The wolf gets his strength from the pack and the pack gets its strength from the leader.
You can do anything you want in practice but not everything you want—simplify.
Be who you are off the court on the court.
Embrace adversity—let it push you forward.
It is a marathon not a sprint.
After all of your games watch what you say. After studying the film you will realize your team and your players were not as good or bad as you thought. Do not destroy their confidence.
There are lots of ways to win—open your mind.
Philosophy
1. No turnovers—get a shot
2. 3 points is more than 2 points (film your shooters)

Drills
He makes his players qualify with runs in order to practice.
If they cannot make their times on these drills they must re-qualify with a run time.
These teach them a sense of achievement.
Make drills harder than the game will be.
Tape them to show them how hard they are practicing.
Give them goals and hold them accountable to them.

Circle the ball around your body
1. Guards—120/min
2. Forwards—110/minute
3. Posts—100/minute
4. Circle the ball around your waist
5. After 10 rotations slap the ball and reverse directions

Ball between the legs
1. Both hands are in front of the knees
2. Release the ball and catch it with both hands behind the knees
3. Goal 40 in 30 seconds counting only the hands forward position

Pretzel
1. Ball between the legs with one hand in front of the knee and the other behind
2. Goal 40 in 30 seconds counting only the right hand forward position

Dribble behind the back
Goal 55 in 30 seconds counting only the right hand touch

Fifty 3’s in 5 minutes
1. Shoot 3-3’s and then a 2 at the elbow
2. Keep moving to different spots
Michigan Passing- 2 players and 1 ball
1. If the ball is in the air your feet are in the air to receive a pass
2. Catch it on 2 and step with a hot foot (the shooting hand foot)

Michigan Box Passing- 4 players and 1 ball
- Same drill as 2-player drill with a catch, hot foot pivot right and a pass to the right
- Same drill with a catch, hot foot pivot moving right foot to the left and a pass
1. Pass to the outside hand
2. Come open when the ball sees you by stepping down (out), showing hands, calling for the ball
3. After passing move back in to re-establish 15-18 foot passing spacing
- Blast to the ball
- Same drill with a catch, hot foot pivot left and a pass to the left but now you must run to the ball to catch it
4. Throw to the outside hand
5. Right foot on fire- move it quickly
6. Bring the foot through before extending the arms to pass, as this will protect the ball
- Passing- all of these drills can be done again by adding another ball

Perfect Passing- 10 perfect passes in 30 seconds
- Players must complete 10 passes with perfection (outside hand, foot fire, 2 feet in the air, clean catch)- if they are not successful, they run until the 30 seconds is completed

Perfect Passing against Defense- 10 perfect passes against defense
- Dribble the ball over half-court
- 10 passes or 1 backdoor cut and a pass out of the backdoor qualifies as a success
- Play team against team and transition on turnovers
- 5 perfect passes with 1 dribble playing 4 against 5 defenders
- Same rules as before
- Play team against team and transition on turnovers

Michigan Penetrate the lane- 4 balls and 8 players with 4 stationary defenders
- Show shot (shot fake or can use a pass fake) while keeping knees bent and shoulders low
- Drive right past the defender body to body with one or 2 dribbles
- Jump stop and shot fake
- Pass to the player in the line to the right of you
- This player is calling out “1 more, 1 more”
- Try to get into the lane with 1 dribble
- Catch the ball on a hop
- The dummy defender does not move but has wide hands
- Have soft feet on the jabs and on the catch/hop
- When the ball penetrates the lane and gets picked up, you should hear a pop of the ball (ball slap)
- Same drill but go left with a crossover move with the hot foot
- Shot fake and pass to the left and rotate left
- Same drill with a right attack and a spin dribble
- Pass left

**Michigan 4 on a line**
- Key thought- get by the defender shoulder to shoulder to get back to the line
- Ball is passed to the offensive player as he comes to half-court
- Dribble past the defender who has close out and get back to the line
- Pick up the ball and the next defender closes out
- Must make a clean pass to the next player

**Conditioning 17 sidelines in 1 minute**

**A successful offense will**
1. Cut behind the defense
2. Get the ball behind the defense

**Backdoor cuts**
- Do not fake a backdoor cut
- 2 types
• **Sudden** - the player reads he is being tightly guarded and goes backdoor

• **Signaled**
  i. A play is called
  ii. The offensive player with the ball may dribble away and then spin back as the wing has cut backdoor

**Michigan Shooting**

• 10 shots and 7 makes in 30 seconds
• The shooter comes off of a down screen and then a flare screen for shots
• All 3 players in the drill run if they are not successful (the screener does not run)
• If not successful - run to half-court and back in 5 seconds

**Full Court Pass and Catch**

• Two players start with a ball on the baseline
• Pass to the wing and the wing passes back to the player as the player sprints down the court to the other end
• Pass to middle and back
• Pass to next wing and back for a lay-up
• After each pass, the wing sprints to now become a middle passer and the middle players sprints to become a new wing
• The far wing sprints under the basket to rebound the next players lay-up and then makes a wing pass, etc.
• The drill can be run with 3 or four balls (extra player starts with pass to middle and extra middle players are needed)
• Keep track of the number of made shots in the allotted time period - if unsuccessful, condition them
Winning is Giving

Winning is giving your best self away
Winning is serving with grace every day

You'll know that you've won when your friends say it's true.
"I like who I am when I'm around you.

You look for the best in the others you see
And you help us become who we're trying to be."

Winning is helping someone who's down
It's sharing a smile instead of a frown.

It's giving your children a hug by the fire
And sharing the values and dreams that inspire.

It's giving your parents the message "I care. Thanks, Mom and Dad, for being so fair."

Winners are willing to give more than get
Their favors are free, you're never in debt.

Winning is giving one hundred percent
It's paying your dues, your taxes, your rent

    It's trying and doing,
    not crying and stewing.

Winners respect every color and creed,
They share and they care for everyone's need.

The losers keep betting that winning is getting
But there's one of God's laws that they keep forgetting

And this is the Law you can live and believe
The more that you give, the more you'll receive!

-- Shared by the people at the Coaches Tool Box
Decide on what you think is right, and stick to it.  
-- George Eliot

“Quotes from Helen Keller”

~ What we have once enjoyed we can never lose.  
All that we love deeply becomes a part of us.

~ To be blind, but worse is to have eyes and not see.

~ Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose.

~ Happiness cannot come from without. It must come from within.

~ The most beautiful things in the world cannot be seen or even touched, they must be felt with the heart.

~ Character cannot be developed in ease and quiet. Only through experiences of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved.

~ We would never learn to be brave and patient, if there were only joy in the world.

~ When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.

No matter what life throws at you, you have been given the ability to overcome all of it. As large as problems, setbacks, failures, etc, loom, you resources can be larger. You have parts of your brain you haven't used yet, you have resolve that hasn't been tested, you have creativity that hasn't been utilized yet. There is no problem the world can send your way, that you can't find a way to solve. So next time a problem comes you way that seems overwhelming, don't panic, tell yourself you can handle it and then dig deep into your well of strength and find a way to handle it.

~ Edward W. Smith

There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.

Denis Waitley
If you're not using your smile, you're like a man with a million dollars in the bank and no checkbook.

-Les Giblin

Excuses are Worse Lies

An excuse is worse than a lie, for an excuse is a lie, guarded.

~Alexander Pope

This quote reminded me of a time 24 years ago when I was a learning how to be a US Army Ranger. In the Rangers, we were taught that there was little tolerance for failure and even less for making excuses for it. The proper response to any question about why something wasn’t done or wasn’t done to standard was simply. “No excuse” or “No excuse Sir!”

The sooner we can stop making excuses we can start making a difference.

Shared by Kirk Weisler

EMBRACE GREATNESS

By accepting the challenge to:

1. Learn something new everyday.
2. Give more than you receive.
3. Share what you know.
4. Impact the lives of others.

-- From Kevin Sutton
Fatigue Shooting Drills

Shooting the ball! The one fundamental in the game that everyone loves, however, not many people shoot the ball well. The shooting percentages continue to be on the decline due by in large to: POOR SHOOT SELECTION and THE INABILITY TO SHOOT THE BALL UNDER FATIGUE.

I am going to show you some of the "Fatigue Shooting Drills" that I have designed and used to develop my players over my 20 year coaching career.

TEAM STRETCHING WITH BASKETBALL & FOOTWORK DRILLS

I am a big believer in not wasting time. I believe that time is valuable. So I have combined our stretching with ball handling and footwork drills. During the 10 minute routine we will have:
1. ...Completed a full stretching of our muscles.
2. ...Handling of the ball.
3. ...Worked on hand/eye coordination.
4. ...Worked on footwork drills (pivoting, jab series, etc.).
5. ...Worked on our communication by “echoing” commands given by the leader.

Our stretching routine consists of the following drills:

Standing drills: 1. two feet together toe touches; 2. one foot over the other toe touches; 3. feet apart middle stretching; 4. feet apart groaning; 5. feet apart lean to the right side toe touches; 6. feet apart lean to the left side toe touches. All while dribbling the ball.

Sitting drills: 1. two feet together toe touches; 2. feet apart toe touches; 3. Feet together groaning; 4. hurdler stretching; 5. sit ups; and 6. ball push-ups. All while dribbling the ball.

Footwork & hand/eye coordination drills:
1. Ball slaps/carioca.
2. Heels.
4. High knees.
5. Punter.
7. Side to Side.
8. Opposites forward.
10. Dribble Walk – touching body parts (head, chin, chest, toes).
11. Lay-ups.

III. COURT FATIGUE SHOOTING DRILLS WORKOUT:
a. Power jumper 45 series
Now we are ready to workout. We begin the workout close to the basket with our "Power Jumper 45" series of shots. This is a three part shooting drill designed to work on the three aspects of the shot: 1. Shot preparation, 2. foot work, and 3. proper release of the shot. In the first part of the drill the player takes 5 shots at the block in a “shot ready/catch & shoot position.” (Diagram 1)

In the second part of the drill the player runs out to the three point line and back to the block for 5 shots working on the proper foot work “1-2 step into their shot” (Diagram 2).

The third part of the drill the player bounce up & down in the same spot for 5 jumps keeping the ball in a proper shooting position. On the 5th jump the shooter elevates and shoots the ball at the top of their jump. 5 shots are taken. Upon completion, the shooter will have taken 15 shots at one spot. This is repeated at the middle spot and the opposite block from which they started. The total number of shot equaling 45 (Diagram. 3)
b. Transition drills
These are drills that I use between the main drills. They are quick. They have a purpose. And they require little explanation. The drills I use are: 1. Free-throw’s, 2. Speed dribble sprints, 3. Speed rope, 4. Heavy Rope, 5. Spot Shooting (catch & shoot).

c. Around the world shooting drill
Around the World Shooting Drill is a very good drill to teach proper footwork. I teach my players to use their inside pivot foot. I have found that it enables the shooter to pivot easier and get their shot off quicker. The drill starts with the shooter on the baseline. They shoot the ball and run around the chairs shooting shots until they reach the opposite baseline (Diagrams 4, 5, 6).

The teaching points are:
▼. Must be shot ready before you receive the ball with feet, hands and eyes.
▼. Must use inside foot to pivot on (10 toes pointed to the basket).
▼ You must run to the next shot.
▼. Call for the ball with voice and open hands with thumbs up. We do 2 sets of the drill with the first set moving from right to left and the second set moving from left to right. The total number of shots taken in this drill is 12 shots.

d. “M” Shooting drill
In the “M” shooting drill I set the chairs up in an “M” shape (2 chairs at ½ court and the 3rd chair at the top of the key).
The drill starts with the shooter taking his first shot in the corner. Then running around the chair at the ball side ½ court line to the elbow where they take their second shot. After completing that shot, the shooter then runs around the chair at the top of the key to the opposite elbow for his third shot. After completing that shot, the shooter must run around the chair at half court to the opposite corner for their final shot (Diagram 7).

The teaching points are:
▼ Be "shot ready."
▼ Run the floor.
▼ Concentrate on the drill pattern.
▼ Concentrate on fundamentals of their shot. We do 2 sets of 6 shots for a total of 12 shots.

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e. "X" Shooting drill
It is an excellent shooting drill that has 3 different variations allows for game like simulation to be a big part of the drill. The 3 variations are:

1. Sprinting (getting back on defense).
2. Backpedaling (getting to press positions).
3. Defend (man to man defense).

The drill starts with the shooter taking a shot at the elbow and then executing one of the variations that is called for by the coach (sprinting, back pedal, defend) to the first chair at half court near the jump circle (Diagram 8).
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After touching the chair with their hand they run to the opposite elbow for second shot. This pattern is repeated for 3 sets x 6 shots for a total of 18 shots.

The teaching points are:
▼ Be “shot ready.”
▼ React to situations.
▼ Use Proper footwork and concentration.

f. “Side line to side line” shooting drill
The last shooting drill in my "Fatigue Shooting Drills" is the "Side line to Side Line" shooting drill. It is a tough drill design to fatigue the shooter. I teach two variations: 1. Running and 2. Defending. Both are designed to simulate game actions. The drill starts with the shooter taking a shot at the elbow and then touching the near sideline. After touching the sideline the shooter must run around the trash can/chair at the top of the key (Diagram 9).

There are **2 sets of 6 shots taken for a total of 12 shots.**

The teaching points are:
▼ You must be shot ready.
▼ React to situations.
▼ Use proper footwork.
▼ Focus and concentrate.

IV. “COOL DOWN” SEATING DRILLS
Equally as important as the “warm up” is the “cool down”. After I have fatigue my players throughout the work out, I then like to do the all important “cool down” shooting drills. The “cool down” seating drills consist of the player sitting down in a chair. They must sit to the front of the chair with a ball between their back and the chair. This forces the shooter to set with their back straight. The shooter shoots 5 shots from the three power jumpers spots for a total of 15 shots. The shots must be total swishes.

The teaching points are:
▼ Keep the ball high.
▼ Use full extension on your shot.
▼ Total concentration is the key.

-- Kevin Sutton, Coach Montverde Academy
“Others will not value what you have until you do.”
—Michael Josephson

“When people see things as they are and say, ‘Why’ I dream things that never were and say, ‘Why not?’”
—George Bernard Shaw

“One can never know enough. The unknown and its call lie even in what we know.”
—Eduardo Chillida

Shawn Johnson Sports Character at the Olympics

The sports world, the media, and Madison Avenue have been searching for “the next Mary Lou” for the last 20 years, ever since gymnast Mary Lou Retton captured America’s heart with a rare combination of skill, charm, looks, and character.

Wait no longer. After the Beijing Olympics, they may upgrade that lofty goal to seeking “the next Shawn.”

Shawn Johnson from Des Moines, Iowa, meets all of the qualifications: she’s a world champion; she’s wooed by Coke, McDonald’s, and Adidas; and she has a megawatt smile and personality. But it’s her character that’s made the biggest impression on people.

A straight-A student at Valley High School, Johnson walks dogs at a local animal shelter and ranks charity work above medals as her most important accomplishments.

A product of a CHARACTER COUNTS! school, she hasn’t forgotten its principles, becoming practically a CC! spokesperson in West Des Moines.

“She’s got a nice instinct for decorum,” her mother Teri told USA Today. “As parents, that’s what you want them to display. But I think she’s been self-taught in that respect. She’s got a beautiful heart.”

That was exhibited recently when she was unable to answer a fan letter in time asking for help with a school project. Flying to an international event, Johnson felt guilty not answering.

“She kept thinking about how some little girl out there was in a bind because she hadn’t responded,” wrote AP writer Nancy Armour. “As soon as she got home, Johnson wrote back.”

But that wasn’t enough. She tracked down the phone number of the student’s school, contacted her teacher, and said if the girl’s paper was late, it was Johnson’s fault.
“People look up to her because she has a great character, not because she’s winning,” said her coach Li Zhuang.

-- From USA Today

"Learning is the beginning of wealth. Learning is the beginning of health. Learning is the beginning of spirituality. Searching and learning is where the miracle process all begins."

-- Jim Rohn

"Doubt and fear finds failure."

Bob Perks

"Doubt it!"

by Bob Perks

I started to write a piece about how destructive doubt can be. I have struggled much of my life with it and at times lost the great battle to only head into depression. Shocking to hear that from me?

It’s true. That’s why I am able to express myself well enough to make the average person feel like I really understand what they are going through and how they feel. I do. I’ve always tried to tell you the simple truth about the things I am feeling and how I deal with them. I avoid being labeled a “motivational” speaker/writer. I cannot motivate anyone. Motivation comes from within.

I do, however take pride in calling myself an inspirational writer/speaker. I use stories inspired by life and my own personal experiences to help people find real joy in simply living.

When I was young, I’d always use humor to get me through things and out of trouble. It was easier for me to make fun of myself than it was to accept a compliment. Even in my early adult years, if after hearing me sing, someone would say, "You have a beautiful voice!" I’d often reply, "Are you tone deaf?" Then laugh. It was easier to do than to believe what they said was true.

Doubt.

It is even a factor in what I write for you. I sometimes write a story that I am sure will get a great response followed only by a few comments. Then I write something that just spills out onto the screen with little effort and my mailbox is full.

Doubt enters the picture under both circumstances. Self doubt. So, I sat down to write this about how destructive doubt can be but in doing so learned how powerful it can really be, too.

Self confidence is a great thing to have, but any belief one holds must stand the test of doubt. - any belief.

Doubt is the tool of this political year. All any one side needs to do is to place one seed of doubt in the minds of the people and they can control the outcome of the election.
Doubt is also the tool of the educated voter. All any one voter needs to do is to research fully what is being suggested, implied or twisted into appearing to be true and in the end truth will control the outcome of the future. If you receive anything over the next few weeks research it before you pass it on, talk about it, or accept it to be true. No matter who sent it to you, even if they say they've researched it.

**The worst thing we can do as a nation is to blindly follow anyone.**

A seed of doubt is easily fertilized by fear and ignorance. Question everything, accept only those things you can prove to be true and don't vote simply because of age, gender, race, religion or party.

Educate yourself. Vote smart. It’s not just your right, it’s your responsibility.

"**Doubt is the beginning not the end of wisdom.**" (an old proverb)

Doubt can only be removed by knowledge.

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**Multi-Sport Athletes**

USC head football coach Pete Carroll uses the ability to play multiple sports when evaluating prospective recruits. He says,

“I want guys that are so special athletically, so competitive that they can compete in more than one [sport] here at USC. It’s really important that guys are well-rounded and just have this tendency for competitiveness that they have to express somewhere.”

“We want [athletes to] show that it’s really, really important for them to excel and [that] they have that special will and that competitiveness that can really define a desire to be something unique,” Carroll explains.

According to Carroll, the hunger to compete is what gets a player noticed. Being a well-rounded athlete, playing multiple sports and attending combines and camps will make coaches pay attention to your abilities. He says, “All of that is [just] guys looking for a chance to compete and learn, but also show who they are and what they’re all about. That’s why I like to see guys play other sports too, because they want to show off who they are. All of that is what makes them the kind of guy we would want here at our school.”

-- Coach Ray Lokar, From his Blog Basketball for All Roundtable

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George Santayana,

"**T he wisest mind has something yet to learn.**"
Don't spend a lot of time dwelling on hurts that others have caused us. Holding grudges or thinking of revenge for acts that others have done to us is counterproductive. We spend a lot of time having these thoughts and they tie us up in knots, but meanwhile the person we are thinking about is going about their merry way. Our negative thoughts have no impact on them. So by thinking these negative thoughts we are only hurting ourselves and no one else. Feel the anger, hurt and other thoughts that occur when we are slighted, but after you have given them time to run their course, let them go and move on with your life.

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Edward W. Smiyh

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**Why Score 3 When You Can Score 7?**

I don't know how you feel about 3 point shooting but I think it stinks.

And here's why-

Let's first look at what 3's can do and why they are effective.

How can they benefit you and your team.

1-＞ For starters- you get an extra point.

2-＞ When you make a 3, it helps build momentum, the crowd gets excited, your teammates get excited.

3-＞ It's a great way to get back into a game fast if you're in a hole

4-＞ It helps spread the court, there are more driving lanes, driving angles, and it allows for more room to operate in the paint.

5-＞ It keeps defenders honest, if you're a good 3 point shooter, your defender will be very reluctant to leave you to double team someone else or be a help defender.

6-＞ It's a confidence builder, as I stated in the 2nd benefit, it helps get the crowd involved but also builds the confidence of the player that made the 3.

Those are all great benefits that come from making 3's. And there are probably a lot more.

But here's what most coaches and basketball players don't understand.

1. 3 point shoots obviously have a lower made percentage
2. There are very few players that could really be considered great or good 3 point shooter's.

3. It takes away from other areas that players are much better at- example- Dywane Wade settling for a 3 pointer instead of driving to the basket, I don’t know about you, but If I’m the head coach of the Miami heat I much rather see wade drive to the hole then shoot a 3

4. Shooting 3’s completely change the pace and time of a game.

When you shoot 3’S there are less fouls called. Less fouls called lead to less time to rest. Less time to rest means faster fatigue.

Faster fatigue means MORE mental and physical mistakes. More mental and physical mistakes means more chances and easy opportunities your opponents have to score and capitalize on your mistakes.

When you shoot three’s, it increases the other team’s fast break opportunities- long rebounds, which gives them more chances to score when you and your team’s not prepared or in position.

It also helps your opponents fast break opportunities because most of the time the player that is guarding the shooter that shot the three will leak out in front and very often you see that player that was guarding the shooter get a wide open lay up on a fast break due to not getting back quick enough.

And, in most cases, when 3’s are being shot, weak side help and rotation is average at best, meaning there are less chances of offensive rebounding.

When you drive to the basket, the defense rotates, in most cases, leaving a small player trying to box out a forward or a center, if there is any rotation at all. So by driving the ball you also dramatically improve the chances of offensive rebounds for your team. The Sixers use to live off the offensive boards anytime Allen Iverson drove to the basket.

Shooting 3's, and more importantly, making 3's are very effective and beneficial, just as long as you use it to your advantage and understand the pros and cons of them. It can be one of your biggest assets and could help win a lot of games- Phoenix Suns- but it could very well be one of the major roles played in your team's destruction and source of underachievement.

If your a good shooter, and your open, and feel confident enough to not just take the shoot, but make it then by all means:

**SHOOT THE BALL AND MAKE IT.**
But if your strongest aspect of the game is driving to the basket, or shooting 15 footers, then by all means, take it to the hole with confidence and purpose, make the other team guard you. They will fatigue faster, you will build game winning momentum and dictate the Pace of the game, you will draw more fouls and create more opportunities for your teammates while giving your team a great chance of winning the ball game.

One thing to think about: When you shoot the ball, do you expect to shoot it, or do you expect to make it? Most players just expect to shoot it, the great ones expect to make it, and will settle for nothing less.

-- Rali Todd

Ayn Rand (1905 - 1982)

**Happiness** is that state of consciousness which proceeds from the achievement of one's values.

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**POTENTIAL**

Nature will not forgive those who fail to fulfill the law of their being. The law of human beings is wisdom and goodness, not unlimited acquisition.

-- Robert Maynard Hutchins

Up to a point a man’s life is shaped by environment, heredity, and movements and changes in the world about him; then there comes a time when it lies within his grasp to shape the clay of his life into the sort of thing he wishes to be….Everyone has it within his power to say, this I am today, that I shall be tomorrow.

-- Louis L'Amour

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**The greatest wealth is health.**

~Virgil

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**The Three Skills of "Ordinary" Genius**

A couple of weeks ago I wrote that "it's the little things" that make all the difference. Many people wrote to say how helpful that was and asked me to write more about it. I'm convinced that a great life is rarely built on a brilliant flash of inspiration or one profound insight. More often great lives are built by ordinary people, doing ordinary things, extraordinarily well.

Do you remember the old cliché that even the rich and famous "put their pants on one leg at a time?" I've always loved that insight. It gives me a sense of power and freedom and boosts my self-esteem. It gives me a chance to be "just like" my heroes.

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This week I read Stephen Ambrose' biography of President Eisenhower. Obviously, "Ike," was one of the great heroes of World War II and arguably one of our better presidents. But he wasn't "brilliant" in terms of IQ. He was in the middle of his class ("average") at West Point, and no one saw him as a unique talent. Ambrose makes the comment that if one fortuitous promotion that sent him to work in Washington had gone differently, "the world would never have heard of Col. Eisenhower." How true! And, in a wonderful way, how inspiring!

Eisenhower did have three great gifts, but they were "ordinary" gifts that you and I can learn and apply in our lives.

First, he worked very, very hard. He was up early, stayed late, and immersed himself in each task until it was done right and on time. His "genius" was the "ordinary genius" of dedication, duty and discipline. I may not be able to copy that exactly, but I can certainly learn from it. I can do my best and appreciate the results of "out working the competition."

The second of Eisenhower's great skills was his ability to focus on things that mattered! Many of us work hard. In fact, I often argue that many of us work too hard because our time, our energy and our focus is on things that don't really matter. We "sweat the small stuff." Ike never did that. Even his critics acknowledged his gift for calmly assessing a situation and spotting the "leverage point" that would make all the difference.

Here's an example. For six months before D-Day, June 6th 1944, he made a point to meet with his chief meteorologist every single day. He knew that guns and ships and strategy were all important, but ultimately the invasion would depend on the weather and he wanted to assess the skills of his chief forecaster. In the end, on a stormy night with rain pelting against the windows, he made the decision to "go" because he trusted his weatherman. He knew he would get a 6-hour window of clearing weather and that was all he needed. The course of the war changed over-night because Ike focused on the weather and knew his meteorologists could be trusted.

Finally, Eisenhower insisted on choosing the right people and relying on them. He frequently refused to work with people if they were unreliable or ineffective. He wanted the best people around him. Notably, after giving the order to "go" on June 5th, Ike went to bed. There was literally nothing more for him to do! All the orders, all the staff work, all the plans were in capable hands and his work (for the moment) was done. He didn't try to do it all himself. He chose good people, delegated responsibility and trusted that the right things would be done, in the right way, at the right time.

For me, there is great hope in this! Eisenhower wasn't some unique genius beyond my ability to comprehend. To the contrary, much of his achievement came from knowing three basic skills that I (or anyone) can learn. He worked hard. He could identify the key leverage points. He chose to work and associate with the best people he could find, and he trusted them. I can do this, and so can you.

-- Dr. Phil Humbert
"It only takes one person to change your life - you."
   -- Ruth Casey

"God gives talent, work transforms talent into genius."
   -- Anna Pavlova

"Change cannot be avoided... change provides the opportunity for innovation. It gives you the chance to demonstrate your creativity."
   -- Felice Jones

"Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Do what you love. Live as if this is all there is."
   -- Mary Anne Roadacher-Hershey

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**Box out to Bull Court 3 on 3 Drill**

6 spots are loaded around the 3 point line. The ball is passed quickly from one player to the next around the 3 point line until it gets to the last player who shoots the ball upon receiving it. As the 1st player passes the ball they will sprint to block out the 4th player. The 2nd boxes out the 5th, and the 3rd boxes out the 6th. After the block out we play, if the offence retains the ball they try to score. After a score or a block out & rebound we want the ball sent up the floor as quickly as possible for a 3 on 3 transition game. Rotate each player 1 spot each time.
**Full Court 1on1 Defense**

Start with 1 offensive player & 1 defender under the basket. Have a passer on one side of the back court & one on the other in the front court. Offence dribbles toward the 1st receiver, defense plays trying to stop the offense from making or receiving passes, denial is a main focus. Repeat this to the opposite side. On receiving the ball back from the 2nd passer we play 1 on 1 until a score or stop.

![Diagram of Full Court 1on1 Defense](image)

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**Dribble & Closeout**

Place 1 Offensive player in the corner with 2 balls and 1 defender under the basket. Offense dribbles the 2 balls up to the wing then drives toward the basket. Defense closes the offense out. Offense retreat dribbles with both balls out high. Defense retreats to the Basket. The same is repeated at the elbows of the key by the Offense & the Defense. Once the Offense gets to the opposite wing they pass 1 of the balls to the coach & then drives to score. Defense again closes out & we play until a score or stop.

![Diagram of Dribble & Closeout](image)
**Slide to 1 on 1**

1 Offensive player on the low corner of one side of the key and 1 Defensive player on the other facing each other.

Defense slides up to the elbow with good technique.

Offense passes to the Defender at the elbow 7 slides up to the other elbow.

The Defender now passes across to the Offense and scramble to cut the Offense off.

Offense can attack immediately upon receiving the ball.

Play 1 on 1 until a score or a stop.

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**Pass Closeout Drill**

Defender passes the ball to the wing.

The ball is quickly passed on to the player at the top of the key.

The defender closes out the top player as quickly as possible making sure they are closing out with short sharp stutter steps.

From here the players play 1 on 1 until a score or a stop.

Rotation is clockwise or defender repeats until they make a stop.
Success doesn't just drop out of the sky and hit you. It is a series of right choices and corresponding actions each and every day.

-- Kim Thompson-Pindef

2 Defensive Drills

“The Man Drill”
The drill is a 5 on 5 1/2 court drill. One team plays offense for 90 seconds the other plays defense. (Have managers with extra balls when one is tipped out of bounds). There is no screening, dribbling or shooting. The game is scored by having each player (or each team keep track of the number of passes caught). After 90 seconds, switch offense and defense and repeat drill. The drill is an excellent gauge of mental toughness.

"3 Strikes Drill"
• Put your team in 3 lines.
• First 3 are on defense.
• Play 3 on 3 in the half court. The defensive team must get 3 "stops" in a row against different teams of 3.
• Have the coach immediately pass another ball to the next offensive team as soon as the other team scores or gets stopped.
• This keeps the drill moving and forces the defense to react and communicate and does not give them time to get set or to rest.
• If the offense scores the defense starts back at ZERO stops.
• ROTATION: the offensive team that ends up getting "stopped" on the third strike now has to play defense and get 3 stops.

You will really see who can guard and who can score. (Score and you never have to play defense in this drill. Play with no out of bounds if you desire to increase the intensity. Play for a certain amount of time. The team that is on defense at the end of the time has some punishment.

"My chief want in life is someone who shall make me do what I can."
- Ralph Waldo Emerson

It’s Good to Know: Take a Deep Breath and Increase Your Brainpower

The human brain makes up only 2% of our body weight - yet it consumes 20% of the oxygen we take in. You can actually increase your creativity and learning power by taking a few minutes to relax and breathe deeply before digging into any new subject or project.

(It's not a coincidence that the word "inspired" comes from a Latin word that means "to breathe in.")

--"Accelerated Learning Techniques," by Brian Tracy and Colin Rose
Never tell your neighbors to wait until tomorrow if you can help them now. Proverbs 3:28 (TEV)

Real servants pay attention to needs. Servants are always on the lookout for ways to help others. When they see a need, they seize the moment to meet it, just as the Bible commands us: “Whenever we have the opportunity, we have to do what is good for everyone, especially for the family of believers” (Galatians 6:10 GWT).

When God puts someone in need right in front of you, he is giving you the opportunity to grow in servanthood. Notice that God says the needs of your church family are to be given preference, not put at the bottom of your “things to do” list.

We miss many occasions for serving because we lack sensitivity and spontaneity. Great opportunities to serve never last long. They pass quickly, sometimes never to return again. You may only get one chance to serve that person, so take advantage of the moment.

“Never tell your neighbors to wait until tomorrow if you can help them now” (Proverbs 3:28 TEV).

John Wesley was an incredible servant of God. His motto was:

“Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can, as long as you ever can.”

That is greatness. You can begin by looking for small tasks that no one else wants to do. Do these little things as if they were great things, because God is watching.

It is not what you say that matters but the manner in which you say it; there lies the secret of the ages.

William Carlos Williams

Live a big life, think big thoughts, argue big points, suffer big hurts, have big successes. Move yourself and your thoughts away from the petty things in life, and focus on the big issues. Big things and big thoughts are where the satisfaction in life is. Move out of the comfort zone and into the big zone and feel life again.

--Edward W. Smith

You cannot change anything in your life with intention alone, which can become a watered-down, occasional hope that you'll get to tomorrow. Intention without action is useless.

-- Caroline Myss
There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.

-- Denis Waitley

A good deed is never lost: he who sows courtesy reaps friendship; and he who plants kindness gathers love.

-Basil

Serena Williams and the Code

When Serena Williams won the U. S. Open she threw her racket in the air and jumped for joy. Several times. Then she went to the net to shake her opponent's hand and apologized. Whether or not her jumping for joy was "excessive" or not, it was understandable. The Code reminds us to show respect for others, and even though we may not intend it, when we celebrate excessively it has the effect of putting the other down as we focus on ourselves. No matter what we may think, Serena knew in her heart that she had crossed the line between good sportsmanship and bad. So, she apologized. The Code says..."I will take responsibility and appropriate actions when I fail (to live up to the Code)." Apologizing immediately was the responsible thing to do; apologizing immediately makes it clear that she wants to handle herself in the proper way. Apologizing immediately gains her our respect.

from Jesse Owens

“In the end, it’s extra effort that separates a winner from second place. But winning takes a lot more that that, too. It starts with complete command of the fundamentals. Then it takes desire, determination, discipline, and self-sacrifice. And finally, it takes a great deal of love, fairness and respect for your fellow man. Put all these together, and even if you don’t win, how can you lose?”

from Pierre De Coubertin

"The important thing in the Olympic Games is not to win but to take part; the important thing in life is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well. To spread these precepts is to build up a stronger and more valiant and, above all, more scrupulous and more generous humanity."

from Lou Holtz

The answers to these questions will determine your success or failure.

1) Can people trust me to do what's right?
2) Am I committed to doing my best?
3) Do I care about other people and show it?

If the answers to these questions are yes, there is no way you can fail.
**Oklahoma Transition**

This drill emphasizes both offensive and defensive transition while creating an initial "numbers" situation into a quarter court match-up situation.

2 Teams

Team A - 4 offensive players lined up on the baseline facing the opposite goal. Players should be spaced evenly (sidelines x 2 / FT lane lines X2)

Team B - 4 corresponding defensive players lined up facing the offensive players even with the free throw line on the same end.

Coach - positioned at the top of the key facing the offensive players.

An offensive possession begins for Team A when the Coach throws the ball to one of the 4 players facing him on the baseline. When the ball is thrown the corresponding defensive player on Team B must sprint and touch the baseline before running back defensively. This creates a momentary 4 on 3 situation until the fourth defender is able to get back defensively after touching the baseline.

Play is stopped after a score or a defensive stop.

Scoring can be done differently to emphasize the particular area of concern:

Defensive scoring would give the defensive team points for getting a stop.

Offensive scoring would give the offensive team points for scoring.

Teams would remain on offense or defense until they were unable to get a stop or score a basket, thereby earning a chance to score points based on the style of scoring in play.

A winner would be determined by achieving a certain point total for a team.

Options

- Coach may call have two defensive players touch the baseline before joining the possession.
- Coach may move to a 5 on 5 transition set up in the same manner.
- Add different scoring: Charge +2, Foul -1, Lay Up, - 1, Offensive Rebound + 1, etc.
**Squat Jump**

6x5 reps 20-40% Squat 1RM 2-3min between sets

What this means is load the bar with 20% of your back squat max or estimated max. If your back squat max is 100lbs then load the bar so the total is 20lbs. Perform a jump squat by placing the bar high on your back. Hold the bar on your back during the entire exercise. Perform a half squat, butt just above your knees. Jump as fast and as high as possible. Land with your core tight and knees bent into the same depth squat as before. Perform five reps with no pauses. Re-rack the bar. Rest 2-3min. Repeat the next set. Full recovery is essential in training for speed and power. Fatigued athletes do not get faster. They get more fatigued.

This is a simple and very effective exercise, light and explosive with excellent form.

**Power is a state of mind.**

I can go fast.

I will go fast.

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A wise old owl sat in an oak.
The more he heard, the less he spoke.
The less he spoke the more he heard.
Now wasn’t he a wise old bird?
Author Unknown

“Listen if you want to be heard.”
—John Wooden

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Four things a man must learn to do
If he would make his life more true:
To think without confusion clearly,
To love his fellow-man sincerely,
To act from honest motives purely,
To trust in God and Heaven securely.
—Henry Van Dyke
I'm a big fan of the 1-4 high or 2-3 high offenses. Like the Princeton offense, it has some great backdoor and misdirection possibilities that are mostly underestimated by a lot of people. In my opinion, it's a talent equalizer kind of an offense, especially if you don't have a dominant post and a bunch of skilled (i.e. can shoot and make smart plays) but athletically less gifted players.

I went through some notes that a coach wonderfully put together (I'd love to give them credit specifically but I don't know who made these notes) and took down some of the breakdown drills used to teach the offense. Here they are,

Drill 1: -- #1 passes to #7 and immediately cuts around 7 looking for a handoff. #2 cut off of #7 next also looking for a handoff. #7 makes the handoff and goes to the basket. The drill continues as #3, #4 and #8 step on.

*Options -- The cutters can pull up for a jump shot
Neither cutter receives the ball and goes to the corners and the post dribble attacks the basket finishes or kicks.

Drill 2: -- #1 passes to #4 then cuts through to form a strong side triangle. #7 is in the MID-POST. That is very important.
#4 passes into #7 and then cuts looking for handoff or drop pass. If #4 does not receive the ball then will continue to the corner. As soon as #4 makes his cut, #1 comes off of #4’s rear end over the top of #7. #1 looks for the handoff or drop pass. #1 does not get the ball, will continue to the opposite wing. Now #7 has a post move for a score or a post move and kick opposite.

*Options -- The wings can do so many things, and it becomes a read and react. Example: As soon as #4 passes to #7, #1’s man turns his head and #1 immediately takes off on a back door move. #4 reads what #1 did and can go toward #7 and then fade for a jump shot, continue on with regular cut and fill opposite. Most teams just learning will stick to basic cut.

**Drill 3:** -- If the wing is overplayed, #7 will pop to the high post area. As this is happening, #4 takes man up higher and cuts hard backdoor as the ball is in the air to #7. #7 looks to pass to #4 on the backdoor cut and continues to the corner. If not there, #1 comes around #7 for a handoff and goes to the basket or pulls up for the jump shot. #7 can also attack the basket with a jump shot or dribble move. #1 and #4 are spotted up for the kick out.

**Drill 4:** -- On the guard to guard pass, #7 steps up to set a back screen for #1. #4 looks to #1 coming off of the back screen. #7 then sets a screen for #4.
#4 can use the screen and has options:

a. shoot (we like the ball to get to the elbow)

b. pass to #7 on the roll to the basket or the pop.

c. pass to #1 for a shot.

#4 does not have to use the screen especially if defender is looking to get over the screen early.

Drill 5: -- #1 passes to #4 and #7 sets the back screen for #1. This time instead of setting a screen for #4, #7 pops high for a pass back from #4.

#4 sets a down screen for #1 who goes to the wing. #4 opens up to the ball and looks for the pass from #7. #7 passes to #1 and receives a back screen from #4. #1 looks to #7 going to the basket or #4 stepping out for the shot.
Drill 6: -- This is where ball reversal begins. This is also the most used option. 

#1 passes to #4 and cuts to the corner to form a strong side triangle. #4 looks inside and then passes to #1.

#7 steps up to set a screen for #4. #4 goes all the way through to the corner if he does not receive pass for layup from #1.

#7 then plays screen and role with #1. #1 has the option to:

a. shoot
b. hit #7 on the roll or pop
c. draw and kick to #2
d. draw and kick to #4

Drill 7: -- Weak side Play

#1 passes to #2 and fills the corner spot. #3 goes to the top of the key area.
If #3's man is above the three point line, the pass goes to #7 who is flashing at the same time.

As the ball is in the air to #7, #3 cuts hard backdoor.

#7 looks for the backdoor pass. If #3 does not get the ball, he fills to the corner.

For the drill sake, the perimeter players move in a counter clockwise movement from wing to point to wing.
If #3's man is inside the three point line, then #2 passes to #3 and #7 will screen for #3 and play pick and roll.

**Summary:**
Lots of backdoor cuts, with an open lane. Give and go opportunities, handoffs, and even PNRs. I've even gone through some notes that have a 1-4 high motion continuity that is a patterned offense. 2-3 high is also a good one to use because in my opinion you can use it to overload a side to start which means you can take advantage of weak side opportunities easier.

From X's and O's of Basketball