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Subject: NORTHERN STATE UNIVERSITY WOLVES BASKETBALL

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THINGS I WISH AN OLDER, EXPERIENCED COACH WOULD HAVE TOLD ME WHEN I WAS YOUNG

1. JVK'S RULES

- a) Find yourself (This is a lifetime process)
- b) Find your unique gift or talent and develop it
- c) Give your gift away

Jerry Krause gve me these rules many years ago. They really teach servant leadership if applied to your coaching.

2. BE WHAT YOU IS BECAUSE IF YOU BE WHAT YOU AIN'T, YOU AIN'T WHAT YOU IS

Kids can spot a phony or con man a mile away. Try to adapt the good ideas of coaches you study rather than adopting the whole ball of wax.

3. GET ALL THE GOOD IDEAS BUT YOU CAN NOT USE ALL THE GOOD IDEAS

Your personality, your personnel, your league, your school, your geographic region, resources available and many other things will impact just what you can use in your program.

4. PROMISE LESS AND DELIVER MORE

Never promise wins and always provide attitude and effort.

5. DON'T SAY ANYTHING BAD ABOUT YOUR PREDECESSOR EVEN IF IT IS TRUE

6. PREFERABLE TO HAVE PLAYERS QUIT RATHER THAN HAVE TO DISMISS THEM FROM THE TEAM

When players just won't buy in or refuse to get on the same page, tell them what they must do and let them make the decision

to no longer be a part of the program. Do not rip them in the paper even if they deserve it. Simply say that, "This is probably best

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for all concerned. We wish this young man/woman only the best in whatever they choose to do.

7. NEWSPAPERS BUY THEIR INK BY THE BARREL AND YOU BUY YOURS BY THE PEN

The old adage that whoever has the piece of chalk last wins certainly applies to the print media. They always have the last word.

8. THERE IS NO SUCH THING AS A FREE LUNCH

Whenever someone gives you or the program something, they will eventually want to be paid back in some fashion.

9. MAKE EACH DAY YOUR MASTERPIECE

That is all we are assured of having so lets embrace the precious present. John Wooden's father gave him this advice.

10. WHAT MAKE A PAINTING A MASTERPIECE IS WHAT YOU TAKE OUT

Simplify. The more that players think the slower their feet get.
(Jerry Tarkanian)

11. SEE THE PICTURE, SELL THE PICTURE, PAINT THE PICTURE

Dick Bennett authored this one. You must be visionary, sell the vision to your people, and then everyone paints the picture.

12. ALL THE GREATS KNOW HOW TO KEEP IT SIMPLE (Jack Whitaker)

13. AVERAGE TENNIS PLAYERS HAVE A GREAT VARIETY OF SHOT WHILE GREAT TENNIS

PLAYERS HIT THE SAME OLD BORING WINNERS (Vic Braden)

14. LESS IS MORE (Donn Nelson)

15. THERE ARE TWO KINDS OF PAIN; THE PAIN OF DISCIPLINE AND THE PAIN OF REGRET

The pain of regret is experienced in March for most teams and at the end of careers for most coaches.

16. MOST PARENTS WOULD RATHER SEE THEIR CHILD MAKE ALL-STATE RATHER THAN

THE TEAM WIN THE STATE CHAMPIONSHIP

17. COACH NOW THE WAY YOU WANT TO BE COACHING TEN YEARS FROM NOW (Jerry Krause)

18. STAGE OF COACHING (Jeff Janssen)

a) Survival---Just trying to hang on, learn, make it through your formative seasons as a coach.

b) Striving for Success---Trying to win championships, games, the respect of your peers.

c) Satisfaction---You hve some success and put it on cruise

control and go through the motions. No fire in the gut.

d) **Significance**—You are more than a coach. You impact lives, influence communities, and make worthwhile contributions to the lives of players, coaches, and others in your circle. 80% of coaches never reach this stage.

e) **Spent**—There is nothing left in your tank. It is no longer fun, important, or satisfying for you to coach.

19. MAKE THE BIG TIME WHERE YOU ARE

Don't wait until you get that big time job or pro job to do the very best you can. Make the big time where you are. It is a state of mind. Frosty Westering has authored a great book with this title.

20. PRAY FOR STRENGTH, GUIDANCE, AND FORGIVENESS EACH DAY

Strength is of no value without the wisdom to use it properly. We all misuse our strength or power and need forgiveness when we do so.

21. BUILD YOUR OWN ARMY.

Keep a low profile when you do this. Don't be obvious. Give something without expecting something in return.

A hamburger feast, Wolfdog Festival, or some other event to show appreciation to those who support the program and kids.

Daily acts of kindness and doing the right thing are the key to building a loyal army.

22. YOU MAKE ENEMIES MUCH FASTER THAN YOU MAKE FRIENDS IN COACHING (Abe Lemmons)

23. KEEP YOUR FRIEND CLOSE TO YOU AND YOUR ENEMIES MUCH CLOSER (The Godfather Movie)

24. WHO IS WORKING FOR YOU WHEN YOU ARE NOT THERE (Tommy Smith)

Who is helping you with the recruit you are trying to get in some far away town, in the local barber shop when fans criticize you, at the dinner table when parents are ripping the coach in front of their child, etc.

25. I NEVER ALLOWED MYSELF, MY STAFF, OR OUR PLAYERS TO GET SATISFIED (John Wooden)

There is always something that can be done better.

26. THE LEAST USED RESOURCE IN THE UNITED STATES IS TEAMWORK

27. THE SADDEST DAY OF YOUR LIFE WILL BE THE DAY YOU FIND THAT YOU ARE NO LONGER PRODUCTIVE

28. HELP THE HELPER

Encourage the encourager. Credit those who sacrifice of themselves for the good of teammates, team, and program.

29. READ EACH DAY

Go to our website. www.coachmeyer.com Go to the Coaches Corner and punch the Must Read Books Section to find our favorite five. The Wooden Book, Tuesdays with Morrie, Make the Big Time Where You Are, First Things First, and The Art of Living.

30. WATCH TAPE EACH DAY, TAPE THE TEAMS OR PROGRAMS THAT PLAY THE WAY YOU

DO OR WOULD LIKE TO,
HAVE A FEW GOOD "IDEA PEOPLE"

31. HAVE A THOUGHTS AND NOTES JOURNAL THAT YOU KEEP JUST FOR YOU (Dick Bennett)

32. ADD VALUE TO YOUR LIFE AND THE LIVES OF OTHERS YOU TOUCH AND YOU WILL BE INVALUABLE (John Maxwell)

33. PEOPLE DO NOT PAY FOR "AVERAGE" (John Maxwell)

Great people do not want to be average, associate with average ideas, or put out anything average with their name on it.

Have something you do that is great to get employers, players, coaches interested in you.

34. LEARN WHO YOU ARE AND WHAT YOUR GAME IS (Rick Majerus)

35. PICK BATTLES BIG ENOUGH TO FIGHT AND SMALL ENOUGH TO WIN

36. DON'T WRESTLE WITH A PIG BECAUSE YOU BOTH GET MUDDY AND THE PIG LIKES IT (My uncle on administrators)

37. SOMETIMES A GOOD ENEMY IS BETTER THAN A GOOD FRIEND

38. GET UP FOR EACH GAME

UP= Sense of URGENCY and sense of PURPOSE

39. DO NOT LET YOUR ASSISTANTS GET YOU FIRED

40. SPEND INFORMAL TIME WITH YOUR COACHES AND PLAYERS

Meals, trips, games to watch, retreats, and spontaneous times where they see you as a person and not just a coach.

Many times your best teaching will take place in these settings.

41. HAVE YOUR PLAYERS SIGN IN DAILY AT YOUR OFFICE

They see you and you see them each day. Messages, information, mail, etc. can be given at this time.

They have time with each other if your office arrangement permits.

Our seniors sign in until they graduate.

We are responsible for them until they graduate and often find ourselves responsible for them long after that.

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42. HAVE A GOOD "MOLE" TO PROVIDE YOU WITH INFORMATION OR RECONNAISSNCE
The military calls it G2. Even in the Bible "good spies" we sent ahead to get valuable information.
43. USE ONE MINUTE ASSESSMENTS
One thing YOU did well and why.
One thing WE can do better and how.
44. TEACH, TEACH, TEACH
You better have good practices. (Al McGuire)
45. GREATEST STRENGTH; GREATEST WEAKNESS
If you only rely on your strength, it will eventually become your weakness. Strive to be a total package coach.
46. TO WIN CHAMPIONSHIPS YOU HAVE TO OBSESSED ABOUT THE FUNDAMENTALS
(Joe Gibbs)
47. IT IS NOT WHAT YOU TEACH, IT IS WHAT YOU EMPHASIZE
We all teach the fundamentals of the lay-up. When a player misses a lay-up and has to do five push-ups or makes a lay-up but the ball touches the rim and has to do three push-ups, THAT IS EMPHASIS.
48. FOR EVERY 100 WHO CAN HAND FAILURE, THERE IS BUT ONE WHO CAN HANDLE SUCCESS
49. YOUR CHARACTER OR LACK OF CHARACTER WILL DETERMINE WHETHER OR NOT YOU ARE A CREDIBLE COACH
(Jeff Janssen)
50. THE ONLY THING THAT CAN KEEP US SAFE IS HUMILITY