

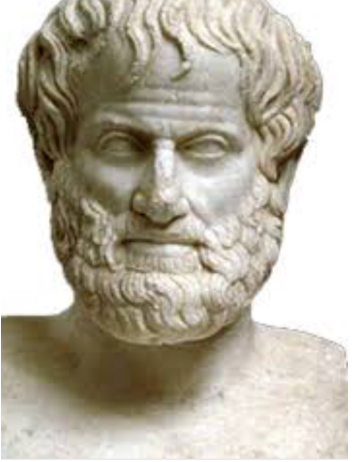
ZACH CHU CLINIC



I'm speaking to you today with an open heart.....I hope you'll listen with an open mind!!

THOUGHTS ABOUT DEVELOPING AND GROWING AS A COACH.....





WHAT IS **YOUR** PERSONAL PHILOSOPHY?

(Different than style of PLAY)

WE WANT OUR GUYS TO IMPROVE....
WE MUST ALSO IMPROVE!!

1. How you DEFINE your life should MATCH your approach to coaching.....
2. GOTTA MATCH: you can't fool or deceive players for long.....

3. SELF REFLECT.....(games, practices) examine language/actions
4. MIKE UP!!! If possible...Buddy S.
5. Outside Evaluator
6. Wasted language/repeat phrases
7. Irrelevant Distractions.....
8. PRO/AMATEUR mindset

STANDARDS OR RULES?

1. STRESSOR ISSUES=HARD DECISIONS
2. "THE WATER YOU LIVE IN"
3. 1,2,3,.....Know Your Priorities (can't do it ALL)
4. Change Plan Coach?.....
5. Do They Want To Come Back The Next Day?

SIGNATURE STYLE OF PLAY.....

1. CAN'T CHANGE EVERY MONTH.....
2. CUT DEEPLY... 3-4 THINGS WELL
3. THEY WILL EVENTUALLY “POKE HOLES” IN IT.... YOU WILL BECOME BETTER/CLEVER AT DOING IT!!

GAME KNOWLEDGE?????

1. **KNOW** YOURS.....**STOP** THEIRS
2. BETWEEN TODAY AND FIRST PRACTICE...
take 1 aspect of deficiency and attack it!

GAME COACHING.....

- * Plan A....Plan B....Plan C

- * Assistant Coaches...don't waste

- * Turn Up the Heat Call...

SCOUTING.....

- 80/20 On Yourself
- Limit **FLUFF**.....get to the point
- BOB/SOB execution can give edge
- They RUN “Flex”....you play 3 on 3 to prepare in practice....rather than walking thru those sets.
- Recognize **PLAYERS** attention span

PRACTICE PLANNING.....

1. It's an ART FORM.....writing **DRAFTS**
2. 1 side of the PAPER OR CARD
3. FLOW....
4. FLEXIBLE....

THOUGHTS ON PRACTICE.....

1. **NAME Drills.....Multi-purpose.....Full, 3/4, ½....**
2. **IMAGINATION.....**
3. **HUMAN NATURE.....most players don't like them....gotta sell the value.**

TEACHING A DRILL.....

WHY...HOW...FEEDBACK...RUN IT
CORRECT IT...GAME SPEED

CREATING COMPETITION.....

1. Against the CLOCK.....
2. Against the OPPONENT....
3. Against SELF....

- Do you USE SAME DRILLS all year, or change them up?
- PORTFOLIO.....
- They see them as CONDITIONING....
- ADVANTAGEUOS Time.....

- **NEW DRILLS**.....early in the practice.....(better concentration level)
- **3/1**.....Praise to Criticism....
- **Exit w/ POSITIVE FEELING**...guard against ending practice with drill that makes them feel as if they are being punished

OTHER THOUGHTS.....

1. Loss...."we didn't give effort, we were less aggressive"Sometimes, they just played better, nothing to do with effort.
2. Each GAME is DIFFERENT....guys play based on what's going on that GAME...
3. WIN....."We may not have looked pretty, but RESULTS are what counts".....
4. FILM.....Be AWARE OF THEM....read the room, LESS is MORE sometimes
5. PROVE YOU ARE VALUABLE AND SUCCES WILL HAPPEN.....Forget about entitlements

6. NAMES FIRST DAY....BY ONE WEEK,
SPOUSES/GIRLFRIENDS/KIDS....BY ONE
MONTH....INTERESTS/HOBBIES/BACKGROUND....

7. MOST GUYS ARE ROLE PLAYERS...but they THINK they are
key players.....so make sure you LAUD the roles
YOU assign

8. SHOOTING REPS.....MOST WILL BECOME BETTER DUE
TO REPS....DR. J, MJ, CLYDE, BECAME GOOD
SHOOTERS

9. O-D-O AND 5 POSSESSIONS SPURTS.....

10. MORE TIME ON YOU OFFENSE.....ball skills and exact
timing

11. YOU ARE AN OFFENSIVE OR DEFENSIVE COACH BY WHAT UPSETS
YOU