

**RANDOM THOUGHTS AND
OBSERVATIONS:**

YOU CAN HAVE A GREAT PURSUIT AND
JOURNEY-ENDING MIGHT BE
MISERABLE. AT LEAST THE PURSUIT
WAS FUN.

LOOK FOR OPPORTUNITIES WHERE
OTHERS DON'T SEE THEY EXIST

SOMETIMES THE BEST YOU CAN DO IS
MAKE A DENT WHERE YOU ARE

BE RELENTLESSLY PATIENT IN WHAT
YOU BELIEVE IN

WHEN YOU HAVE A CORE BELIEF IN
WHAT YOU WANT, DECISION MAKING IS
EASIER.

HAVING A PURPOSE OR BASE ALLOWS
YOU TO MAKE BETTER DECISIONS.
ALLOWS YOU TO SEE A BIGGER
PICTURE-VISION OF WHAT YOU CAN BE

RECYCLE PAIN TO PURPOSE

PAIN HAS A VOICE

WHAT FILLS YOUR VOID

IF YOU SEE EVERYTHING, YOU
REMEMBER NOTHING

IS WHAT I AM DOING HELPING GET
WHAT I WANT

BE CAREFUL WHEN YOU BLINDLY
FOLLOW THE MASSES. SOMETIMES
THE M IS SILENT

YOUR ACTIONS SPEAK SO LOUD I
CAN'T HEAR YOU

CONTINUOUS ACTION/ PLAYER
YOU NEVER ARRIVE- I GOT IT

PAD LEVEL

CLEAN CATCHES BY THE POST/ SHIELD

FOLLOW INDIVIDUAL MOVES WITH
NEXT LOGICAL PASS

DOWN UP OVER IS A CONTINUOUS
CONCEPT

BIGS NEED MUSCLE STEPS WHEN
BUILDING A WALL. WHEN OFFENSE
CREATES LITTLE ADVANTAGES WITH
SHIMMY OR PIVOT-POST PLAYERS
CAN'T LUNGE OR REACH. SMALL
MUSCLE STEPS TO ADJUST WALL

POST NEEDS AN EXPLOSION STEP TO
GET TO HOME BASE (SHIMMEY HELPS)

**THE LONGER THE DEFENSE CAN SEE
THE BIG GAP, THE EASIER IT IS TO
LOAD UP**

**GETTING YOUR SHOOTING FOOT
DOWN ON THE CATCH IS A ONE ON
ONE MOVE**

BAD PLAYERS SCREW UP GOOD
TEACHING-THEY FORCE YOU TO BE A
GREAT TEACHER INSTEAD

**NOBODYS INDECISIVE IN THE 100
METERS**

DRIVE THE PULL TO GET SOME WING
ACTION

PLAY WITH THE WING (QUICK PITCH/
FILL/ FAT)

DEFENDING SIDELINE TO SIDELINE AND
BASELINE TO BASELINE IS USING ALL
OF THE COURT, BUT WE ARE STILL
MISSING A DIMENSION. FLOOR TO
CEILING—GET THE DEFENSE VERTICAL
(LIFT THE PAD DRILL) STOP SHOT

CHANGE DIRECTION AT THE
ELBOW—CORNER PASS 1 UP

REASON TO ENGAGE IN CONVERSION
WITH OTHERS ABOUT
COACHING/BASKETBALL ISN'T ALWAYS
TO SHARE YOUR KNOWLEDGE, BUT IT
HELPS YOU ADD MORE CLARITY TO
YOUR THOUGHTS AND REASONING.
PLUS, THEY MIGHT KNOW SOMETHING
YOU DON'T

SOMETHING YOU SAID, WHILE
CORRECT, DID NOT RESONATE WITH
YOUR AUDIENCE.

**GOAL IS TO CREATE CLARITY SO WE
CAN PLAY TOGETHER BETTER.**

**IT'S NOT ABOUT ONE ACTION FOR ONE
PERSON. ITS MULTIPLE ACTIONS FOR
MULTIPLE PEOPLE**

FIRST OPEN MAN—CONTINUOUS
ACTION

PARTNERSHIPS IN SPACING RELATIVE
TO THE BALL (WE ARE IN THIS
TOGETHER)

**SPACE FOR EACH OTHER
NOT ALL SPACE IS THE SAME—SINGLES
AND DOUBLES**

NOTHING STOPS THE BALL

**DIFFERENCE BETWEEN PLAYING FAST
AND SHOOTING FAST**

THIS FEELS LIKE WE ARE MAKING
MUSIC

DON'T TEACH DISPOSABLE SKILLS

JARED NELSON:

**SIMPLE ACTIONS EXECUTED WELL BY
CONFIDENT PLAYERS**

MARGARITAS ON A BEACH VS.
MUNDANE THINGS —NOT EASY
MAKE MUNDANE SPECIAL—
RIPPLING EFFECT. FOOTWORK, STOP
SHOT, TUCK COULD BE CONSIDERED
MUNDANE THINGS. THEY TOO HAVE A
RIPPLING EFFECT ON OFFENSE

PHYSICALITY OF GUARDS—SHADOWS
AND FINGERS CAUSE CHANGE OF
DIRECTION AND STEPBACKS

TEACH IN A LOGICAL PROGRESSION
THE WAY A PLAYER WOULD SEE THE
GAME:

1. DRIVE TO SCORE (FOOT IN
CIRCLE)
2. PULL (SECOND CUT)
3. SKIPBACK
4. CAN'T GET INTO CIRCLE
BARKLEY/NASH DRIBBLE OUT
5. SLOT
6. BALL SIDE

TEACH BEHIND ANKLES PULLBACK

(NUMBER OF PASSES PER
POSSESSION WAS HIGHER)

1. FILL TO HIGH POST FLASH (GIVE
AND GO)
2. HOLD THE THROW DOWNS
3. CENTER WAS T GAME
4. SNAPPED BACK A LOT FOR POST
PLAY
5. P-HIGH

CREATING ORDER WITHIN THE CHAOS
IN THE PAINT

HOW YOU ARE ASKED TO PLAY
AFFECTS HOW GOOD YOU CAN
BECOME

RELENTLESSLY PATIENT

KEEP THE MAIN THING THE MAIN THING

KNOWLEDGE IS QUICKNESS

LEARN FROM THE MISTAKES OF
OTHERS—NOT ENOUGH TIME TO MAKE
THEM YOURSELF

OY OF CREATION

SOFT BIGOTRY OF LOW EXPECTATIONS

WE HAVE MORE OFFENSE THAN WE
NEED

DON'T WANT TO RUN MORE OFFENSE
THAN WE HAVE TO

OFTEN WRONG BUT NEVER IN DOUBT

GET TO THE MATCH UP AS FAST AS
POSSIBLE

DON'T DO IT BY DEFAULT—DO IT BY
DESIGN

WITHIN THE STRUCTURE IS FREEDOM

DO SIMPLE BETTER

BACK-CUTS OPEN THE PLAYER BEHIND
YOU

DO TODAY WELL

THE MONOTONY OF EXCELLENCE

EXECUTE SIMPLICITY AT A HIGH RATE
OF SPEED

DEFENSE—PROPER HELP DECISIONS

YOU CAN WIN THE HIGHLIGHT, BUT WE
ARE GOING TO WIN THE GAME

CLEAR MIND AND FRESH LEGS

THE TRICK IS IMPOSSIBLE UNTIL IT
ISN'T

MOST MURDERS ARE COMMITTED BY
PEOPLE YOU KNOW—IF YOU HAVE LESS
FRIENDS, LESS CHANCE OF BEING
MURDERED

IT'S NOT WHAT YOU TEACH, IT'S WHAT
YOU EMPHASIZE

IF YOU ARE ALWAYS RIGHT, YOUR
DOING SOMETHING WRONG

GETTING DISTRACTED CHASING ICE
CREAM TRUCKS
SNOW GLOBE

SPACE TO PERFECTION—THEN SECOND
CUT

INSIDE OUT BOUNCE PASS IS SIMILAR
TO RUNNING PRINCETON

BACKWARDS—CREATES BLIND
CLOSEOUTS

IF YOU CAN'T FEEL THE MUSIC, YOUR NOTHING BUT A STEP COUNTER

IF THE PRODUCT IS FREE, YOU ARE THE PRODUCT

80% OF PEOPLE DON'T CARE ABOUT YOUR PROBLEMS--THE OTHER 20% ARE GLAD YOU HAVE THEM

WHAT DO YOU WANT? WHAT KIND OF MAN DO YOU WANT TO BE?

IS YOUR LIFE APPEALING?

WISDOM IS ETERNAL--ITS BASED ON HUMAN NATURE WHICH HASN'T CHANGED SINCE THE BEGINNING OF TIME. THE GREATEST BOOK OF ALL TIME DID NOT HAVE FOOTNOTES. SCIENCE IS TEMPORARY AND IT IS ALWAYS CHANGING

ORGANIZE THE OBVIOUS

HOPEFULLY YOU'RE THE FIRST PERSON IN THE WORLD TO LIE DOWN WITH DOGS AND NOT END UP WITH FLEAS

SOMETIMES IT'S NOT ABOUT THE SKILL--ITS WHEN TO USE IT

FATE WHISPERS TO THE WARRIOR A STORM IS COMING. THE WARRIOR SAYS I AM THE STORM

LIGHT IS STRONGER THAN DARKNESS

TAKE AN EXISTING IDEA AND MAKE IT BETTER

DON'T OUTSOURCE CONFRONTATION

IF YOU ARE TRYING TO GET ELECTED, YOU BECOME A MAN OF NO PRINCIPLE

WORKING HARD BUT NOT COMPETITIVE--WASTING YOUR TIME

COMPETITIVE STAMINA

PUTTING A STAFF TOGETHER IS LIKE PUTTING TOGETHER A BAND--NEED BASE, DRUMMER, GUITAR

FREEDOM WITHIN THE FRAMEWORK

THE FBI DOESN'T LOOK IN THE PHONEBOOK THEN COME UP WITH A PROFILE

YOU DON'T DIE FALLING INTO THE RIVER. YOU DIE BY STAYING SUBMERGED

THE BIGGEST MISTAKE IN SPORTS ISNT COMING UP WITH SOLUTIONS--ITS IDENTIFYING THE PROBLEM

IDENTIFYING THE PROBLEM CORRECTLY ALLOWS YOU TO FIND THE PROPER SOLUTIONS AND THEN USE THE PROPER STATS TO BACK THEM UP

CAN'T UNDERVALUE THE LEARNING EXPERIENCE

CAN'T CHANGE THE PAST, BUT THE PAST CAN CHANGE ME'

POSITIONAL POWER IS THE WEAKEST FORM OF LEADERSHIP

IF YOU WALK INTO A POKER GAME AND YOU DON'T SEE THE CHUMP.--YOU ARE THE CHUMP

NAVY SEALS—JUST GET TO BREAKFAST.
DIGESTIBLE PARTS

SKILL IS THE FOUNDATION OF JOY
HOW DOES YOUR STYLE OF PLAY
ALIGN WITH YOUR VALUES

TOUGHNESS IS A CHOICE AND THE
GAME HONORS TOUGHNESS

SIMPLE BUT NOT EASY

WIDE IS EASY, DEEP IS HARD

YOU ARE ON OUR TEAM, BUT IF YOU
TURN IT OVER, YOU ARE ON THEIR
TEAM

YOU CAN DO ANYTHING YOU WANT—
YOU JUST CAN'T DO EVERYTHING

SET YOURSELF UP FOR THE PITCHES
YOU HIT WELL

HAVING TROUBLE LOCATING MY
TALENT

ONE HAND ON THE BALL, ONE HAND IN
THE PASSING LANE

BREAKTHROUGHS TEND TO BE
EVOLUTIONARY RATHER THAN
REVOLUTIONARY

YOU CAN HAVE A SERIES OF
SUCCESSSES THAT CREATE TUNNEL
VISION

JUST BECAUSE YOU ARE ON A HOT
STREAK DOESN'T MEAN YOU CAN BEAT
THE HOUSE

NOBODY WANTS TO MEET A SKUNK AT
A PICNIC

INSIDE INEFFICIENCY IS MORE
DANGEROUS THAN OUTSIDE
COMPETITION

THE ACT OF WRITING YOUR FEARS
DOWN ON PAPER DOES AN AMAZING
THING INTO LETTING THEM GO

YOUR GOAL IS TO FIND OUT WHAT IS
RIGHT, NOT TO BE RIGHT

BE CURIOUS ABOUT TOMORROW

YOU CAN'T TUG AT A PLANT TO GET IT
TO GROW FASTER

I BELIEVE IN YOU—POWERFUL

HOW DO WE MAKE OUR PLAYERS FEEL
WHEN THEY WALK INTO THE GYM?

LET YOUR VALUES BE THE BAD GUY

PLAYERS BRING THE PRACTICE PLAN
TO LIFE

HAS TO BE AN ORDER TO THE
IMPORTANCE OF THINGS IN YOUR
PROGRAM

NOT EVERY PLAYER IS PLAYING FOR
THE SAME REASON

YOU HAVE A BRILLIANT WAY OF SAYING
NOTHING AT ALL

IT'S NOT LOST—WE JUST LOSE SIGHT
ALONG THE WAY

SOMETIMES WE PLAY OUR BEST HAND
BUT THE JOKER IS WILD

COMMUNICATED KNOWLEDGE VS
REVEALED KNOWLEDGE

**LIFE IS A GAME OF INCOMPLETE
INFORMATION**

PICK YOUR BATTLES, DON'T LET THEM
PICK YOU

GROW SOME ORANGES

YOU DON'T FIX A FLAT TIRE BY
CHANGING THE DRIVER

THAT'S US, THAT'S NOT US

CHARACTER ISSUES VS MATURITY
ISSUES

INTENTIONAL AND DEMANDING

BASKETBALL IS NOT A VERBAL CUE
GAME—ITS VISUAL

**DON'T BE IN SUCH A RUSH TO USE
YOUR SKILLS THAT YOU CAN'T READ
THE SITUATION**

ROLL WITH YOUR FACE

WHAT YOU HAVE VS WHAT YOU
NEED—FIGURE OUT HOW TO CLOSE
THE GAP

BASKING IN THE RADIANCE OF JOY

AT MY FUNERAL, WANT 2 THINGS: MY
WIFE DOESNT START DATING UNTIL
AFTER I AM DEAD. MY FAMILY KNEW
THAT I LOVED TO COACH

WORK ETHIC DEVALUED

JUST BECAUSE SOMETHING WORKS,
DOESNT MEAN ITS EFFECTIVE

JUST BECAUSE YOU HAVE BEEN
MOVED UP TO FIRST CHAIR—DOESN'T
MEAN YOU CAN COMPOSE A
SYMPHONY

**PROTECT YOUR SKILLS WITHOUT
STRANGLING THEM**

TETHERED GOAT

CLEANER THAN A NUNS BROWSER
HISTORY

CLEANER THAN DORIS DAY'S
GREATEST HITS

STICKY WICKET

NEED ONE ADULT TO BE CRAZY ABOUT
YOUR KID

DODGE RAINDROPS AND NEVER GET
WET

LEAVE NOTHING TO FATE, BUT
PERFECTLY COMFORTABLE WITH
CHAOS—IF IT HAPPENS, PROBABLY
MEANT TO BE

BACKBONE BEATS WISHBONE
EVERYTIME

**BIT LIKE A BASS ON A TOP WATER
LURE**

NEVER TOO LATE TO DO THE RIGHT
THING

CLARITY AND CONVICTION

FOLD UP YOUR TENT AND HEAD BACK
TO SARASOTA

YOU HAVE EARNED THE RIGHT TO BE
AFRAID

GRATEFUL PEOPLE DO GOOD

YOU WOULD BE RIGHT IF
STEREOTYPES WERE THE ARBITER OF
TRUTH

NOBODY CARES ABOUT THE FACTS
BECAUSE THEY GET IN THE WAY OF
THEIR CONCLUSIONS

CONFIDENCE IN WHAT IS RIGHT AND
WRONG

**IT'S WHAT WE DO WHILE WE ARE
TRYING TO FIND OUR BEST THAT
COUNTS**

MAKE SURE WHEN YOU ARE TALKING
TO A GROUP WHAT THE BENEFIT FOR
THEM IS GOING TO BE

4 QUESTIONS:

1. WHERE ARE WE GOING
2. HOW ARE WE GOING TO GET
THERE DO YOU HAVE MY BACK,
DO YOU CARE ABOUT ME

HIGH SCHOOL DAYS ARE THE BEST OF
YOUR LIFE—SO FAR

POWER OF YET

CREATE MEMORABLE MOMENTS

NICE BIKE PODCAST

IT'S NOT ABOUT THE BIKE, IT'S ABOUT
THE CONNECTION

TO BE FULLY PRESENT IN THE LIFE OF
OTHERS IS THE GREATEST GIFT WE
CAN GIVE

SEQUENCES AND SCENARIOS

HOW QUICKLY YOU CAN ABSORB
INFORMATION IS A TALENT—ALSO
ACCESS IT

CIRCUS IS IN TOWN AND I HAVE A
RINGSIDE SEAT

LUXURY TO STAND ON HIGHER
GROUND AND CRITIQUE DOWN BELOW

I WAS EITHER SHAPED FOR OR MADE
TO FIT INTO

INTENSITY OF PRESENCE

BE CURIOUS, NOT JUDGEMENTAL

ATHLETIC INSTINCT AND INTELLIGENCE

HOW MUCH SPACE DO YOU NEED

**PLAY THE GAME ON YOUR
TERMS—YOUR PACE**

HUMAN NATURE IS UNIVERSAL

IN SEARCH OF ADVENTURE

FREEDOM TO FOLLOW A MUSE
WITHOUT ANYONE HOVERING OVER

SNOWED CIRCUS CLOWNS

PIGS GET FAT, HOGS GET
SLAUGHTERED

**SCHEMES BREAKDOWN,
FUNDAMENTALS DON'T**

WE WANT EVERYONE TO BE COMPLETE AND CONTINUOUS PLAYERS, BUT NOT EVERYONE IS THERE RIGHT AWAY.

PROTECT PLAYERS WHILE THEY ARE ACQUIRING SKILLS

CONSISTENCY OF FOCUS AND EFFORT

HONOR THOSE WHO CAME BEFORE YOU

CREATE USABLE SPACE

PACE TO MOVEMENT GIVES THE ILLUSION OF COMPLEXITY

GET DEFENDERS PAYING ATTENTION TO THE WRONG THINGS

VIOLATE SPACE, THE OPEN IT-BALL HAS TO SEE IT

RAISE HARD ONS AT HALF OF THE CEMETERY

ALWAYS AT THE SERVICE OF THE SONG

YOU CAN'T JUST RELY ON INSTINCTS-HAVE TO DEVELOP YOUR CRAFT TO STAND TEST OF TIME

SHOW PEOPLE WHAT YOU CAN DO, DON'T NEED TO TELL THEM

ALWAYS SHADOW BOXING WITH YOUR FIRST SUCCESS

YOUR LIMITATION CAN HELP PROPEL YOU INTO A UNIQUE AND FUN STYLE

YOU CAN'T FEATURE EVERYTHING AT ONCE IN A BAND

ALL MUSICIANS GET CAUGHT BETWEEN MAKING RECORDS AND MAKING MUSIC

IF YOU DON'T HAVE A FOUNDATION, YOU ARE JUST RUNNING IN QUICKSAND

LEARN HOW TO LEARN

EVERYONE IS BROKEN. YOU ARE TRYING TO FIND SOMEONE ELSE WHOSE BROKEN PIECES FIT WITH YOURS

THE ABILITY TO MOVE FROM FAILURE TO FAILURE WITHOUT LOSING ENTHUSIASM

BLANK PAGE DARING YOU TO WRITE ON IT

THE FIRST SIDE OF THE FLOOR IS NOT WHERE THE WINS ARE. CREATE MOMENTUM ON SECOND AND THIRD SIDE-PLAYING FAST

NOBODY IS INDECISIVE IN THE 100 METER DASH

GETTING YOUR SHOOTING FOOT DOWN IS YOUR 1-1 MOVE

THE LONGER A DEFENSE CAN SEE THE BIG GAP, THE EASIER IT IS TO LOAD UP

CONSTRUCT THE PICTURE, BUT YOU
DON'T HAVE TO COMPLETE THE
PUZZLE

FAILURE IS INTERESTING

KETCHUP HASN'T REALLY CHANGED

STRUCTURE IS YOUR FRIEND

CULTIVATE SURPRISE WITH TEACHING

UNRAVEL THE STORY IN PIECES

SURPRISE—NO IDEA IT WAS COMING
(SNEAK ATTACK) OR FLIP IT TO
DEVELOPMENT

SUSPENSE—YOU KNOW IT'S COMING
(YET)

FOLLOW YOUR CURIOSITY

FEEL FREE TO GO DOWN RABBIT
HOLES

GATHER AND BE PATIENT

WHEN A CLOWN MOVES TO A PALACE
HE DOESN'T BECOME KING. THE
PALACE BECOMES A CIRCUS

LONGEST DISTANCE BETWEEN 2
POINTS IS A SHORTCUT

PASSIONATE PEOPLE ATTRACT OTHER
PASSIONATE PEOPLE

RUN OFFENSE TO INFINITY. IT'S THE
ACTION AFTER THE ACTION THAT
DETERMINES WINNING AND LOSING

NO SUCH THING AS A BROEN PLAY—IT'S
HOW WE PLAY

BUILD A LIFE, DON'T LIVE ONE

YOUR ACTIONS SPEAK SO LOUD I
CAN'T HEAR YOU

CONTINUOUS ACTION/ PLAYER

YOU NEVER ARRIVE— I GOT IT

PAD LEVEL

CLEAN CATCHES BY THE POST/
SHIELD

FOLLOW INDIVIDUAL MOVES WITH
NEXT LOGICAL PASS DRILLS

DOWN UP OVER IS A CONTINUOUS
CONCEPT

IT'S NOT ABOUT ONE ACTION FOR ONE
PERSON. ITS MULTIPLE ACTIONS FOR
MULTIPLE PEOPLE (TEAM)

DEFENDING SIDELINE TO SIDELINE AND
BASELINE TO BASELINE IS USING ALL
OF THE COURT, BUT WE ARE STILL
MISSING A DIMENSION. FLOOR TO
CEILING—GET THE DEFENSE VERTICAL
(LIFT THE PAD DRILL)

PARTNERSHIPS IN SPACING RELATIVE
TO THE BALL (WE ARE IN THIS
TOGETHER)
SPACE FOR EACH OTHER

NOT ALL SPACE IS THE SAME—SINGLES
AND DOUBLES

NOTHING STOPS THE BALL

GUARDS—SHADOWS AND FINGERS
CAUSE CHANGE OF DIRECTION AND
STEPBACKS

TEACH IN A LOGICAL PROGRESSION
THE WAY A PLAYER WOULD SEE THE
GAME

DIFFERENCE BETWEEN PLAYING FAST
AND SHOOTING FAST

PERFECT CATCH, STOP SHOT, TUCK
HELPS SLOW DOWN THE GAME AND
ALLOWS PLAYERS MORE TIME TO SEE
WHAT IS HAPPENING. WITHOUT IT, YOU
LOOK SPASTIC

**PLAY TO INFINITY. IT'S THE ACTION
AFTER THE INITIAL SCORING ACTIONS
THAT DETERMINE WINS AND LOSSES**

TEACHING SEQUENCE

- ON AIR TECHNIQUE
- SPEED
- HESITATION CHANGE
DIRECTION
- ESCORT
- TEST IT
- LOGICAL NEXT PASS

DEFENSIVE DECISION MAKING—MAKE IT
EASY LIKE OFFENSE

FIRST OPEN MAN
PACE OF PASS GIVES RECEIVER MORE
TIME

DISAGREEMENTS ARE FINE.
DISRESPECT IS NOT

RESEARCH SAYS WE ARE ONLY HAVING
3 MEALS A WEEK WITH OUR LOVED
ONES. THE OTHER DAYS WE ARE
EATING WITH OUR FAMILY

WISDOM HAS BEEN CHASING YOU BUT
YOU HAVE ALWAYS BEEN FASTER

COIN HAS 3 SIDES. HEADS,
TAILS...EDGE. WINNING LOSING
LEARNING. NEED THE EDGE

THIS IS WHAT WE WANT, THIS IS HOW
WE GET THERE

WHAT THE WORLD CELEBRATES IS
DIFFERENT FROM WHAT SPECIAL
TEAMS CELEBRATE

CEO OF MCDONALD'S HIRES ON
SECOND EFFORT/ VALPO PRACTICE

AGE OF MASS INFORMATION—MAYBE
TEACHING DEPTH THROUGH 1 CLIP IS
BETTER

WHAT YOU LEARN AFTER YOU KNOW.

HOW YOU ACT WHILE YOU ARE TRYING
TO GET TO YOUR BEST

**FLOW—IT'S NOT JUST ONE ACTION FOR
ONE PERSON. ITS MULTIPLE ACTIONS
FOR MULTIPLE PEOPLE**

EVERYBODY IS ALWAYS LOOKING FOR
THE NEWEST, LATEST GREATEST. TAKE
A PEEK, BUT DIVE DEEP INTO OLDER
STUFF THAT HAS STOOD THE TEST OF
TIME. DON'T PUT ALL YOUR MARBLES
INTO A MULLET FAD. I GUESS YOU
COULD PUT THE BIBLE IN THAT
CATEGORY...ITS DONE OK FROM A
PUBLISHERS PERSPECTIVE

IF I HAD 60 MINUTES TO SOLVE A
PROBLEM, I WOULD SPEND 55 MINUTES

DEFINING IT AND 5 MINUTES SOLVING
IT—EINSTEIN

1986 THE FEMALE HANDSHAKE HAD
THE PRESSURE OF 98 POUNDS PER
SQUARE INCH (PSI)

1986 98 psi

2016 IT WAS 108psi

1986 MEN 114 psi

2016 MEN 96 psi

**DOES MY TEAMMATE NEED HELP OR
SPACE**

**GETTING YOUR SHOOTING FOOT
DOWN AND TUCKING THE BALL SLOWS
DOWN THE GAME**

TURNING WITH YOUR HEAD FIRST
MAKES THE GYM STAND STILL
(SPOTTING)

GETTING STATIONARY ON THE CATCH
ALLOWS FOR MORE TIME TO SEE

EYES ON THE RIM IS BIGGER THAN
JUST A COACHING POINT

EYE CONTACT TO RESPACE

CONNECTING VS
DISCONNECTED—CAN'T TALK. CAN'T
GET THROUGH. CAN'T PARTICIPATE
WITH OTHERS

1.4 BILLION PEOPLE LIVE IN CHINA. 7
BILLION ON EARTH

1 OUT OF EVERY 5 PEOPLE ARE
CHINESE. STATISTICALLY IF YOU
HAVE 4 KIDS AND EXPECTING A
5TH—PROBABLY GOING TO BE
CHINESE

44 PERCENT OF ALL MARRIAGES END
IN DIVORCE. THAT MEANS THAT THE
OTHER 56 PERCENT END IN DEATH.

JAMES 1 MATURE VS IMMATURE

PLAY STUPID GAMES, GET STUPID
PRIZES

DRIBBLE ATTS NEED TO BE VIOLENT

DOES IT FEEL GOOD VS. DOES IT DO
GOOD. YOUNG PEOPLE HAVEN'T LIVED
LONG ENOUGH TO KNOW IF IT DOES
GOOD, BUT THEY DO KNOW WHAT
FEELS GOOD.

MAKES THEM FEEL GOOD ABOUT
THEMSELVES

NOTHING GUARANTEES THE TRIUMPH
OF EVIL LIKE REFUSING TO FIGHT IT

1 PERCENT BETTER?

1. HOW DO YOU MEASURE IT?

WE HAVE NO REAL WAY TO TANGIBLY MEASURE IF WE IMPROVED BY 1 PERCENT OR NOT. IN MOST CASES THE COACH JUS SUBJECTIVELY DETERMINES IF WE DID OR DIDN'T. BUT THEIR JUDGMENT IS USUALLY DRIVEN BY THEIR OWN EMOTIONS ABOUT EFFORT AND SLOPPINESS. FLAWED MEASUREMENT

2. GETTING BETTER SOMETIMES LOOKS LIKE YOU GOT WORSE

LEARNING IS NOT LINEAR OR EXPONENTIAL. IT'S A PROCESS OF STRUGGLE AND BREAKTHROUGH, CONFUSION AND CLARITY. SOMETIMES WHAT LOOKS LIKE A STEP BACKWARD OR GETTING WORSE IS ACTUALLY THE FIRST STEP IN THE PROCESS OF GETTING BETTER

- INSTEAD OF PUSHING FOR 1 PERCENT BETTER EVERYDAY, PUSH FOR 1 NEW LEARNING EACH DAY
- MORE ATTAINABLE GOAL
- YOU CAN LEARN SOMETHING WHETHER THE RESULTS WERE GOOD OR BAD
- YOU CAN LEARN SOMETHING WHEN YOU TAKE A DAY OFF
- IF YOU'RE LEARNING EVERYDAY YOUR GROWTH WILL COMPOUND OVER TIME.
- DEVELOP THE CAPACITY AND DESIRE TO LEARN

END OF EACH PRACTICE ASK WHAT DID YOU LEARN TODAY

MIGHT A NEW TECHNIQUE

I LEARNED I HAVE A LOT MORE TO LEARN

EVEN NOTHING IS VALUABLE INFO I SHOWED YOU THE FORREST, STOP LOOKING AT THE TREES

HAVE TO HAVE EMPATHY AS A TEACHER

MUST HAVE A BASE IN ORDER TO GET TO YOUR TALENT

POST PLAYERS NEED TO HOLD THEIR FOLLOW THROUGH

POST ALSO NEED A RHYTHM WITH DRIBBLING AND PICKUPS—EXPLOSION

NOT THE WORST THING TO JUST BACK SOMEONE DOWN

4-4 WITH A POST UP GIVES HELPS WITH DECISION MAKING OUT

NEED ONE LAST EXPLOSION STEP WHEN YOU GET TO A POST UP

ADD CONTROL DRIBBLING TO SIDELINE SERIES

DRIBBLE SHIMMEY HELPS GET SEPARATION TO HOMEBASE

OVERS—FAKE PITCHBACKS GIVE YOU A WAY TO STRETCH THE FLOOR UP TOP AND GET GIVE AND GO POST UPS

OFFENSE SHOULD BE RUN OUTSIDE IN, THEN INSIDE OUT

EXCELLENCE LEADS TO SUCCESS EVENTUALLY—BUT YOU DON'T KNOW WHEN

BUT IF NOT...SHADRACH, MESHACH
AND ABEDNEGO/ FAITH

**CAN'T SEPARATE CULTURE FROM
EXECUTION. EXECUTION IS THE
STRONGEST INDICATOR OF CULTURE**

TESTING OF YOUR BELIEFS IS THE
DISCIPLINE OF YOUR ACTIONS

LEARN DEEPLY

WIDE IS EASY, DEEP IS HARD

REPS ARE TOOL FOR BELIEF

DON'T FOLLOW YOUR PASSION--BRING
IT ALONG

**YOUR RESPONSE NEEDS TO BE
GREATER THAN YOUR
CIRCUMSTANCES**

HOW SOMEONE TREATS YOU IS A
REFLECTION OF THEIR OWN
EMOTIONAL HEALTH AND SAYS
EVERYTHING ABOUT THEM AND
NOTHING ABOUT YOU

THE LESS EMOTIONALLY HEALTHY A
PERSON IS, THE MORE THEY
DENIGRATE THE WORLD TO
ACCOMMODATE THEIR OWN
INSECURITIES

LARRY FRIESEN PASSED
AWAY--BRIEF MEMORABLE
MOMENTS. SAD I DIDN'T GET TO
SAY GOODBYE, BUT GRATEFUL I
WAS ABLE TO SAY HELLO MANY
TIMES.

WHO WANTS TO PASS TO A
STREAKY SHOOTER

1. YOU ARE NOT GETTING IT
BACK
2. IF HE IS NOT HOT, YOUR
SCREWED
3. WORK ETHIC
4. CONSISTENCY OF FOCUS
AND EFFORT

TEACHING CHILDREN HOW TO RIDE
A BIKE

GRACE GOLF SWING "LOOK"

POKER TOURNAMENT

2 PRINCE GRAPHITES FOR A
BASKETBALL VHS VIDEOS

TOUGH THING ABOUT ADULTHOOD,
IT STARTS BEFORE YOU EVEN
KNOW IT. YOU ARE USUALLY 10
DECISIONS DOWN THE ROAD--NO
MORE LIFEGUARD

PLEASE/ THANK YOU--GRATEFUL

INVEST IN YOURSELF

EVERYTHING YOU DO
SPEAKS--DOESN'T MATTER WHAT IT
IS. HOW YOU SIT IN YOUR CHAIR,
HOW QUICKLY YOU GET TO SPOTS,
CLASS

YOU CAN GET AWAY WITH IT, BUT
RESPECT AND TRUST WILL BE
ALTERED--COMPROMISED

EVERY LACK OF DISCIPLINE
EFFECTS ANOTHER ONE

DEFINITIONS OF BEST:

1. BE THE BEST
2. DO YOUR BEST
3. GIVE IT YOUR BEST SHOT
(STAY IN THE FIGHT)

IT'S WHAT WE DO WHILE WE ARE
TRYING TO GET TO OUR BEST THAT
MATTERS

CONSEQUENCE COULD
BE PAIN

EITHER CREATING A GOOD HABIT
OR A BAD HABIT

TECHNIQUE THAT EXAGGERATES
GOOD HABITS

**QUALITY OF YOUR SHOT IS
DETERMINED BY THE QUALITY OF
YOUR FOOTWORK**

HABITS OF MOVEMENT MAY HAVE
BECOME TOO LONG
ADD QUICK OFFENSIVE FOOTWORK

**PETE NEWELL: (FATHER OF
FOOTWORK)**

- HABITS ARE CREATED
THROUGH PHYSICAL ACTS
- QUALITY OF YOUR SHOT IS
DETERMINED BY THE
QUALITY OF YOUR
FOOTWORK
- BALANCE IS THE BASIC

BUILDING BLOCK OF
BASKETBALL PERFORMANCE.
WITHOUT GOOD BALANCE,
NO CUT CAN BE MADE
QUICKLY, NO SHOT CAN BE
SHOT QUICKLY, NO JUMP CAN
BE MADE QUICKLY. ABOVE
ALL, BASKETBALL IS A GAME
OF QUICKNESS. IF A PLAYER
IS OFF BALANCE AND NEEDS
BALANCE BEFORE MOVING,
THE RESULT IS HESITATION.
HE WHO HESITATES IS LOST

- WHEN YOU ARE GOING 5-5
YOU ARE COACHING
- 1-1, 2-2, 3-3 YOU ARE

TEACHING

OVER TIME THE GAME CHANGES,
COACHES CHANGE, PLAYERS
CHANGE--BUT...
CORE FUNDAMENTALS STAY THE
SAME

1. BALANCE AND BASE
2. SEQUENCE
3. SCENARIO
4. TEST (SITUATION)

**ONCE PLAYERS LEARN THE
ALPHABET, THEY CAN PUT
VARIOUS**

**COMBINATIONS TOGETHER WHILE
BECOMING RESPONSIBLE 1-1
PLAYERS**

**COMBINING SEQUENCES WITH
SCENARIOS SPEEDS UP BUILDING
TEAM OFFENSE**

INDIVIDUAL SKILLS

LANE IS THE HEARTBEAT--POISE

GAME OF TIME AND SPACE--HELP

SURGEON--SLOW DOWN TIME
TENNIS...COUNT TO 5

GIVE THE BALL OXYGEN

GET TO LOGO--BOUNCE PASS OUT

MULTIPLE GAMES GOING ON AT
ONCE

SPIN DRIVES
FAKE SPIN DRIVES ELBOW BLOCK
THROW DIRECT PASSES
BOUNCE PASS INSIDE OUT

YO-YO BOUNCE DONUT PASS

COMPETE TO GET YOUR FOOT
INSIDE THE SMILE--OUTSIDE LANE,
KEEP YOUR DRIBBLE ALIVE

MUSCLE STEPS ALLOW YOU TO GO
FROM OFF BALANCE TO ON
BALANCE--CONSUME SPACE
USE DEFENDER AS A FULCRUM

INSIDE PIVOT ALLOWS FOR MORE
SPACE

DON'T PICK UP DRIBBLE OUTSIDE
THE PAINT

SLOW READ--STOP SHOT LATER

STICKS GIVE YOU SLOW READ
OPTIONS

HOLD THE FOLLOW THRU
LAND ON TWO FEET/ 6 BOARDS

DONUT HOLES--STEP THRU
PICK UPS IN PAINT

VARIETY IN PACE OF OFFENSE:

- EARLY ADVANTAGE SCORE
- EARLY HELP PASS DECISIONS
- HEAD FAKE SECONDARY SCORING
- HEADFAKE SECONDARY PASSING OPTIONS
- YO-YO SAFETY

RIGHT HAND RIGHT FOOT/ STEP
BETWEEN LEGS PULLBACK
BETWEEN LEGS CROSS
STICK 3S

CAN DO 32 IN 2 SLIDE 3S

EXTENSIONS AND SKATE

REBOUND CHIN PIVOT

RELOCATION BY BIG MORE SPACE
KICKBACK BOUNCE PASS 1 DOWN
SHOOTING

BARKLEY--DONUT YO YO BOUNCE
PASS

INSIDE REVERSE IN POST GIVES
YOU MORE ROOM TO OPERATE
WHEN CATCHING OFF BLOCK
TOWARD BASELINE

PACE OF DRIVE

PACE OF PASS

CHANGE DIRECTIONS VS SWITCH
USE OF BACK DRIBBLE REATTACK
CORE

SMOKE FAKE HANDOFF

DRIBBLE FLIPS INSTEAD OF PITCH
GO BACK TO STAY IN THE CORNER

CULTURE:

- *WHAT YOU DO IS WHO YOU ARE--IF YOU DON'T LIKE WHO YOU ARE, CHANGE WHAT YOU DO.*

OK TO TAKE FROM OTHERS IF YOU
ARE TETHERED TO WHAT YOU
BELIEVE IN--ALISHA HVISTENDAHL

THE PURPOSE OF MEMORY IS NOT
TO REMEMBER THE PAST--IT IS NOT
IT'S TO EXTRACT OUT FROM THE
PAST LESSONS TO STRUCTURE THE
FUTURE

ACT NOBLY IN SPITE OF YOUR
CATASTROPHE

VOLUNTARILY CONFRONT
CHALLENGE

ACTIVE CONTENDER VS PASSIVE
RECIPIENT

**BRUCE SPRINGSTEEN
NOTEBOOKS
E-STREET BAND--MY LETTER TO
YOU**

FLEXIBILITY AND POWER
TOGETHER 45 YEARS
DECADES REFINING

NOT A JOB, IT'S A CALLING

DEBT HE OWES TO THE
CASTILES--PAST

WHAT HAPPENS IN THIS
HOUSE MATTERS--LETS LIGHT
UP THIS HOUSE

TOGETHER HIGHER GROUND
AWAITS

MEET CONFRONT AND
CONFIRM MY DESTINY

GREATEST THRILL IS BEING
BAND

ALL ABOUT THE SONGS

AGE BRINGS
PERSPECTIVE--CLARITY

ONLY SO MANY NIGHTS LEFT

REWARD--BEING HERE

STUMBLE INTO THOSE
MOMENTS FEEL GOD'S HAND
ON YOUR SHOULDER

WESTERN STARS

HOME FOR THE HEART TO
RESIDE

CAR--MOVEMENT, JUST
MOVING

HOW TO LET GO

LOT OF EMPTY BOOTS

**EVERYONE IS BROKEN
BROKEN PIECES FIT WITH
SOMEONE ELSE'S BROKEN
PIECES**

OLDER YOU GET--HEAVIER
THE BURDENS BECOME IF
NOT RESOLVED, SORTED OUT

PAIN CAN FEEL LIKE HOME

DON'T KNOW HOW TO HOLD
ONTO LOVE, BUT YOU KNOW
HOW TO HOLD ON TO HURT

LOVE IS ONE OF THE ONLY
MIRACLES GOD HAS GIVEN
US DAILY PROOF ON EARTH

LOVE IS HERE TO BETTER US,
BUT YOU MUST WORK FOR
ITS BLESSINGS

SOMETIMES OUR FEARS,
INSECURITIES AND OLD
HABITS GET THE BEST OF
THE BEST WITHIN US--THERE
GOES MY MIRACLE

JUST THE RIGHT AMOUNT OF
MISTAKES

THE MUSIC TAKES ON A LIFE
OF ITS OWN

QUESTIONS YOU ASK
YOURSELF GROW DEEPER
AND BETTER

PURSUE BETTER QUESTIONS

THROUGH THE DARK--THAT'S
WHERE THE NEXT MORNING

AFTER BORN TO RUN
DARKNESS OF THE EDGE OF TOWN
DOCUMENTARY
SOUND PICTURES

DESPAIR AND RESILIENCE

REACTION TO LIFE---BE WILLING TO
ASK NEW QUESTIONS

WANTED TO BE GREAT
WENT FROM STRUGGLING TO
SUCCESS--CLOUD OF SUCCESS
REFINE

FOUGHT FOR CONTROL OF HIS
MUSIC--KNEW WHAT TO FIGHT FOR

MOVED INTO ANOTHER MOMENT
EXPERIMENTAL--DOWN SIZE FROM
BORN TO RUN

CINEMATIC LANDSCAPE
HOPEFUL FEEL

SOUND OF RECORD--SOUND
PICTURE
LEANER SOUND

RELENTLESS FEELING
LESS REHEARSING AND MORE
PLAYING

ALTERNATIVE VERSES AND
ENDINGS

SOUND BEFORE THE LYRICS

CHASING SOUNDS IN YOUR HEAD

SO MUCH SONIC RANGE--DRUMS
GUITARS. SOMETHING HAS TO GIVE
GO OUT TO CREATE MAGIC
SONGS WERE EMOTIONAL THREAD
ALWAYS ROOM TO THROW OUT

DISCIPLINE TO SIT ON SONGS

ALIVE NOW--NEVERENDING NOW
GIVE OPINION AND TRY TO
DISCOVER WHAT YOU WANT

JOHN WAYNE SEARCHERS

WHERE ARE YOU GOING TO STAND

HOW DO WE HONOR OUR PAST
LIFE NO LONGER WIDE OPEN
ADULTHOOD COMPROMISE
SOME STUFF YOU CANT OR YOU
WILL LOSE YOURSELF

ARTISTIC INSTINCT ALL YOU HAVE,
BUT YOUR ARTISTIC INTELLIGENCE
HASN'T DEVELOPED--ALL YOU HAVE
HOW DO YOU CARRY YOUR SINS
GAVE INSTRUCTIONS SO PEOPLE
COULD FEEL THE MUSIC--BUILD
SOUND PICTURES

NOTHING EXISTS IN THAT
SPACE...1234--OPEN UP AN ENTIRE
WORLD

VISION OF NOW

NOT DONE UNTIL VISION IS
ADVANCED

BROADWAY
BEAUTY OF A BLANK PAGE DARING
YOU TO WRITE ON IT (THUNDER
ROAD)

TRUST--COURAGE

CLOCK IS TICKING

THINGS YOU CAN HOLD ONTO
WHEN THE STORM COMES--IT WILL
CHAIN OF SINS
GHOST OR ANCESTOR

INTERVIEWS:

DELIVER SOMETHING THAT CAN'T
BE PAID FOR

SOMETIMES YOU HAVE TO
BREAK THE NARRATIVE TO
GET FREEDOM

CERTAIN AGE YOU NEED TO STOP
WAITING TO BECOME THE MAN YOU
WANT TO BE AND YOU NEED TO
BECOME THAT MAN

BORN TO RUN--TIRED? IT GAVE ME
THE KEYS TO THE WORLD LIKE
TONY BENNETT'S --LEFT MY HEART
IN SAN FRAN

FIRST 10-20 YEARS--YOU CAN RUN
FROM IT, BUT YOU ARE NEVER
GOING TO FORGET IT

LIVING IN THE SHADOW OF YOUR
DREAM
EXTENDED ADOLESCENCE

ISOLATION IS ONE OF THE MOST
DANGEROUS THINGS ON EARTH

WHAT HAPPENS WHEN THE THINGS
YOU BELIEVED IN AT 25 DON'T
COME TRUE?

I WAS BARELY SCRAPING BY, BUT
I WAS BARELY SCRAPING BY
PLAYING MUSIC
GREAT SINGER HAS TO BE ABLE TO
INHABIT HIS SONG--MAKE
BELIEVABLE
PERSONIFY WHAT YOU ARE

SINGING ABOUT