**No one ever asked where the car keys were because they were always in
the car, in the ignition, and the doors were never locked?**

**Lying on your back in the grass with your friends and saying things like,
"That cloud looks like a ..." and playing baseball with no adults to help kids
with the rules of the game?**

Stuff from the store came without safety caps and hermetic seals because

no one had yet tried to poison a perfect stranger?

And with all our progress, don't you just wish, just once, you could slip back in time and savor the slower pace, and share it with the children of today?

When being sent to the principal's office was nothing compared to the fate that awaited the student at home?

Basically we were in fear for our lives, but it wasn't because of drive-by shootings, drugs, gangs, etc.. Our parents and grandparents were a much bigger threat! But we survived because their love was greater than the threat.

Send this on to someone who can still remember

Nancy Drew, the Hardy Boys, Laurel and Hardy, Howdy Dowdy and the Peanut Gallery, The Lone Ranger and Tonto, The Shadow Knows, Nellie Bell and Roy and Dale and Mr. Ed. as well as summers filled with bike rides, baseball games, Hula Hoops, bowling, visits to the pool, and eating Kool-Aid powder with sugar.

Didn't that feel good, just to go back and say, "Yeah, I remember that"?

I am sharing this with you today because it ended with a double dog dare to pass it on. To remember what a double dog dare is, read on. And remember that the perfect age is somewhere between old enough to know better and too young to care.

***How many of these do you remember?**

- Candy cigarettes**
- Wax Coke-shaped bottles with colored sugar water inside**
 - Soda pop machines that dispensed glass bottles**
 - Coffee shops with table side juke boxes**
 - Blackjack, Clove and Teaberry chewing gum**
- Home milk delivery in glass bottles with cardboard stoppers**
 - Newsreels before the movie**
 - P.F. Fliers**
- Telephone numbers with a word prefix....(Garfield 4-6012).**
 - Party lines***
 - Peashooters**
 - Howdy Dowdy**
 - 45 RPM records**
 - Green Stamps**
 - Hi-Fi's**
- Metal ice cubes trays with levers**

- Mimeograph paper
- Beanie and Cecil
- Roller-skate keys
 - Cork pop guns
 - Drive ins
 - Studebakers
 - ashtub wringers
- The Fuller Brush Man
- Reel-To-Reel tape recorders
 - Tinkertoys
 - Erector Sets
- The Fort Apache Play Set
 - Lincoln Logs
- 15 cent McDonald hamburgers
- 5 cent packs of baseball cards - with that awful pink slab of bubble gum
 - Penny candy
- 35 cent a gallon gasoline
 - Jiffy Pop popcorn

****Do you remember a time when...**

- Decisions were made by going "eeny-meeny-miney-moe"?
- Mistakes were corrected by simply exclaiming, "Do Over!"?
 - "Race issue" meant arguing about who ran the fastest?
- Catching the fireflies could happily occupy an entire evening?
 - It wasn't odd to have two or three "Best Friends"?
- The worst thing you could catch from the opposite sex was "cooties"?
 - Having a weapon in school meant being caught with a slingshot?
 - A foot of snow was a dream come true?
- Saturday morning cartoons weren't 30-minute commercials for action figures?
 - "Oly-oly-oxen-free" made perfect sense?
- Spinning around, getting dizzy, and falling down was cause for giggles?
 - The worst embarrassment was being picked last for a team?
 - War was a card game?
- Baseball cards in the spokes transformed any bike into a motorcycle?
 - Taking drugs meant orange-flavored chewable aspirin?
 - Water balloons were the ultimate weapon?

If you can remember most or all of these, then you have lived!!!!!!

-- Shared by Eddie Oliver

"Play and practice every day like you are trying to make the team."

-- Mike Krzyzewski

"The best players, when they detect a weakness in their own game, go out and work on it until the weakness becomes a strength."

- Bill Walton

"When we're playing a good scoring center, we tell our team that it is not our defensive center's job to stop him. It's the responsibility of our perimeter people to stop the ball from going inside."

- Bobby Knight

"The more your team loses, the more positive you have to become. When you're winning, you can ride players harder because their self-esteem is high. If you are losing and you try to be tough, you're asking for dissension."

-- Rick Pitino

"Once practice starts, we work hard, and that's the best conditioning there is. Everything counts. Every little thing counts. Run hard, play hard, go after the ball hard....."

-- Pete Carril

"You should sub a player out when you see a player not going full-speed or playing selfish basketball."

-- Dean Smith

OFFENSES

"Put your two best players away from the ball and bring it back to them."

-- Don Meyer

BASKETBALL PHILOSOPHY

The _____ Basketball Program emphasizes the word T-E-A-M. Our strength comes from an understanding that each of us brings certain skills and abilities to the group, and we must combine these talents cohesively to create a stronger unit. In order to be cohesive, each player must understand and accept his or her role. Not all roles are equal, but all roles are essential to the success we desire.

From the first day of practice, we must develop that positive mental attitude and real team spirit that all champions have. The pride and determination to excel as students must carry over to the court. On the road to being a champion, loyalty to our team and program will help us overcome obstacles.

Our team will be in better physical condition than any team that we play. **"FATIGUE makes COWARDS of us all."** When you are tired because you are out of condition, you rationalize. You make excuses in your mind for your failure to do your best. Thus, when you are not prepared to do your best because of any reason, you are cheating yourself and your team".

The harder you work, the harder it is to surrender. If you ever ease up or quit in practice, you will find a reason to do it in a game. Once you have quit, it gets easier the next time. A loser's habit: **"DEFEAT WAITS FOR THOSE WHO STRAY, DREAMING OF VICTORIES WON YESTERDAY."**

THE MENTAL APPROACH TO SHOOTING

ATTITUDE IS EVERYTHING – YOUR ATTITUDE HAS THE GREATEST EFFECT ON YOUR SUCCESS

ATTITUDE IS A CHOICE- HOW HARD AND HOW OFTEN AND HOW WELL YOU PRACTICE IS A CHOICE

CHOOSE EXCELLENCE- NOTHING AND NO ONE CAN KEEP YOU FROM EXCELLING

READINESS TO LEARN- PUT YOUR PRIDE IN THE BACKSEAT
YOU MUST BE WILLING TO ACCEPT CONSTRUCTIVE CRITICISM
YOU MUST BE WILLING TO CONSIDER CHANGE

SHOOTERS ARE MADE, NOT BORN

PERSONAL CONFIDENCE IS CRITICAL THE CONFIDENCE IS DEVELOPED THROUGH HOURS OF PRACTICE

PRACTICE MAKES PERMANENT, PERFECT PRACTICE MAKES PERFECT
SO LEARN THE RIGHT WAY TO SHOOT

GET GREAT TEACHING, AND FOLLOW IT BY GREAT PRACTICE
SHOOTING IS MUSCLE MEMORY, DEVELOPING HABITS THROUGH REPETITION

REPETITION-IS CONSISTENT USE OF PROPER TECHNIQUE. OVER AND OVER

REPETITION RAISES SKILL FASTER THAN ANYTHING
DEVELOP A STRONG BACKGROUND OF SOUND FUNDAMENTALS IN BUILDING YOUR SHOT, THEN GO TO WORK

YOU MUST HAVE A GREAT INDIVIDUAL DESIRE TO IMPROVE

TURN POTENTIAL INTO REAL SUCCESS

THOUGHTS

WATCH YOUR THOUGHTS - THEY BECOME WORDS

WATCH YOUR WORDS - THEY BECOME ACTION

WATCH YOUR ACTIONS - THEY BECOME HABITS

WATCH YOUR HABITS - THEY BECOME CHARACTER

WATCH YOUR CHARACTER - IT BECOMES YOUR DESTINY!

**THERE IS NO FORMULA FOR SUCCESS IN LIFE,
EXCEPT - PERHAPS - AN UNCONDITIONAL ACCEPTANCE OF
LIFE AND WHAT IT BRINGS.**

***ITS NOT OUR MISTAKES THAT
DEFINE US
ITS WHAT YOU DO AFTER THAT
COUNTS.***

**EACH OF US HAS A FIRE IN OUR
HEARTS FOR SOMETHING,
OUR MISSION IS TO FIND IT!
KEEP IT LIT!
AND LET IT GROW**

***MOST OF THE WORLD FADES WHEN
THERE IS WORK TO BE DONE!***

***IF YOU REALLY WANT TO GET
SOMETHING DONE, YOU'LL FIND
A WAY,
IF NOT YOU'LL FIND AN
EXCUSE!!!***

TEAM EXPECTATIONS:

- 1. Commitment to being a Student-Athlete.** Are you willing to work in the classroom and on the basketball court?
- 2. Commitment to Teamwork.** Are you able to give 100% to the team? Can you leave it all on the court? Do you believe the name on the front of the jersey is more important than the name on the back?
- 3. Commitment to Being the Best.** Are you coachable? Positive feedback and practice will make you a better player? Do you have a work ethic, on and off the court?

It's Teamwork that makes the Dream work!

***One Team,
One Focus,
One Family...***

Why Goal Setting?

By setting goals you can:

- Achieve more
- Improve performance
- Improve the quality of your training
- Increase your motivation to achieve
- Increase your pride and satisfaction in your performance
 - Improve your self-confidence

Research has shown that athletes who use goal setting effectively:

- Suffer less from stress and anxiety
 - Concentrate better
- Show more self-confidence
 - Perform better
- Are happier with their performances

By setting goals, and measuring their achievement, you are able to see what you have done and what you are capable of. Self-confidence is funny because it's really based on evidence—so use goals to get some of that evidence! The process of achieving goals and seeing their achievement gives you the confidence and self-belief that you need that you will be able to achieve higher and more difficult goals.

1. Specific — Leave no room for interpretation. Vague goals are like bad directions--frustrating and time consuming. Say exactly what your goal is and write it down. There is power in commitment, so commit and let it be known.

2. Measurable — Perhaps the most important part! How do you measure becoming "a better athlete?" Clearly define what that means so that you know when you've accomplished your goal.

3. Action-Based — You want to be a better competitor, but what specific skill do you need to improve to achieve that? You want to direct your actions and focus with your goal, not make a wish.

4. Realistic — You want them to be challenging but reachable in order to experience success so you can then build upon the goals you achieve and move on to the next goal.

5. Time-Sensitive — Don't leave it open to chance, say "by when" to motivate yourself to do what you need to do to accomplish the goal.

6. Support — Whose help do you need to achieve your goal? Make sure to enlist them in your goal and in the process of getting there.
