

FIGHTING



HAWKS

Leadership Thoughts & Quotes TRANSFORMATIONAL LEADERSHIP

Here are a few thoughts and ideas built around the idea of coaching the "I" Generation of players:

Jenny Boucek is an Assistant Coach with the Indiana Pacers. I have heard her speak a couple of times and have been very impressed with how she, not only teaches the game, but leads this generation of players. I have added a view video clips of her below discussing and sharing some concepts on how to coach and handle the "players of today".

Coaching is more than just X's and O's, it is about managing people and finding ways to get the very best out of people as they work together towards a common goal. Coach Boucek does a GREAT job of sharing some ideas in the videos below. Hope you enjoy.

[What You Need To Know About Coaching The 'I Generation' - "I Generation" - Characteristics by Jenny Boucek | CoachTube](#)

[What You Need To Know About Coaching The 'I Generation' - Some Suggestions by Jenny Boucek | CoachTube](#)

[What You Need To Know About Coaching The 'I Generation' - Internal Feedback - Learning from Themselves by Jenny Boucek | CoachTube](#)

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My Own Thoughts

"Relationship Building"

Investing in Our Players:

As our returning players and new players arrive to campus in the next couple of weeks, I have been often thinking about how we can continue to invest in our players. Building strong healthy relationships is one the best ways to show investment in a player. Here are a few ideas and things that we try to do to show transformational leadership with our players as we build strong trustful relationships with them. One idea is to have weekly meetings with each player. Every player on our team meets with a coach on our staff for 20-30 minutes per week. We discuss family, school interests, etc. We like all coaches involved because we want every player building strong relationships with every coach within our program. We believe in hand written notes in lockers and text messages as other great ways to continue to grow the relationship when we are not face to face with the players. With the text message we love to send team graphics that depict what our family is built on, like the graphics within this newsletter. Just letting players know you're thinking about them when they are not around goes along way when you eventually get back around each other again. Here are the four A's that all players are looking for:

Appreciation, Affirmation, Attention, Acceptance

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

Decision Making Skill Work

"Blood Drills"

Decision making is one of the offensive skills that we mentioned in the previous newsletter as a skill we try to work on everyday in practice. We had a couple of coaches reach out to ask how we go about doing this. So here we go: we use "blood" drills quite frequently in practice for both offense and defense. "Blood" simply means we are giving the ball an immediate advantage downhill forcing the ball handler to make a quick decision. We can manipulate this drill to allow us to work on whatever decision we want to work on. After the decision is made the drill becomes LIVE and we play till we have a completed possession. We also will start our 5/5 Full Court sessions with a "Blood" drill. We have two video links that show a 4/4 "Blood" drill that stays in the half court and a 5/5 "Blood" drill that leads to 5/5 full court.

<https://youtu.be/cCunW18Jnyq> - 4/4 "Blood" Half Court

<https://youtu.be/dYXjRihlk0Q> - 5/5 "Blood" Full Court

THINGS THAT REQUIRE ZERO TALENT

- 1) ATTITUDE
- 2) EFFORT
- 3) BEING ON TIME
- 4) ENERGY
- 5) BODY LANGUAGE
- 6) WORK ETHIC
- 7) PASSION
- 8) DOING EXTRA
- 9) BEING PREPARED



"INDIVIDUAL" SHOOTING DRILL

50 IN 5:00 Shooting Drill

This is a very good Individual Workout Shooting Drill for perimeter players. The goal of the drill is to make 50 total shots in 5:00. We LOVE to add competition to all of our summer shooting workout drills. We add competition by adding time and score to the drill. In this drill the shooter will shoot four shots from the same spot. Three 3 pointers and one pull up jumper. After the fourth shot the shooter will move to a new location and continue this for 5:00. When we shoot the pull up, we want to change hands on each rep. A video link of this drill is below.

<https://youtu.be/V2MMINJ19iA>

OFFENSIVE SKILL WORK

Decision Making Skill Work

"Dribble At Drills"

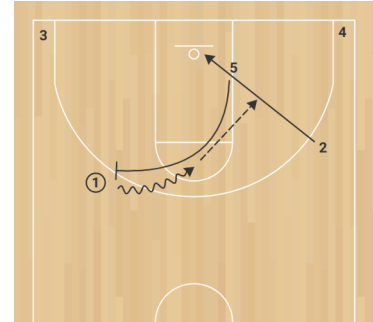
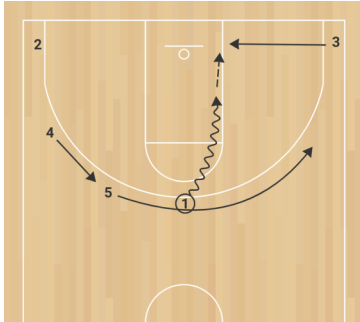
Another way that we work on decision making is to use what we call our "Dribble At" drills. The idea behind this drill is to give the ball handler a chance to create their own advantage using a dribble move, instead of us creating the advantage, like a "Blood" drill. Again we can manipulate this drill to work on specific decisions based upon where we align our offensive players. We will build up our "Dribble At" drills from 2/2 all the way to 5/5. We will also start some of our 5/5 Full Court with a: "Dribble At". Below is a link of a 3/3 "Dribble At" Drill.

<https://youtu.be/Y42QZmKPj6U>

OFFENSIVE CONCEPT—STRONG SIDE CUTTING

Cutting players to rim on the strong side of the ball screen action or the penetration is an action we call a 2nd Cut. This action is great action against teams that stunt or help hard from the strong side of the ball screen or the penetration. The pass to this cutting player is quick because it is on the strong side, thus making it difficult for the lowest defender on the helpside to get over to prevent the catch. We have found this cut to be very effective in eliminating pressure on the ball from the strong side. The timing of this cut, is probably what is most important. We want to try and hit the cutter before they enter the lane, so they have time and space to navigate the help defender to determine score or next pass. This is an action that is great to help you get a downhill advantage away from the ball. Below is a video link of some 2nd Cutting off of ball screens and penetration

<https://youtu.be/1RzAkkixuWA>



REBOUNDING DRILL

4/4 "Circle" Block Out

Put four offensive players on the floor about two steps inside the three point line. Put four defenders in the lane. When the coach says "go" the players in the lane jog in a circle constantly pointing and talking who they will block out as they pass by an offensive player. Coach shoots the ball and all four defenders block out and rebound. WE WANT NO MISSED BLOCK OUTS, this means we are effectively communicating. The first 4:00 of video below is our "Circle" Block Out Drill.

<https://youtu.be/l7om02VwA1A>

DAILY DO'S

GREAT Effort

GREAT Attitude

GREAT Improvement

GREAT Enjoyment

#RAISETHELEVEL



LEADERSHIP = INFLUENCE

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

