

FIGHTING



HAWKS

Leadership Thoughts & Quotes TRANSFORMATIONAL LEADERSHIP

Here are a few thoughts and ideas built around the idea of Relationship Building:

- You have a relationship with anyone that you interact with on a daily basis
- I want all of my relationships to be sound, solid and healthy, they are not all perfect, but all take time and effort
- Players won't care what you know, until they know that you care.
- People will forget what you said, they will forget what you did, but they will **NEVER** forget how you made them feel.

Life is so much more enjoyable when you care about other people—**LIFE IS A TEAM SPORT**

Happiness begins when selfishness ends

Relationship building takes time, usually the biggest obstacle we have to overcome is are we willing to invest the personal time needed to help the relationship grow

-Your best ability in relationship building is AVAILABILITY—are we available to the people who need our support

-OUR PROGRAM SHOULD HAVE AN OVERRIDING PURPOSE THAT IS GREATER THAN WINNING—THAT PURPOSE SHOULD BE RELATIONSHIPS AND EXPERIENCES

My Own Thoughts

"Attitude of Gratitude"

I personally feel that one of the greatest traits that we can instill in the people that we are leading is to show them what an "Attitude of Gratitude" looks like. I feel that showing gratitude to people is one the greatest ways to show someone how much we appreciate and respect them. We have all had special people in our lives that have helped us and supported us to get to where we are today. My question is this?? Do they know how appreciative you are for their support?? Saying "thank you" can go a long way in fostering a strong relationship with people that we may be leading. There are three ways that you can say "thank you"

1. You can say it—"thank you"
2. You can write it
- 3.. You can live it—by living our lives by the standards that were taught to us

Every Friday is my personal "Gratitude Day" - I try to sit down and reflect on people that have helped me get to where I am now, and then I will send them a note. Usually a hand written note, but occasionally I may send a text message

"TEAM Gratitude Exercise"

On Fridays after the completion of our workouts we give each player a notecard. They then will write a personal note of gratitude to someone within our program, for the week we just completed. They hand the note and to a coach, who will place the card in the player's locker for them to read later that day or over the weekend. Been a GREAT team exercise for us.

TRANSITION DRILL

"120 MADE"

Here is a drill that we usually do at the beginning of practice to infuse effort and energy into the beginning of our practice. The goal is to make 120 points in 4:00. Lay Ups are worth one point and three pointers are worth two points. The three players that are involved in going down to an end to shoot the lay up and the two jumpers are permitted ONE DRIBBLE MAXIMUM. Preferably we would like no dribbles and no floor touches. We subtract a point for every missed lay up and bad pass or catch within the drill. We will also subtract points if we feel they are not creating enough energy with their encouragement. You can click on the link below to see a video of the drill

<https://youtu.be/PYBKNpWw7jo>

SHOOTING WORKOUT DRILL

"20 POINT SHOOTING"

This drill is done with three shooters and two balls. All of the shots will be determined before the drill starts. Some days it might be all 3's and some days it might be one dribble pull ups. We will determine the shot before the drill starts and all players will shoot the same shot until we get a winner.

The drill works like this: we have one shooter, one passer and one rebounder. Shooters shoot until they miss, when they miss, we rotate. Shooter becomes rebounder, rebounder becomes passer and passer becomes new shooter. Shooters shoot until they miss, first shooter to make 20 wins the drill. Sometimes we will let shooters shoot until they miss two in a row and then have them rotate. This can make the drill move a bit quicker.

Shooters can not shoot two consecutive shots from the same spot, so they need to be moving around on the perimeter and calling for the ball

GROWTH QUESTIONS

1. What is your WHY???? - Why do we Coach??
2. How do we show gratitude to our players??
3. How do we live our culture everyday??
4. Can/How do we "give back to the game"??

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LEADERSHIP = INFLUENCE

*IT IS FOOLISH TO EXPECT A YOUNG
PERSON TO FOLLOW OUR ADVICE
AND TO IGNORE OUR EXAMPLE*

#RAISETHELEVEL

