

The Basketball Coach's Game Plan for Leadership

Table of Contents

Section I: Fast Break Points – First Half

1. * Coach Implements Wooden Principles, * 'The Psyche' Pre-Game Ritual, * End Practice on a High Note, * 15 Core Values of USA Basketball, * Coaching Wisdom from Gail Goestenkors, * John Calipari Lets Shy Player Take Over Practice, * Eric Musselman on Motivation, * Bobby Hurley on Fantastic Finish, * Coach Dale's Motivation Speech, * Geno Auriemma's Tough Practices, * Coach K on Learning from Losses, * Pro Teams Embrace Technology, * Slowing Down a Force, * Pat Riley on Working Through Tough Times, * Rick Pitino's Pre-game Speech, * Billy Donovan on Video Motivation, * Bill Self on Final 4 Preparations, * Nate Macmillan's 3 C's of Timeouts, * Two Lessons from Coach K, * John Wooden's 10 Practice Reminders

Section II: Competition Tested Basketball Coaching Methods

2. SWAG Propels Gators to Final 4
3. Tom Crean on the Role of Assistant Coaches
4. Ben Howland's Defense First Philosophy
5. Anatomy of College Basketball's Greatest Upset
6. Denny Crum On Lessons Working with John Wooden
7. Bill Self Final 4 Pre-game Speech
8. Billy Donovan on Trying to Repeat a Championship
9. The Villanova Clutch Mind-set
10. Betsy Blose on Building Women's Team Unity
11. Rick Pitino on the Precious Present
12. Villanova Bans Cell Phones During Tournaments
13. The Core Tenants of Loyola Basketball
14. Rick Pitino's Five Components of Success
15. Coaching Greatness Examples from Legends

Section III: Practice Techniques that Get Results (Includes Special Section on Improved Free Throw Shooting)

16. 7 Practice Planning Questions
17. Use Contracts to Improve Practice Commitment
18. Push Superior Players with Tougher Drills
19. Vary Practice Drills to Keep Things Fresh
20. Structure Practice to Meet Athlete Motives
21. Pete Newell's Tactic to Change Practice Intensity
22. 8 Rules for More Effective Communication

23. Player Post Game Evaluations Improve Performance
24. Wooden's 8 Keys to Run a Great Practice
- 25.12 Question Practice Organization Checklist
26. Preparing a Team for the Play-offs

Bonus Practice Session: Improving Free Throws

27. UCONN Free Throw Training Exercise
28. Wooden's Free Throw Analysis
29. Mark Price on 13 Steps to Improve Free Throws
30. Bobby Knight on Free throws and Time-outs
31. The Best Mental Approach to Free Throws

Chapter 4: Interviews and Profiles of Coaching Legends

32. Bob McKillop on Motivation and Recovering from Failure
33. Buzz Williams on Connecting with Players
34. Homer Drew on His Greatest Coaching Job
35. Chris Beard on Having a "Street Dog" Mentality
36. Red Auerbach: Architect of 16 championships
37. Gregg Popovich: Managing an NBA Team with Excellence
38. Jay Wright: Straight Shooter Leads Villanova to Greatness
39. John Wooden's Coaching Philosophy
41. Coach K on Essentials of Team Unity
42. Billy Donovan on Individual and Team Motivation
43. Pat Summitt: Deep Dive into Coaching Methods
43. Gail Goestenkors: Coaching Psychology for a Successful Program
44. Pat Riley on Building an Enduring Championship Culture

Chapter 5: Motivation and Coaching Psychology

45. 25 Ways to Say "Well Done" to An Athlete
46. Two Coaches on the Psychology of a Big Comeback
47. Concentration, Key Words and the Attentional Field
48. Keep a Winning Attitude During a Losing Season
49. Control Eyes and Ears for Better Performance
50. 20 True/False Statements to Determine if an Athlete is In a Slump
51. Case Study: Sport Psychologist Works to Improve Basketball Program
52. Pushing Through Training Barriers
53. How Athletes Can Let Go of Mistakes
54. 7 Ways to Deal with Competitive Distractions
55. Coach K on How Specific Words Motivate
56. Three Strategies to Increase Motivation
57. Four Areas to Address to Help Athletes Break Out of Slumps
58. Six Ways to Come Through in the Clutch

Chapter 6: Best Team Building and Leadership

59. Seven Question Team Building Exercise
60. Four Common Team Captain Mistakes
61. 10 Responsibilities of a Team Captain
62. Coach K on Creating a Respect Culture/Goal Mistakes
63. Wooden's Seven Leadership Principles
64. Three Steps to Energize the Team Mission
65. Wooden's 18 Character Qualities for Coaches
66. Golden State Team Building Dinners
67. Develop Loyalty on a Coaching Staff
68. Golden State Uses Humor to Bond
69. 20 Tips for Leading Generation Z
70. Eight Ways to Improve the Performance of Asst. Coaches
71. Common Leadership Communication Mistakes
72. How College Basketball Programs Build Team Trust
73. Building a Culture of Leadership
74. Phil Jackson's Team First Philosophy
75. Military Leadership for Athletic Teams

Section VII: Fast Break Points – Second Half

76. * Practice Priority Exercise, *Peer Motivation Wall, * Recognize Team Spirit Award, * Women Toughen Up Practicing with Men, * Punish the Group for Bad Behavior, * Reinforce the Team Vision, 3 Point Goggles Power Up Shooters, * Boost Team Egos with Awards Displays, * Wooden's 10 Never Reminders for Players, *Control the Team Meeting Dissenter, * Kemba Walker's Dance Training Secret, * Performance Coach Tim Grover on Injuries and Luck, * Three Tips for Teams Who Miss a Goal, * Coaching Wisdom from the Movie Hoosiers, * Hoop Dreams Movie Inspires, * High School Coach Uses Off-beat Method to Keep Athletes Engaged, * PHD Motto Leads to Success, * Mavericks Secret Weapon During NBA Finals, * Wooden and the Power of the Bench, * Wooden on Praise and Criticism.