

FIGHTING



HAWKS

Leadership Thoughts & Quotes TRANSFORMATIONAL LEADERSHIP

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

-It is important to begin using plural pronouns right away. "Our" instead of "my". "We" instead of "I". "us" rather than "me."

-A leader who sets too many rules, is making it appear that it is "my" team, instead of "our" team.

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-That's what the best families are all about. There's real love, real caring, pride in one another's accomplishments, and no jealousy.

-A real winning attitude is about standards of excellence – which are variable from year to year, from team to team. Being the best you can be – and doing the best you can – are the constants

-When a leader takes responsibility for their own actions and mistakes, they not only set a good example, they show a healthy respect for the players on the team.

-Basically we are a group of people living together over a short period of time in our own culture.

-Well, if you are always striving to achieve a success that is defined by someone else, I think you'll always be frustrated.

-I want our team to get better every day. If we can do that, the other stuff will take care of itself.

-Success is not a matter of just wanting to win. It's a matter of preparing to win – which is much more important.

My Own Thoughts

"Effort & Attitude"

Effort and Attitude are two words that we use DAILY in our program. We feel it is the two things that WE have complete control of daily. We discuss with the players about having great Effort & Attitude both on and off the floor. We feel that focusing on your Effort & Attitude can help all of us try to be the best version of ourselves. Here is how we describe Effort & Attitude with everyone in our program:

EFFORT—A consistent competitive championship effort daily both on and off the floor.

ATTITUDE—A TEAM FIRST coachable attitude

Effort & Attitude is a non-negotiable standard in our program. It is what binds us together and allows us to be a FAMILY both on and off the floor.

The overriding purpose within our program has to be something greater than just winning. Being the best TEAM we can be is our overriding purpose.

NORTH DAKOTA WOMEN'S BASKETBALL

**CULTURE IS NOT JUST,
WORDS ON A WALL**



**IT IS ACTIONS
WITHIN THE GROUP**

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

PRACTICE DRILL—2:00 Lay Ups

This drill is a great team warm up drill to start practice. You can click on the link below to see a video of the drill. The goal is to try and make 40 lay ups in 2:00. The emphasis of the drill is pace and communication. We are trying to get our team to pass and catch with great pace and with a bit of chaos. The game is played with chaos, so we want to practice with some chaos as well. We will do this drill twice, once with right hand finishes and once with left hand finishes. We expect GREAT communication and encouragement during this drill.

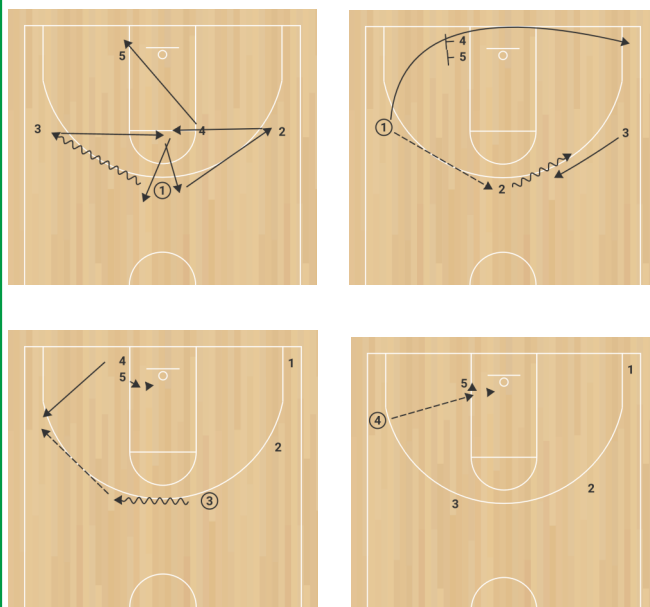
<https://youtu.be/wKU5Kxb20YI> - Video Link

TEAM SHOOTING DRILL—"90 Shooting"

We will usually do this team shooting drill early in practice. Good warm up shooting drill. Goal is to try and make 90 shots in 5:00. We use three balls and three lines. You can click the link below to see a video of the drill. We make 10 shots AS A TEAM and the rotate spots after 30 makes we move back to mid range. After 30 more makes we end with 30 made 3's. We will also do this drill with 180 makes. We then make 20 at each spot before we rotate and give the team 10:00 to complete the warm up shooting drill

<https://youtu.be/Ol4ox5SDK38> - Video Link

Here is a great play to get the ball inside for a low block isolation:



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#RAISETHELEVEL



WOMEN'S BASKETBALL