

## **76. Fast Break Points (Second Half)**

### **■ End Practice on a High Note**

Two time national coach of the year Charles “Chuck” Kyle used the following strategy to end his practices on a high note. He created a ten second tradition where time was set aside at the end of every practice for each player to visualize himself correcting an error he had made in that day’s practice. The goal was for each athlete to leave the practice with a positive image of himself performing successfully

### **■ Rick Pitino’s Best Pre-Game Speech**

Immediately before the Sweet 16 game against Michigan State, college basketball Rick Pitino coach addressed his team in the locker room. The message was simple but effective.

He asked his team to think about the many people in the audience who had never seen Louisville play basketball before: “What kind of impression will you leave those people – from the first moment when you walk out of the locker to the final whistle? Will they say, “That team worked as hard as any I’ve ever seen. They maxed out every possession on both sides of the floor.” You make them say that tonight and you are 1 game from the Final 4.” Louisville won and then beat Florida the next week to advance to the Final 4.

### **■ Coach K Teaches Bobby Hurley a Lesson**

Former All-American Bobby Hurley had been in a slump for four games in a row. Coach K had a sit down one to one meeting with Hurley. Instead of giving him a lecture or a pep talk, Coach K showed him a five minute tape of Hurley reacting to his own mistakes. There on video was Hurley pouting, whining, pointing fingers and dropping his head.

When it was over Coach K said quietly, “Bobby, is that the message you want to send your teammates?” From that moment on, Hurley became one of the best point guards in the country.

### **■ Peer Motivation Wall**

Have an area in your team meeting space or locker room set where players can place hand written notes praising and thanking their teammates for jobs well done.

Simply have a bulletin board where the notes can be posted. A good spot would be next to a door on the way out of the meeting or training room at eye level.

*Danger:* Obviously you want to monitor the wall so that snide or disparaging remarks aren’t posted. However, a few humorous notes are acceptable, but keep most of the content related to practice or game remarks.

*Example:* Sally was really unselfish today. She gave up several open shot opportunities and set up two easy baskets instead.

## ■ ‘The Psych’ Pre-Game Ritual

One coach uses her athlete profiles to pair two players together and have them tell a pre-game story called “the Psych.” Throughout the season, two players must come up with a brief story to tell their teammates in the locker before games. The talks can come in the form of a poem, personal thought, or a prop that represents the message.

## ■ Punish the Group for Bad Behavior

Do you have a discipline problem that can’t get solved? When one player has a repeat offense, try this method to make sure it doesn’t happen again: punish the entire team for the player’s discretions. Make them all run, pick up garbage or some other form of punishment to get the message across that off the field conduct detrimental to the team won’t be tolerated.

## ■ Reinforce Team Vision

You can compel your players to dream big by asking them “vision” questions that will force them to articulate emotions, desires and dreams – which leads to behavior changes.

*Examples:* • “If we could eliminate one problem on the team, what would it be? What effect would it have?”

- “Picture where you want to see the team finish the season three months from now. What has to happen (other than wins and losses) to make you feel satisfied with our progress?”
- “If you could stop doing one practice drill, what would it be? What would you replace the drill with to make you and team better?”

You just read 7 examples from the Fast Break Points section. You’ll get dozens more great ideas when you purchase the book “*The Basketball Coach’s Game Plan for Leadership.*”