

Everyday Mandatory Thoughts

I use multiple of these every day in practice and in normal conversation with my players. They understand my philosophy and expectations. They can repeat these comments when they see situations in games and practice. Feel free to use these as much as you want to mold your philosophy and teams' principles.

Be on Time – Be ready to go before time to go.

Be Prepared – Sow the fields, do the work, and when your time comes you will be ready.

Be Your Best – Prepare like a champion, put in the work, study, and perform your best.

Make your teammates better every day – Support your teammates, help them be great.

Win Every Game – Scoreboard is what we want but even more win the moments, win in prep, win in life, Just WIN. Did we win the TEAM game?

We want unrelenting, constant effort. Be smart, Have Fun, Make the unselfish Play.

Know and excel in your role. – My job is to help them understand how to be the best at their role.

Protect the Basket. – Challenge every shot. Make EVERY shot difficult.

Force the where you want them to go – Take away what they want to do.

Abe Lincoln quote – “If I had 8 hours to chop down a tree, I would spend the first 6 hours sharpening the axe.”

Communicate Always – Communicate from the moment you walk in the door until time to go home you will talk.

Take Pride in Defense – Get stops. Get 3 stops in a row. Shoot for 15 (3 stops in a row) a game.

Take Charges - They get a foul, bust up their knees and you get the ball.

Dive on Floor – Show toughness and you will outwork the other team for the ball.

Win the 50/50 Ball – The ball is precious. You only get so many possessions a game. You want to have more possessions than the other team.

Turn over the possession arrow – You want that arrow to change as many times as you can during the game.

Play with discipline and controlled aggression - Play under control but let the other team know you know what you are doing.

Protect the Ball – Strong hands, ball under chin, communicate, make great passes.

Offense is spacing and spacing is offense – You must fill your spots on the floor. No one should be within 8 ft of each other. 12 would be better.

Rebound, Rebound, Rebound – Rebound is effort. Go win the ball.

Every REP counts. Don't waste time drinking water. You are responsible for your reps. Reps get you floor time.

Do it right, we don't have time to do it wrong.

Focus on doing it right the first time.

Listen to the Buffalo. Players will stop, make eye contact, and listen when any coach is talking. Players that can't figure this out will get in push up position and put their ear to the ground and listen for buffalo (Listen to the coach talk). When the coach is done talking they can get up and repeat the drill.

Hustle to the Bench – Players will hustle quickly to the bench on timeouts and subs.

Everyone on the bench will be in the game - If you are not paying attention to what is going on with your teammates on the floor, then you will not be on the floor.

RESPECT – Officials, opponents, teammates, and the game.

Communication – We will talk and we will be loud.

We will learn more – We will learn more than Basketball, we will learn the game of Basketball and life.

John Wooden quote – “Discipline yourself and others will not have to.”

We want to hang that banner

Be positive – We will always say something positive after a negative. ALWAYS.

Think only the BEST – Work only for the best, expect only the best of yourself and others.

Quote – “Always remember GOOD is the enemy of GREAT.”

Communication - A quiet team is a scared team.

Be a Winner - Execute the little details and you will be a winner.

What kind of Coach am I - I am the kind of coach you would want your daughter or son to play for.

Trap all ball screens. You stay in the trap until the ball is passed out of it.

Sprint to the basket out of trap – If the ball is thrown out of any trap, ever. Both players will sprint to the basket.

Front the Post from underneath – Playing man to man you front the post from underneath because your help man is playing over the top for the steal.

Front the Post – In help man to man, fronting the post shrinks the floor and makes for a hard pass when you have someone on the helpline.

In the line, up the line – You will play between your man and the ball. The ball has to go over your head. Gives you time to recover.

If you are overplayed, Go Back door – You are never standing still, you will go backdoor to the basket.

Get on the floor – Any loose ball in practice is a chance to dive on the floor, or you can roll balls and they can dive into each other.

Hands go up on the shot - Whenever there is a shot everyone's on defense hands go above their head in practice.

Move while the ball is in the air - On defense you must act like there is string on the ball and it is pulling you in the direction it is going. Move while the ball is in the air.

I know this is a lot of information, but in reality, this is just the tip of the iceberg. For middle school and short season coaches this is the most important sayings. You can get your players to buy into these sayings by the end of the first week. Use some of them, all of them, or none of them. That is up to you, but it will make practice more fun if you have some ammunition to throw at the kids. Good luck on your season, and always look to improve.

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