

BOB KNIGHT NOTES
INDIANA UNIVERSITY
TEXAS TECH UNIVERSITY

Joe Lapchick- "Lift your head up, walk with kings."

Cornerstones of Knights Philosophy

1. If you do anything in anyway, whenever or wherever, that I think is detrimental to the good of this basketball team, to the school, or to you yourself, I'll handle it as I see fit.
2. Role of teaching in basketball:
 - a. Teaching the game's fundamental's and philosophies, including all things involved in a team approach and a determination throughout that team and not just to play well to win.
 - b. First thing you have to be is a teacher and you have to teach kids how to play basketball.
 - c. Teach them the game
 - d. Never assume that they know what they needed to know or that they were going to do the right thing, unless you had taught them the right thing.
3. An appreciation of basketball as something never to be mastered but always, every day of every year, to be studied with an unflagging zeal for answers-and a duty to pass them on.
 - a. "All my life, I've had six honest serving men. They taught me all I knew. Their names were what, where and when; how, why and who."
4. Pete Newell
 - a. Importance of preparation
 - b. Everybody has the will to win. What's far more important is having the will to prepare to win.
 - c. Playing smart-function of percentages. Playing smart is a function of positioning, of placement, of recognition.
 - d. Teach players to play intelligently. A key to that is getting them to understand not just that something works but why.
 - e. Identifying what each player can do and can't do is important. Can't expect any player to do everything well.
 - f. Learn what you do well. Learn your strengths and weaknesses. You can on occasion, improve your weaknesses. You can work steadily to improve your

strengths, but there will be some inherent weaknesses that you have as a player-or as a team-that you just can't improve greatly. In your play, stay away from weaknesses like those.

- g. Learn your shot range, what kind of shot you can take effectively. Then, don't shoot out of your range. Take shots that have a 50% chance of making, not 30%.
- h. Do not try and make passes you can't make. Play to strengths, and away from your weaknesses, understand your teammates strengths as weaknesses. It is just as important to know their weaknesses and strengths just as much as yours.
- i. Great players maximize their talent and make everyone around them better. It is no accident that they do this. They understand the game and they understand the strengths and weaknesses of their teammates and their opponents. That comes from thinking.
- j. If you can't think you can't play.
- k. A quick way for any player to make himself better is to think about what he himself does not like to play against.
- l. Understand why teams lose:
 - i. Poor shot selection
 - ii. Bad passing
 - iii. Failure to blockout
 - iv. Lack of ball pressure
- m. Concentration is basketball in a nutshell. Concentration leads to anticipation, which leads to recognition, which leads to reaction which leads to execution.
 - i. Four key words to concentration
 - 1. Look and See-every player looks but few see. Very few players train themselves to use their eyes. Not everybody has the same ability to shoot, pass, handle. But each person playing can develop the ability to see what's happening on the court.
 - 2. Hear and Listen-most people only hear. Listening to what you are being told, what is being said and what is expected of you in your role as part of any team.
- n. Any player who learns to see and to listen has improved tremendously without doing a single thing involving physical skills.
- o. Once learned, "seeing" and "listening" are valuable traits for anyone doing anything.
- p. We all want to win. We all talk about winning but I am a great believer in understanding what goes into losing, because if we know how we can lose, if

- we know those factors or reasons that cause us to lose, and we eliminate those things, we stand a much better chance of winning.
- q. Defensive rules based on each player's knowing where the ball is and trying to keep it from going where we do not want it to go.
 - r. Reasons for staying away from zone defenses:
 - i. Does not enable you to put enough pressure on the ball.
 - ii. Makes blocking out difficult.
 - s. Combination of man and zone within the same possession could be good- show some zone when the opponents bring the ball down, let them set up against it then after a couple passes switch to man.
 - t. It is always your advantage if the other guys are worried more about what you are doing than what they want to do.
 - u. Had to alter helpside because of 3 pt shooting.
 - v. Knight used to want to make the middle as clogged as he could get it. More recently, as one reaction to the new value of the outside shot, we developed a phrase, "Do not help red on red or white on white, which means do not automatically drop back in there if a teammate-another guy wearing same jersey is already there. Stay wider when help is already there."
 - w. Simplicity and clarity in teaching are essential in getting kids to understand what you want.
 - x. Team preparation boiled down to trying to figure 2 seemingly simple and obvious things.
 - i. Number 1-how to stop somebody. Different things you can do on defense: switches we can and can't make.
 - ii. Number 2-how to score on the opponent.
 - y. There are fundamentals that have to be adhered to and mastered in any business. Some people grasp those fundamentals and teach or learn them and others do not. And those who do not are never as successful as those who do.
 - i. Offense-players do not take bad shots. Do not throw the ball away. Move without the ball. Help each other get open.
 - ii. Defense-do not give up easy points in transition. Do not commit bad fouls. Control the lane.
 - z. How do we score against them?
 - i. As a coach you are seeking the advantage that comes to a well taught team.
 - aa. A primary goal of teaching anything is the advantage that leaning gives to people over their competitors who haven't been as well taught.

- bb. Building a game plan:
 - i. If opponent plays man-they determine who guards our players. But I determine where our guys are going to play and consequently where theirs will play.
 - ii. If opponent plays zone-opponent determines where their players were going to be-which of their players would be in each spot of the zone.
- cc. Knight spends hours looking at tapes as preparation for a game. Preparation is more important than anything else you do.
- dd. In any walk of life, the best prepared person creates advantages that help him/her be the most successful.
- ee. In sports and life-mental is to physical as 4 is to 1.
- ff. What he looks for in watching tapes.
 - i. See what they have and what they can do.
 - ii. What can we stop; how can we stop it.
- gg. Players have to understand that. You-you the coach-aren't going to be satisfied with just winning.
 - i. Play can be sloppy, things can be poorly executed in games and still win. But before you can be good and beat good teams, that kind of play has to be straightened out and eliminated.
 - ii. Players will be satisfied with what you tolerate.
- hh. Winning is the last criteria you should use to determine how well you are playing.
 - ii. My job is to get us to play as well as we often can. And this will have a direct carry over to whatever each kid winds up doing in life.
- jj. Never allowed himself to dwell on games he won. Always felt that winning is what you are supposed to do. Winning is a by-product of preparation and work at practice.
- kk. When you coach and like the game of basketball you develop an appreciation for how it is played-not just by your team but also by opposing teams and players.
- ll. Recruiting-his approach is different than the norm. He knows what he needs to have teams that perform and produce at the level he expects.
- mm. If you are going to accept pay for something, do it right.
- nn. If you can't pay for it, do without until you can.
- oo. His dad taught him a lot of things-mostly by example.
- pp. Paul Brown epitomized coaching.
- qq. Knight is always interested in what other coaches do in practice.

- rr. Paul Brown meticulous in detail. Experimented and explored in ways other coaches had not even thought about.
- ss. Basketball is the ultimate team game, but no game built around a team principle utilizes individual skills more. You do not have to score to be a good player. There is a role for everybody. One thing he has always said, basketball is not an equal-opportunity game, where shooting is concerned. His teams work to get good shots.