Nick Saban – How Good Do You Want To Be? · Be committed never to be outworked · Dedicate yourself to the little things – fundamentals · Set goals that do not involve winning games · Set goals about performance – on and off the court · Strive to be resilient in the face of adversity – champions do · Focus on the process of being a champion · Think about dominating the opponent – don’t look at the scoreboard · The process is more important than the result · You need leadership, luck, talent, consistency, health · Focus on the things you can control, and eliminate the clutter · Don’t look at how many feet are left to the top – look only at the next step · Three keys to winning – develop a good product, know competition, teamwork · Stay on top of students academic progress · Help players achieve potential on and off the court · Players need to take ownership in the team · Peer Intervention Motto – “What you do, you do to all of us” · Commitment means following through, despite the difficulties – there is no retreat · Jagir’s grandfather was captured and jailed by the soviet army in 1968. He later died in jail. This is why Jagir wears #68. Saban asks, “What is your 68?” · Character is doing the right thing when nobody else is around · Character is having the courage to stand up for what you believe in · Be a doer – let your actions speak for you · Do a job right, and don’t settle for anything less than the best · Invest your time – don’t spend it – it’s quality – not quantity · Don’t allow people to feel entitled to something they haven’t worked for · Saban’s practices seldom go more than two hours · Building a program takes time – businesses do not overpower the competition the day they open their doors · Whatever you do – finish it · Book recommendation – The Road Less Traveled · There are no victories in life without adversity - see challenges as an opportunity · Treat players in a way that makes them feel cared for and special · Abe Lincoln lost 8 elections before becoming president · Cy Young is the all time losingest pitcher. Babe Ruth is the all time K leader · How you respond to failure is key · Pride is what makes you get off the canvas and fight · If a young person plays many sports, he is exposed to more competitive situations, and develops more skills · Failure is not fatal unless you refuse to grow from the experience · When you play poorly, and still win… that’s the kiss of death · “This years team is not last years team” – you’ve got to earn it again · Movie recommendation – The Last Samurai – Honor yourself by competing the right way – Regardless of the outcome, you cannot lose · Saban doesn’t like surprises – always be prepared. Do your homework · “Proper preparation prevents piss poor performance” · Close the barn door before the horses get out · Why was Gretzky great? He skated to wear the puck was going to be – anticipation – always anticipate scenarios · Champions embrace change. You have to change to stay on top · In 2003, there was no captaincy election at LSU – there were no dominant leaders · Never forget the fundamentals · Rise above your selfish ambitions, and into the team. Put the team first. · Don’t allow mistakes to go uncorrected · Skill does not equal talent. Put skill to use within a team concept · Allow players the opportunity to set rules and boundaries – this will help them develop their personality · An unselfish team player is willing to take the blame when things don’t go right · What makes a team dominant? Relentlessness, competitive spirit, toughness · Unless a player is seriously hurt, Saban does not want his players to stay down. Muhammed Ali said, “Champions don’t belong on the ground”. · Saban also tells his players never show frustration when they make mistakes. It sends a message that the opposition is getting to them · LSU’s mantra : “Create a nightmare for your opponent” · Develop an attitude that you simply cannot be beaten · When playing in a tough gym – convey the attitude “We
get to play there” not… “We have to play there” – relish the opportunity · The most dominant teams, make the other team quit. Keep pushing, until this is the oppositions only option · Just because you’re ahead, doesn’t mean you always will be. Don’t look at the scoreboard, and keep doing what you’ve been doing to be successful · Three keys that are vital to a coach – leadership, communication, motivation · To be an effective leader, you have to be organized · Easy to lead in good times. Adversity presents the opportunity for true leadership · It’s their team, let them set the goals · Saban encourages his staff, and players to grow even if it means losing them · Champions understand that you have to pick your battles. Sometimes being right is not worth the ill will created · Surround yourself with good people · RW Emerson, “An institution is the lengthened shadow of one man”. Who you are and how you lead touches everyone · Stand up and take the blame when things don’t go well · Great leaders insist on excellence · Take the time every day, if only for a second to let those around you know you care · Casey Stengel: “The secret of good managing is keeping the guys who hate you away from the guys who haven’t made up their mind”. Be classy. Strive for respect based on your principles and values · The best leaders know they don’t have all the answers, but they know where to find them · Listening is the first key in good communication. Listen! · Communication is: body language, facial expressions, your dress, your presence, posture, tone, timing, emotion · God gave you two ears and one mouth. Listen twice as much as you talk · Saban: “I have been in locker rooms where coaches have said nothing before or after game, and consequently, sent more of a message than they could with words · Choose your words carefully · Before and after each game, Saban tries to shake the hand of each player · Don’t let problems linger. Nip it in the bud · Saban always had a burning desire to be the best – like his parents · Pre game speeches are overrated. If you’ve been sending the message all week, then two minutes before kickoff doesn’t matter much · Are your players interested or passionate? Interested is enjoying a hobby, and finding the time to do it when you can. Passionate means being willing to sacrifice for it, and making it a priority in your life · Humor can be an excellent motivator. George Perles: “I don’t know what kind of football team they have, but they have one hell of a band” · A college degree is a beginning. Not an end. Knowledge is power. Keep learning · One of Saban’s favorite: “What you do speaks so loudly I cannot hear what you say” – Actions matter most! · Do the right thing. Do the right thing all the time. Make your parents proud · No man stands as tall as when he stoops to help a child · The discipline of a program is paramount to success · The older Saban has gotten, the more he realizes how important family is. Coaching is not a family friendly business. Make quality time for family · Work to live. Don’t live to work. Nothing comes before your children · Cherish your family and friends. Take nothing for granted · There is something different about champions and we all get to decide every day if it is in us · Traits of a champion: passion, commitment, confidence, pride, relentlessness, ability to perform in adverse conditions · Make the decision to succeed · Champions know there is no such thing as a perfect game · Imagine where you are going to be. Lou Holtz made a list of 107 goals he wanted to accomplish in his lifetime and saw himself doing them all · Mental toughness is the ability to keep adversity of all kinds from affecting your attitude and performance