

Don Meyer

5/11/12

Coaching

"You can always do it better."

- Internal leadership

- coach can't lead all the time

- Ft Guard play

will take smart + tough + less talented to lead team

- ~~Disc~~ Discipline

Nothing more harmful to a team than lack of discipline

- 80% of missed shots are short

- Ft Blockout

* ~~TAKE~~ "TALK OUT Ft Blockout"

* "You're your own best expert"

" " " " critic "

Mayer (con't)

- 1/2 time Quadant by Players
 - Before coaches come in to locker room.

Good D	Bad D
Good O	Bad O

- 1 inch shot Fakes
 - Don't straighten legs

* Recruit with your eyes
not your ears

Practice fouling & having fouls
for situations

NEVER STOP TEACHING!!

BOB KNIGHT

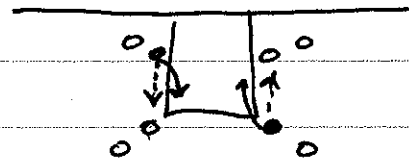
5/12/12

- "Practice is where you make a team."

* CONCENTRATION DRILL

- 4 CORNERS

PASS, RETURN, HANDOFF



- BALLS KEEP MOVING IN SAME DIRECTION UNTIL "REVERSE" IS CALLED

- "DO something that makes kids think in practice"

- SHOOT FREE THROWS EVERY 15-18 mins in practice

* MAKE MORE FT'S THAN YOUR OPPONENTS ATTEMPT

- KEEP OFFENSE 8 FT ABOVE BASELINE
- 5 on 5 - react to situations you call out: SWITCH THINGS UP - IE. 2 dribbles, ZONE D