

FIGHTING



HAWKS

Leadership Thoughts & Quotes TRANSFORMATIONAL LEADERSHIP

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

--If five talented individuals don't perform as a team, they may not be as strong as five less-talented individuals who do.

-I've always believed that confidence shared is better than confidence only in yourself.

-Everything we do has our own personal signature on it. So we want to do it as well we possibly can.

-One of my goals in establishing teamwork is always to get the team believing that they are part of something bigger than themselves.

-Two are better than one if two act as one. And if you believe that that two acting as one are better than one, just imagine what an entire team acting as one can do.

-And once the confrontation is done, its done. The bond is not jeopardized, because ours is a relationship based on trust and respect.

-It is amazing what can be accomplished, when nobody cares about who gets the credit

-FAMILY—Forget About Me, I Love You

-4 A's a coach can bring to a TEAM everyday:
Affirmation, Acceptance, Appreciation, Attention

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My Own Thoughts

"DAILY EXAMPLE"

"Culture starts at the top and works its way down through the Family. Culture is built from the bottom of the Family and works back up". What does this mean???

Culture and leadership starts at the top, in our program, that starts with me. My daily example is the greatest leadership weapon I have to display our culture daily. I am a walking billboard for our culture. The way I walk, the way I talk, the way I treat people, everything starts with me, as the head coach. When it comes to influencing others, our example is not the main thing, it is the **ONLY** thing. I have learned over the years that the players and coaches are always looking at the head coach for cues on how to act and speak. I can not give anybody in our program, a reason to not respect our culture. My own personal daily example is what allows me to hold our players and coaches to a high standard. "Our words need to reflect our actions, and our actions need to reflect our words" When we have this we have integrity. When we have integrity, we will start to get "buy in" from everyone else. When we have integrity our relationships will grow, which also leads to "buy in". Then our culture starts to permeate its way through our Family. "Do the right thing, at the right time, for the right reason". **"FAMILY FIRST" CULTURE!!!!**

NORTH DAKOTA WOMEN'S BASKETBALL

BASKETBALL CAMPS

LITTLE HOOPERS 1	June 3-5
SKILLS CAMP	June 9-10
ELITE CAMP	June 17
HS TEAM CAMP	June 19-20
LITTLE HOOPERS 2	July 29-31

Camps are open to any and all entrants
(limited only by number, age,
grade level and/or gender)



FIGHTINGHAWKS.COM/CAMPS

SUMMER TEAM CAMP

We would love to have you and your team join us this summer for Team Camp at UND. Not only will you get between 5-6 games in two days, your team will also get a private "Team Talk" from the UND coaching staff and players. We also have added a coaches clinic this year, during the first day of camp. During the coaches clinic your team will get a chance to observe the UND Women's Team practice. At UND Team Camp. We want to help your team grow both on and off the floor.

OFFENSIVE SKILL WORK

There are six offensive skills that we try and work on with the players everyday in practice. We either work on these skills in Individual Work, or we emphasize them if we are working on a team drill. We feel these six skills are the foundation of what makes an efficient offensive player in our system. The skills are:

1. Passing
2. Catching
3. Shooting
4. Ball Handling
5. Footwork
6. Decision Making

Below is a link to a full court lay up drill that we use as a warm up at the beginning of practice. The goal of the drill is to try and make 20 lay ups IN A ROW in 5:00 or less of time. We call this drill "Hustle". Click the link below to see a video of our Hustle Drill.

<https://youtu.be/xRwZRAIdeKA>

SHOOTING DRILL "TENNESSEE SHOOTING"

When we work on shooting in practice or when we are planning practice we break down our shooting drills into three different categories. We try to make sure we hit all three during practice. In a 120 minute practice we will try and spend close to 25-30 minutes on shooting alone. The three categories for shooting drills for us are:

1. Individual Shooting
2. Team Shooting
3. Game Shooting

We have a video of our "Tennessee" Shooting Drill below. This is a Team Shooting Drill for us. We usually do this drill to close practice. The drill is broken down into two 2:00 sessions with a 1:00 halftime in the middle. Goal is to make 80 3's as team in the 4:00 of shooting. Players stay in the same lane for the entirety of the drill. Happy Shooting!!!

https://youtu.be/9OILKA_TTvQ

COMPETE AGAINST THE GAME

