

## ***Don Meyer at Union University***

Clinic hosted at Union University by Mark Campbell

What will beat you:

- 1) An inconsistent mental approach
- 2) FT%
- 3) Giving up easy buckets (transition)
- 4) Not believing details matter
- 5) Not executing defensive cycle
- 6) Selfishness

Mistakes – Listen, apply, improve

Roles – Understand, define, fill, accept

\*\*\*You can't text in an interview – you need to learn to communicate

3 things to build upon:

- 1) Sound – system of play
- 2) Solid – every possession
- 3) Simple – more think / less quick

Coaching Philosophy:

- Know why you coach – if you don't like teaching don't coach
- The cause must be greater than self!

The F's:

Faith – assurance of things that are not scene

Family –

Friends – who do you surround yourself with

Fitness – our "2<sup>nd</sup>" job – it allows us to think

Finance – John Wooden - \$32,000 his last year – make enough to take care of family

Figure – it out yourself

3 signs of miserable job –

- 1) Meaningless / insignificant
- 2) Irrelevant
- 3) Can't measure your job

"What's us and What's not us" – DM

Brutal Truth – people don't want to hear it, but must be done

"Drink from the cup of criticism." DM

"There is a big difference in criticism and instruction." DM

T.E.A.M.S.

T – toughness - the real world

E – effort

A – Attitudes

M – Motives – why are you doing it

S – Servant Leadership

“A good administrator never gives a good coach a reason to leave.” DM

5 stages of a career

- 1) Survival
- 2) Success
- 3) Satisfaction – set another goal
- 4) Significant
- 5) Spent – can’t do anymore

“You’ll never stand taller in front of your players when you admit a mistake.” DM

Rating Players:

Evaluate Talent and Mindset –

Who are your best players???

4 types of players:

- 1) Talent – A      This player is special  
Mindset – A
- 2) Talent – A      Very inconsistent – very difficult to change  
Mindset – B
- 3) Talent – B      You can win with these guys (Butler this year), overachiever  
Mindset - A
- 4) Talent – B      Bad News!  
Mindset – B

\*\*\*1 or 2 people do dirty work on team – good team / all do the dirty work great team!!!

“Distributed Practice / Mass Practice” (1 skill drilled a lot)

Very difficult to coach best player – hard to challenge / critique

Head Coaches always need to have a “full cup” at practice every day

“Give a little bit more and then love will turn the key.” DM

Cycle of the Game – see book

“It is what you emphasize.”

“A coach’s job is to replicate game situations in practice.”

“Play the game in the proper manner.”

“there’s a time when you need a shot you can make and there’s times when you need a shot you can’t miss!”

“getting fouled – make first contact.”

“drive the front hand – don’t worry about the feet.”

Scrimmaging – “Stop and Score” Popovich

To win the game you must get a stop then a score / put restrictions on good team and let bad team have no restrictions (example – good team – no paint touches, no offensive rebounds, etc)

6 things for Defense:

- 1) Be in a stance
- 2) Vision of the ball
- 3) Position
- 4) Talk your position – talk to ball & people in front of you!
- 5) Anticipate
- 6) Move according to rules –M.R.

- “Pressure the ball as much as you can without fouling and without losing containment.” Knight
- Help is given as quickly as possible and recover as quickly as possible
- Don’t be blind on your help.
- Protect the water hole!
- If you front in the post you must deny the ball reversal to top of key
- Close outs – 3 steps then foot fire – banana cut to close out to wing – no straight line close outs to wings – gives up middle
- “Guard a Yard.” DM
- Make the ball have an arc – pressure ball!
- Front hand on ball and back hand needs to act like “cycle.” DM
- Guarding best player – no touch / no touch and no help
- Shot contest – change or alter every shot

Offensive thoughts –

- 1) Spacing
  - 2) Angles
  - 3) Momentum
- Get ball up floor as quickly as possible
  - So shot discipline – the people that we want shooting the shots
  - Aim at the back ½ of rim – 80% of shots are missed short

O.B.C. (Offensive Board Coverage)

\*\*\*Great drill for offensive rebounding –

3 things Wooden said about captains / leaders

- 1) You must be hardest workers – price of greatness is responsibility
- 2) Take care of the stuff off the floor
- 3) Let coaches take care of the rest

\*Norm Stewart Rule – Fire yourself and then evaluate your program

- Guards try to create space / posts try to take up space
- Catch ball with your feet, eyes, then hands – in that order
- Shot Fakes – 2” shot fake, keep eyes on target and up, knees bent

“You are always a better athlete if you’re in a stance and in proper position.” DM

“Peace is not the absence of trouble, trial, or torment, but the calm in the middle of it.” DM

Teaching ---

- 1) Praise, Prompt and Leave
- 2) 1 Minute Assessment

“You must get past failure and you must get past success.” DM

Jerry Krause –

- 1) What’s your gift
- 2) Develop your gift
- 3) Give you gift away

“You never know when your gift is being given away – be careful...” DM