

Cardinal Rules for Improving Coaching Habits

“Making X’s and O’s WORK for you and your team.”

Planning

- Practice template (EVERY DAY practice schedule)
- Realistic times for drills – no secret; share with players
- Time all practice segments – stick to it; give players a countdown

Detail

- Practice does not make perfect. Perfect practice, with attention to detail, makes perfect.
- Finish season with the same enthusiasm and excitement as the first day.
- Little things are important in getting the most out of your talent.
 - REPETITION: small lines, extra balls in every line
 - PLAY THE GAME, NOT THE DRILL
 - WATCH MISUSE OF WHISTLE DURING DRILLS
 - PLAYER COMMUNICATION SHEET

Motivation

- Post practice schedule
- Meet team in different spots
- Differentiate
- Set reasonable expectations
- Demand eye contact – see a player before he leaves practice
- Condition through drills – players sprint from drill to drill; drills require high repetition
- Demand players to encourage team mates during drills
- Pair experienced players with inexperienced players
- Players who study stats are not interested in the team and winning
- Players fill out team evaluation for best player and hardest worker during the season (excellent barometer)
- Stretch at the end of every practice – good opportunity to gauge morale of team

Coaching during the game

- Avoid watching the ball; watch away from the ball
- 2 hands on the stick
- Check angle in the legs
- Demand everyone involved on sideline in communicating calls
- Don’t do what you’ve never practiced
- Insist on players being in position before the whistle

“To do list” to avoid bad habit

- Hand position on the stick – offense and defense
- Play the way you face
- Turn head, then body
- Eat up ground
- Bite ‘em
- TALK on the field!
- Defensive slides from inside out