

# ***DON MEYER***

## ***COACHING CLINIC***



DULUTH HIGH SCHOOL  
DULUTH, GA  
SEPTEMBER 11, 2010



# Meyer Clinic - Duluth, GA

9-11-10

- "I will cane you" - What they do in the middle east and get away with it.
- Contact us at [www.coachmeyer.com](http://www.coachmeyer.com) - you have got the use [www](http://www). because that is what Al Gore wants - I guess this is a heavy Democrat area
- James 3:13 - deals with attitude and humility
- The dictionary is the only place where arrogance and stupidity are separated.
- Good is the enemy of great.
- Our job is to humble ourselves, God's job is to exalt us - if we do God's job, he will do our job.
- Must read Anson Dorrance's book - he said to quit going to clinics to get drills, see how great coaches drive their players.
- People who have got "it" - can walk room with their pants unzipped and we wouldn't see it.
- Oswald Chambers - What does God want to do through me today?
- Don't worry this is not going to turn into a revival today, we are not baptizing anyone. Unless you guys are sprinklers.
- **How to Evaluate Players:**
  - *Curled hat* - don't look at me
  - *Semi-curled hat* - I'm busy
  - *Flat hat (Joba Chamberlain)* - Beat me and take my lunch money
- Ultimate fundraiser - buy your players for what they are worth and sell them for what their parents think they are worth.
- If you want to coach you have to take crap - but you still have to do your dang job. Quit bitching and do your job.
- The game was only pure when you first played it - after that it is all about the money.
- It took me 5 years to make Google work, because I kept spelling it Goggle.



- **Best Evaluation of Players:**

- Talent / Mind-Set

- A A - (Derek Jeter)

- A B - (Coach Killers)

- B A - (These make you look smart)

- If LeBron James spent less time dunking and more time shooting maybe he'd win one by himself.

- The Yankees kept Derek Jeter with the veterans instead of the rookies in Spring Training - Mattingly told Jeter, "you better jog it in, because you never know who is watching."

- There are not very many people coaching today for the "Love of the Game"

- When you get out of coaching you will realize how hard you have worked.

- Love what you are doing and quit bitching.

- **If you don't like your assistants:**

- Fire them

- Poison them

- Gut shoot them (if you want them to suffer)

- People who don't complain are the ones who are competing

- ADD players - He's a great balla but can't get it done when his balls are on the line.

- I love some players, but I also hate them.

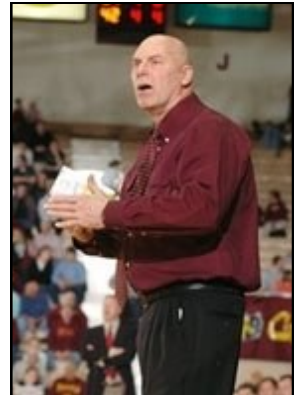
- Greg Maddux - "He's terrible" - He will never win any awards. He was great to watch pitch.

- I don't do the stats, but I can read them. (Coach to a player's dad who was complaining)

- Purposeful Personal Practice - you are never going to be great with a kid who won't do this.

- Get all the good ideas, but can't use them all.

- Cornell Notes - line down left third of page. All the notes on right and only the good stuff on left.



Put the best notes on this side	Notes
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- Beating the System - copy stuff at your school after hours
- 1 minute assessment - 1 thing you did well and why and 1 thing we can do better and why

## Baseline Out of Bounds

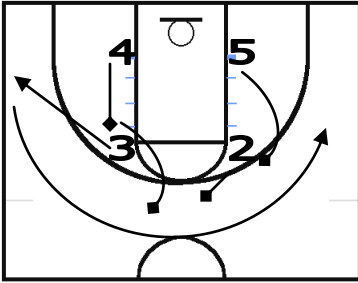
- We try to be simple - use the same alignment so it is difficult to scout
- Always have a decoy guy (principal's son)
- The inbounder is very important
  - Be in triple threat
  - Be off the baseline (see the forest for the trees or however the saying goes I can never remember)
- Al Maguire - showed up to practice 30 minutes late everyday so that no player would ever be late for practice
  - I guess he was doing pre-practice skill work before anyone else.
- Sometimes you do good things and don't even know it, because you are not keeping score
- Always look for the 5 man first
- Look to throw by the ear of the defender sometimes
- Rick Majerus - had about 23 inbounds plays and if they didn't learn them he would punish them by laying them all down and then rolling over them
- Wait, Wait, Wait - it's always better to be a second late than a second early coming off screens
- Emphasize looking for slips on baseline out of bounds
- Anytime the defense goes under screens - throw over the top for a 3
- Rick Majerus - "Know who you are and what your game is"
- You must get separation from your man like Rip Hamilton
- A good coach will see the need and then fill the need





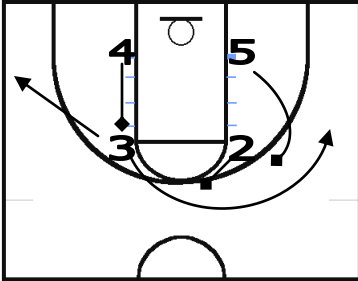
- #3 - 3 Screens - 3 Slips

1 ●



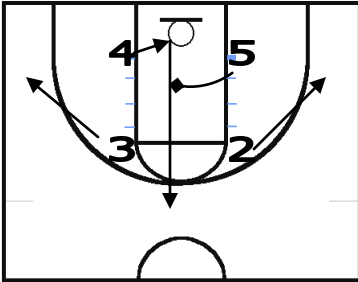
- #4

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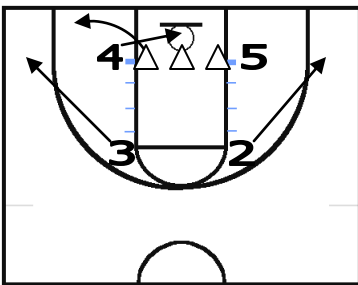
- Lipscomb out of Box set

1 ●



- #5 vs. zone - screen and slip when forward covers the corner

1 ●



- Zone defense vs. BOB - we guard the corners with the guard

- Quickest guard takes the corner
- Longest guard takes the middle

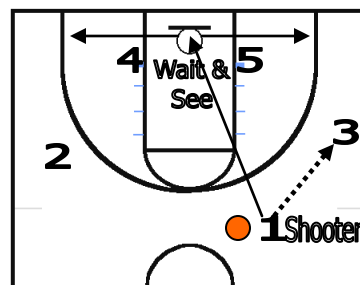
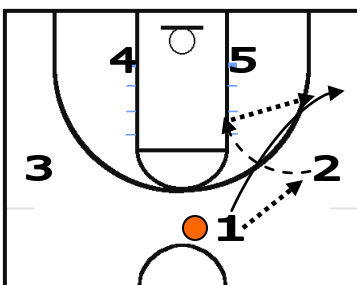


# Zone Attack

- Run vs. zones - especially vs. junk defenses
- I observe how I crap - I'm happy when I'm constipated, if it is diarrhea that means the cancer is active. I have never seen 2 flush the same way.
- Never seen 2 offensive transitions the same way.
- Run after timeouts - they don't know who they are guarding yet

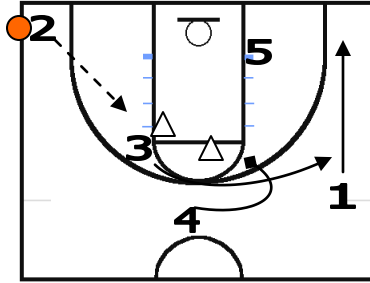
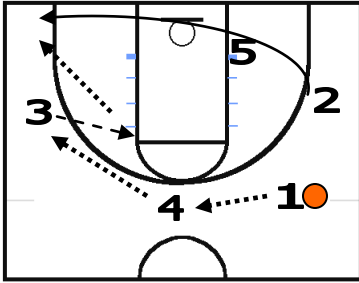
## Zone Concepts:

- Know who is guarding you and where they came from and take them away from their area
- Go inside - no perimeter lapses
  - The zone wants you to take outside shots - so don't take them
- Always keep a passer between 2 shooters
- 2 on 1 weakside rebounding
  - The 5 man must roll to the weakside
- Shot fake and pass fake
- 1 inch shot fake - Keep your game tight
- Short cuts and Basket cuts

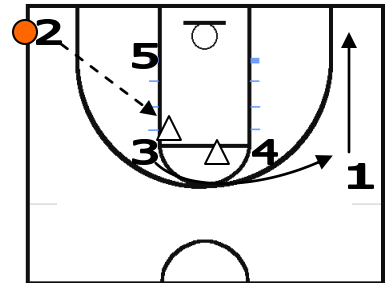
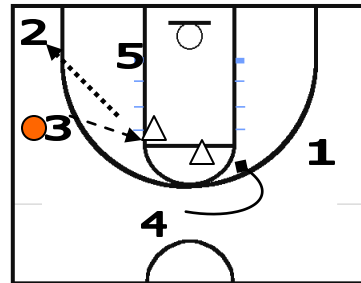
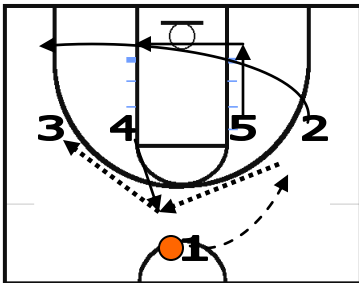


- Cut and Replace
- Screen in weakside of zone
- Screen in middle of zone
- Drive mismatches
- Shoot over bigs (best rebounders) and rebound over smalls (worst rebounders)
- Throw back into 3 or 4 people
- Move into the pocket

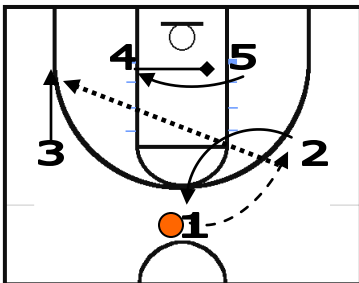
- Zone Secondary



- Zone Secondary - Run from a 1-4 alignment in the half-court

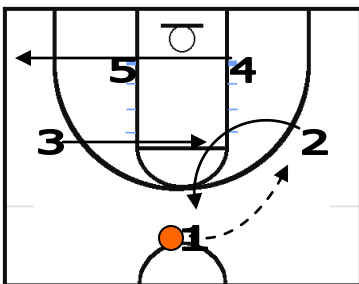


- Loop Skip

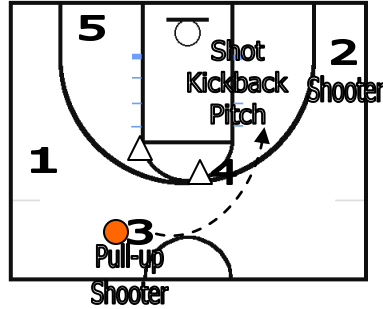
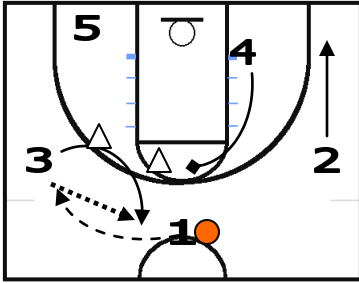


- Loop Flash - if your wings can't shoot

- "Pocket" - the area between the 2 lines of the zone

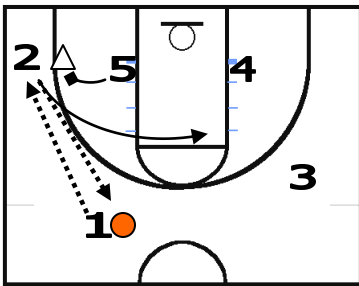


- Pittsburgh - Boeheim said this is the toughest thing to guard for their zone



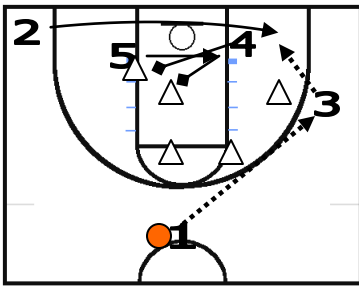
- So So - (Screen out, seal out)

- If the middle man helps up, the 5 will be open - if he stays the pocket is open



- Vanderbilt Double

- Anytime the post seals it is better than a screen because they don't know it is a screen.



- 23 Deep

- 2 out, 3 deep - stretch the zone and you will see the holes in it - whoever wants to flash can flash





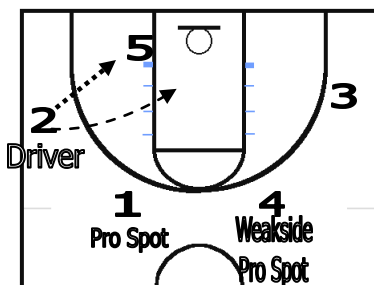
- vs. 1-3-1
  - You can't run plays vs. 1-3-1
  - Get in 4 corners (2-1-2)
  - Attack the weakside rebound
  - Point Guard (right handed usually) should be in the left top spot so he can drive the middle
  - Attack the pocket like busting the pus out of the pimple
  - Ted and Todd Testicles - you have to bust the pocket like they busted the fluid from Ted the testicle the other day.



## Cycle of the Game

- Don't create offense for the other team
- San Antonio Spurs - don't send anyone to the offensive boards
- Michigan State - send 4 to the boards
- You can't send 4 to the boards vs. Roy William's teams
- The Game will humble you.
- You can't measure yourself by how many game you won.
- Win too many games and the football coaches will poison you - Always have a food tester.
- Whoever controls the middle third of the floor usually wins the game.
- 4 things needed to win:
  - Inside
  - Outside
  - Penetration
  - Pull-up game

- Dribble Drive Motion or whatever you call didn't work so much in a nut cutting game.
- I like motion because if we screw up, we all screw up
- Defensively we want to push out of shooting range but don't give up backdoors.
- Lou Holtz - Conservatives are someone who has something to conserve.
- If you try to get into our lane, we will have 5 guys knock you on your butt - they can only call 1 foul
- Take out the best offensive player by going at him on offense
  - Player will get scared
  - Coach will get scared
- I hate the 4th foul Karate chop - "I'm fine, don't sub me."
- Can't let shooters shoot in rhythm
- Ben Howland - Pressure the shot at the release point
- Rebounding - forearm in the chest, butt in the gut
- Sureness - talk your offense
- Balls on the rack - make a turnover and lose a ball, lose them all and run - must strive for competitive situations in practice
- Cut and Space Gagger



- Call things "Pro" and guys will remember it - even if it isn't a pro thing
- Posts - we don't want our posts to score right away with a guy on his back
  - Look to score
  - Look to the pro spot
  - Look to the weakside pro spot
- Always see the biggest part of the floor.

- Jomo - you are an Enigma, that's an enema with a G
- Carmen once gave me an enema, I asked why she was smiling. She said she was thinking of all the people who wish they could be doing this to me.
- I came in one night and reached around Carmen in bed. She said, "oh Don why did you stop?" I said, "I found the remote."
- Dennis Rodman
  - Never shot in warm-ups
  - Took an online course from Madonna in marketing
  - At the Hall of Fame he was the only one who didn't look like human
  - 8 on ACT and was nicknamed "Worm" and he liked it
- You don't screw with the Navy Seals
- Gregg Popovich
  - If he will head butt Tim Duncan, he will head butt anyone
  - He will call a timeout if they give up a fast break layup
- Great football coaches don't make it complicated
  - Woody Hayes - 3 yards and a cloud of dust
- Do your work before you catch the ball
- Drive at the momentum of the defender
- Rick Pitino - "Circle Tight" - gets the momentum going on the drive
- When driving the ball put your body on the body of the defender
- Hit the first open man.
- Nike told LeBron to shape up with the Olympic team
  - He who pays the fiddler, names the tune



- *3 passes = good shot*  
*5 passes = great shot*  
*7 passes = great shot and a foul*
- I like the phrase "put on top twice" instead of "3rd side inside" because it emphasizes getting the ball on top
- *1 bad shot = 1 bad shot*  
*2 bad shots = 1 bad play*  
*3 bad shots = 1 bad coach*
- The only good thing about parents is sperm.
- We artificially inseminate cows in South Dakota - 1 good bull impregnates many cows - "Something we should all think about."
- Post and finish strong at the rim - don't have to be a good post to be a good post
- Bob Knight was good because:
  - He was a teacher
  - He was simple
  - He put players in good position to be successful
  - He was tough on crime
- Bob Hurley - "We have to detox kids when they come out of AAU. We have to reteach them to say 'Yes sir' and 'thank you'."
- Missouri Valley Playbook - email me for this



## Shooting

- Never write me and sign it "Best Swishes" - makes me want to puke.
- 4/5 are the best drills for high school teams - good for both offense and defense
- vs. full-court pressure - go like a bat out of hell toward the middle of the floor at a 45 degree angle
- The sideline and baseline are the two best defenders in basketball.



- "Back Half" - we want to aim the shot at the back of the rim
- Miss long - 80% of all shots are missed short
- Keep it straight - putting in golf
- Arc - get it up
- Hold a high 1 second follow-through
- NCAA study - 25% improvement on free throws when follow-through was held for 1 second
- Land 6 inches closer
- Secret is consistency of Arc - 1 degree of change = 3 inches
- Do 1 thing 50 times instead of 50 things 1 time
- The game must be practiced in the manner and speed of the game
- Joe Paterno - "The role of a coach is to replicate game situations in practice."
- The Penn State president called in Paterno a few years ago to tell him it was time to retire. Paterno told him "I don't think so", and then got up and walked out.
- Jerry Meyer - "Make practices like games and games like practices."
- "Win and Survive" is bullcrap - "Win and Get Better"
- Great teams get better after winning anybody can get better after a loss.
- NCAA study - Offensive Rebounding
  - 1st shot = 30%
  - 2nd shot = 50%
  - 3rd shot = 80%
- Limit who shoots outside shots
- Don't let shotgun shooter shoot from the perimeter
- MLB catchers - they all SUCK! They don't shift, everybody backhands everything. Brian McCann (Duluth HS graduate) is a fat guy who never shifts.
- Strip and Pressure - basket hand rip on the outside of the ball and pressure with other hand.
- Always meet before and after practice - 1 minute assessment

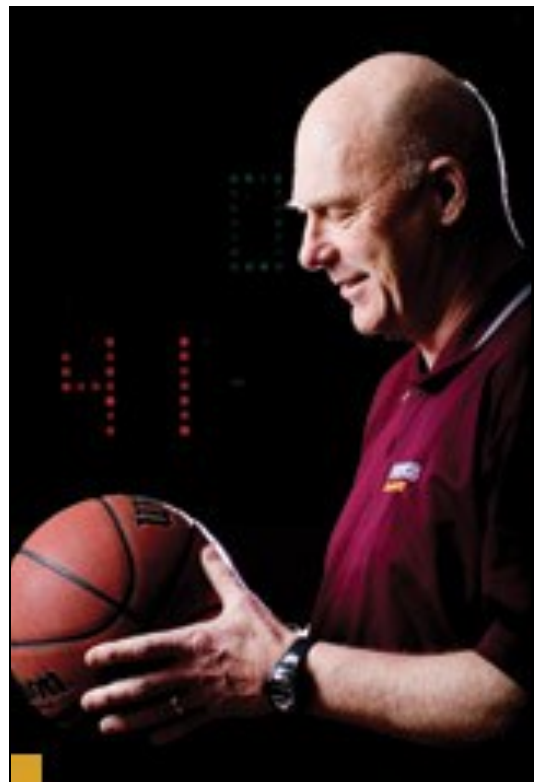


*Don Meyer - Duluth Clinic - 13*

- Things seem to work out best for those who work the hardest.
- Get along with people and maybe they will go along with you.
- Can't cut baseball team at NSU because of gender equity.
- 3 traits of Addicts:
  - Perfectionists
  - Control freak
  - People pleaser
- Summitt is the Wooden and Naismith of Women's basketball. Geno made money but she made Women's basketball.

## Question and Answer

- Rob Lowe and Robert Redford turned down the part of playing Coach in the movie because they didn't want to cut off their left leg.
- Nothing hurts more than being good and then not being able to do it anymore.
- If Carmen dies, I am going to build a log house, get a dog, bury Carmen - in that order.
- vs. 2-3 - baseline runner off screens and pocket flashes
- Zone presses into a zone will steal a lot of practice time from the opponent
- You must be good at running zone if you are going to run zone.
- 4 reasons for playing zone:
  - You can't guard them man
  - They can't attack a zone
  - They have a great post
  - They have great penetrating guards



*Don Meyer - Duluth Clinic - 14*

- Rules for zone press:
  - Got to have a good inbound passer
  - Put your best play maker or handler in the middle of the floor
  - Run baseline if you can
  - Post commits ballside
  - Inbounder trails and protects rim
  - Far wing is deep diagonal



- If you have less talent:
  - Shorten the game
  - Weaken the schedule
  - Update the resume
  - Look for job openings

- I used to get into pillow fights with Tracey Sales. He was a black guy that played for us, he wasn't very smart, he would wear himself out.
- Don't put a lid on the team before the season begins.
- Sometimes your best team doesn't win a state championship.
- I can't stand BUNCO. Carmen will hurt you if you touch her gambling money.
- Coach took off his leg to freak out 2 girls in the front row.
- Dan Hays runs the best fundamental camp in the country right now.
- Coach K is coaching the Olympic team for the right reasons.
- Sometimes bigger is not better.
- Tell people at home you love them every time you leave the house.

## Power Point Presentation

- Your example is not the main thing in influencing others; IT IS THE ONLY THING.
- Insecure arrogance - Alex Rodriguez to a .230 hitter "How is my swing? Does my hair look good?"
- Barry Sanders - didn't cut line at Oklahoma State - "I'm just like any other student."
- The pessimist will say - "Things cannot get any worse."
- The optimist will say - "Oh yes, they can."
- We want to be energy givers and not energy takers
- Don Shula - "You're only as good as your last game."
- I could have coached football until I was 90. Coach the coordinators.
- Warren Buffett - What he looks for in hiring someone
  - Work Ethic
  - Intelligence
  - Character - without this one the other two will kill you.
- You have to have a philosophy of your own, if you want to be successful.
- Even keel
- Sometimes you have to have a media fast:
  - Don't talk to people
  - Don't read the paper
  - Don't listen to the radio
- I'd rather get bit by a rattlesnake than Keith Olberman, he's got more venom than anyone.
- If I want to feel good about myself, I watch Keith Olberman.
- Don't want to hear the surgeons joking before the surgery. You want focus.
- Pat Summitt - "To be successful, you must accept full responsibility."
- Pick battles big enough to fight and small enough to win.
- Indy 500 and Golf are great examples of how small the difference is between 1st and 2nd.



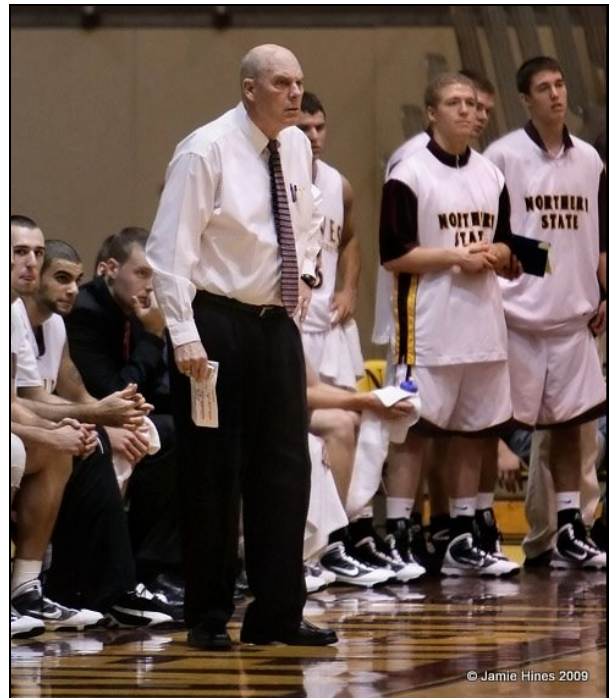


- Little Things

- 1 horseshoe lost = 1 horse lost
- 1 horse lost = 1 battle lost
- 1 battle lost = 1 war lost

- Johnny Majors - "Do your homework"

- What could we do better and how?
- Jesus is the Master Teacher
- Look for teachable moments.
- We can't kiss their butts when we are going into war.
- There is no learning when 2 are yelling. You can't teach well when mad.



- 50% of U.S. citizens don't pay income tax.
- Summitt was the best at dealing with a cancer on the team. She would cut out the cancer in the off-season and no one would notice. There is a right time to fire people.
- If I had to do it again, I would coach at the high school level in a small town.
- I pick the right house on House Hunters every time, not the ones these fools on TV pick.
- When you leave the gym - Live your life.
- Learn to love.
- Apples and chunky peanut butter.
- The Dead Sea is dead because it has no outlets.
- Leave a legacy - kids you coach who can carry on the philosophy you taught.

- Wooden - Leaders

- Be the hardest workers
- Take care of things off the floor
- Let coaches take care of the rest
- Snowballs roll downhill a lot faster than up hill
- You can't trust the parents, they are sometimes more immature than the kids.
- Don't write down rules and consequences or you will have to enforce them.

- Volleyball - takes 5 hours of warm-ups
- No body takes infield anymore, only on the first day of Spring Training.
- Too many leaders is a bad thing.
- You are your own captain.
- The only thing you can control is the process.
- Process - Bill Walsh "The score will take care of itself"
- You have to change the attitudes of the players, parents, fans, administrators, etc.
- You can't be afraid to lose
- It is better to die getting your head cut off than die scared to fight.
- You better have some bite if you bark.
- Discipline is the highest form of love.
- Coaches should wear goggles when mowing, your eyes are crucial to your work. And don't use chainsaws. And don't hit semis head on.
- There is an HIV epidemic in France among gay men. So be careful if you are in France with the balance hand pickups.
- John Wooden did more for people after retiring than he did while in coaching.
  - When in charge; ponder
  - When in trouble; delegate
  - When in doubt; mumble
- John Wooden - "If I am ever accused of being a Christian, I hope I am tried and convicted."
- Stop and Think card - we give it to our players to keep in front of their ID card in their wallets
- David Allen - Getting things done
- David Allen's office - watch the video online.
- Suspense file - weekly and monthly - review folders
- Bear Bryant - "It doesn't cost nothing to do what's right."
- You can tell a lot about people in how they treat people who cannot do anything for you.

