

# Teaching & Communication

## *The Coach's Notoriety is Dictated by the Execution of the Coach's Team Under Pressure*

To improve execution focus on all of the following:

1. Ensure your team forms good habits through repetition, repetition, repetition.
2. Focus on Athletic IQ not Academic IQ. Athletic IQ is improved through repetition.
3. Stress persistence – for example, never end a play with a miss in practice.
4. Read the players' eyes to determine their mood cycle and how you should relate to them.
5. You owe it to each player to help them develop two new moves each year.
6. Change your meeting place – never meet two days in a row in the same place. This will help keep players from getting bored.
7. Use tape and film with sound to hold players attention better.
8. During time outs use visuals (like a magnetic board or chalkboard) so that the time out is not entirely verbal. Studies show people retain 81% of what they see for the next 7-10 minutes.
9. You should want players who are high energy, who have a high intellect for what they're doing and who give 100% ... but remember with your players you are going to have to force this out of them. Each player is an individual and you are going to need to use motivation and hard work to get him to reach his best.
10. When teaching something new align the players in an L in a baseline corner so they all can easily see.

## Teaching & Communication Cont.

11. Before practice, form a circle and tell the players what you are going to work on that day and what you expect out of them.
12. After the circle, line players up and talk about why you won or lost the previous night's game. Walk through certain plays and explain why the execution was good or was not good.
13. Be willing to ask players for their opinions.
14. Don't penalize players for mistakes. Recognize the mistake, get the player to admit the mistake, apply constructive criticism and then move on.
15. To help yourself improve, use a questionnaire at the end of each season and go one on one with it with each player. Areas to include on the questionnaire could include: practice, practice time, uniforms, travel, offense, position, offensive philosophy, defensive philosophy and more.