

Centerville Basketball

2023 Hustle Coaches Meeting

Our Vision ...

To inspire players to **strive for
excellence over success**

Coaching Philosophy

Empower our players

Instill self-discipline, which when combined with a passion for the game provides the foundation for greatness

Coaching Philosophy - continued

Prepare them to play without us

Teach them HOW to play

Eliminate looking over at the bench for next play or approval

Coaching Philosophy - continued

Embrace Adversity

Teach them to appreciate adversity

So What Now What - No excuses - Controllables

Beliefs → Values → Behaviors

Fight Ready → TOUGH → Positive body language

Steal Inches → PASSIONATE → Choose extra work

Don't Flinch → UNIFIED → Speak & Act with urgency

Show Love → THANKFUL → Touches

Process ... NOT a Destination

“Mountains are the means, the man is the end. The goal is not to reach the top of the mountains, but to improve the man.”

Aron Ralston - Between a Rock & a Hard Place / 127 Hours

Building the Team

- 1. Developing Trust**
- 2. Applying Core Values & Coaching from the Positive**
- 3. Deliberate Practices**
- 4. Others Centered**
- 5. No Excuses**

Developing Trust

- **Personal Histories**
- **Strengths & Weaknesses**
- **Your 68**

Applying Core Values & Coaching from the Positive

Drill Examples

- **Scramble Passing**
- **Pass & Cut - Layer 1**
- **4 on 4 Shell**

Scramble Passing

Core Values

Toughness → **Attention to Details**

- “How **TOUGH** can we be?”

Positive

- “I love the way ...”



Pass & Cut - Layer 1

Core Values

Unified → willingness to communicate

- “Show how much we care for each other by saying ‘good pass’ and ‘good shot’

Positive

- “This group is even calling each other’s names.”



4 on 4 Shell

Core Values

Passionate → high energy

- “Let’s be locked in and guarding with as much energy as we can for 45 sec!”

Positive

- “I see ___ bouncing in their stance, ready to make the next play.”



Deliberate Practices

Daily Goals

- **I will have positive body language, no matter what**
- **I will give at least 30 high fives today**
- **I will use my left hand on all passes and layups on the left side**
- **I will cut hard on every cut I make**
- **I will talk constantly on every defensive possession**

Others Centered

Moments of Greatness

Grateful Circle

Debriefs

***Post-practice/game teammate shares**

No Excuses

Any excuse for non-performance, however valid, softens the character. It is a sedative against one's own conscience. When a man uses an excuse, he attempts to convince both himself and others that unsatisfactory performance is somehow acceptable. He is, perhaps unconsciously, attempting to divert attention from performance; the only thing that counts is his own want for sympathy. The user is dishonest with himself as well as with others.

No matter how good or how valid, the excuse never changes performance.

No man ever performed a worthwhile task without consciously ignoring many a plausible excuse.

To use an excuse is a habit. We cannot have both the performance habit and the excuse habit. We all have a supply of excuses. The more we use them the lower become our standards, the poorer our performance. The better we perform, the less plausible our excuses become.

Notice the startling effect this will have on your own self-respect. You will have recognized your failure. You will have been honest with yourself. You will be a better man for it.

We will be a better TEAM!

The Website

www.centervillebasketball.com

Practices / Questions

- **Email or call/text me - 937.244.2590 or go through Ryan**
 - **HS players & coaches will attend some games**
- **Come to practice - www.centervillebasketball.com**
< High School

Thank You!

ChopChop!!