

Chris Collins Coaching Clinic @ NORTHWESTERN
10/26/2013
Evanston, IL (Welsh-Ryan Arena)

DOUG COLLINS BASKETBALL NOTES

INTRO BY CHRIS COLLINS:

- This next speaker played at the highest level of basketball. High school, college, and NBA.
- He was 6'0" 130 lbs as a junior in high school, and 6'3" 155 as a senior. As a junior in high school he didn't start, and four years later he is at the free throw line to win the gold medal in Munich.
- Ever situation he has gone to, he has had to change the culture. Forget X's and O's, he has had to change culture first.

DOUG COLLINS:

- Basketball is not a game, but a way of life.
- My goal as a coach was to make them better Husbands, Fathers, Friends
- I Played for RICH HERRON @ Benton, IL
 - He coached for 26 years
 - Town of 6,000, gym holds 3,000.
 - 62 D1 players in 26 years
 - Doug Received the first Full Ride Illinois State University ever gave.
 - WILL ROBINSON becomes the Coach at ISU in Doug's Second year.
 - 1st Black coach in D1 basketball
 - He left his mark.
- Doug has 41 years in the NBA ("When I was 16, I couldn't dream of 41 minutes")
- 1st team All Academic
 - PLAYERS CAN DO BOTH !!!
 - DON'T LET PLAYERS BE SELECTIVE COMPETITORS
 - Story --
 - Doug scored 57 points @ Northern Iowa the night before and had a test in Anatomy. As he walked in to take the test a girl told him, "I know what you did last night. DON'T CHEAT OFF OF ME !" He responded with "Don't cheat off of me !!"

- NEW PROGRAM STUFF / TAKING OVER A PROGRAM
 - Don't control talent
 - What d you control?
 - Best conditioned
 - As well prepared
 - As competitive as anyone
 - Reward people who compete
 - Everyone knows who the best player is, reward the best competitor
 - After every game, Doug would give out an "Ace of Spades" award. (the ace of spades is the highest card in the deck)
 - Chris Collins recently awarded James Montgomery III (former walk on at Northwestern) a scholarship.
- COACHING NOTES
- The game is about relationships
 - Doug has a pyramid (Trust on the bottom, Truth, commitment, accountability, positive results on top)
 - TRUST – How do you get players trust?
 - Time, Consistency, Proof – live up to promises.
 - Truth – We live it, we tell it, we take it
 - You can be critically analytical, but not mean
 - TRUTH NEVER COMES BEFORE TRUST
 - Truth without trust become chaotic
 - If a person doesn't know someone, they can't hit 'em with the truth..it doesn't work.
 - COMMITMENT – We Agree, We Disagree, and Align
 - ACCOUNTABILITY – Self, Teammates on a daily basis. All eyes are always on the head coach.
 - CHUCK DALY SAID "There are facites in life you can't fool; kids, dogs, and NBA Players."
 - PREPARE SO THE KIDS KNOW YOU ARE READY !!!
 - It also helps with the parents
- WHAT CARRIED DOUG IN PHILADELPHIA WHEN HE WAS 60 YEARS OLD AND 3 – 13 AFTER 16 GAMES ???????
 - TRUST AND TRUTH CARRIED HIM (you also have to be resilient)
 - "a cynic knows the price of everything, but the value of nothing"

- “VOICES AND CHOICES” SPEECH
 - As a coach, who do players listen to? How many voices do they hear ?
 - Parents, friends, text, twitter, media, other social media
 - Who decides what to do? (the individual person)
 - As a coach and a player, there are always many voices (more now than ever), but it is up to the individual to make the choice.

- COMFORT ZONE
 - How do you change a person’s comfort zone?
 - 1% better from each guy makes the team 15% better !!
 - Get comfortable being uncomfortable
 - How do you stop hearing voices?
 - How do you change habits?
 - Your habit are good or bad, but they are your habits.

- 1 thing a head coach can’t do is BE LATE.
- BE ABLE TO ENFORCE ANY RULE YOU MAY HAVE WITH YOUR BEST PLAYER.
 - MICHAEL JORDAN was always on board.
 - Have STANDARDS not RULES.
 - ON A DAILY BASIS, THIS IS WHAT WE DO.
 - HOW DO YOUR STANDARDS TRANSLATE INTO WINS AND LOSSES

- As a leader and coach, your rewards come later in life.
 - “My goal is not for me to have you like me today, but to love me tomorrow”
 - Notoriety = wins and losses

- WILL ROBINSON frequently made his ISU basketball players ***BOX FOR 3 MINUTES, RUN 50 LAPS, and CLIMB A ROPE LADDER.
 - He wanted his teams
 - Tough, conditioned, and strong
 - He wanted to know how his players handle being punched in the mouth.
 - “I won’t know how good you are until they hit you in the mouth. I want to know if they can reach in and take your heart.”

- Doug Collins:
 - was fired 3 times
 - Finals in 1977 (same year he lost his Dad)
 - As a leader, how do YOU teach people to fight ?

- Defensive Philosophy
 - is much like parenting.
 - The paint is our “house” keep the opponent out of the “house”
 - Just like we tell our kids “GO PLAY IN THE YARD !”
 - Let the kids play in the yard, the yard being outside of the house.
 - Bad things happen when the ball is in the paint.
 - Limit Points off of turnovers and your defense looks better
 - Transition defense is critical
 - Make a team make plays, not run plays.
 - Disrupt them !!
 - No 2nd chance points
 - What kind of team defense you play is on you as a Coach.
- Coaches job
 - “how can I win with my team”
- OFFENSIVE PRINCIPLES
 - Spacing (15-18 feet of Spacing)
 - How often do you get to the paint?
 - How often do you get 2 guys to guard one?
 - Is the floor balanced?
 - High Percentage shots
 - Good shooters in the NBA will hit 70% of wide open shots 45% with a hand in their face.
 - Fg % of 45% vs. 70%... 70% wins!
 - (side note: on 1.08.14, the top NBA FG % is 51% (76ers(9-7) and 2 down from that is San Antonio who has the best record in the league at 11-4 with a Fg % of 47.7)
 - How often do we say “take a good shot”
 - What is a good shot?
 - Do you tell your team, what a good shot is?
 - Move the ball from side to side.
 - Screening
 - Do you use it?
 - Timing / Practice timing (show opening scene of “A Few Good Men”, precision and repetition makes perfect timing. Marine Drill Routine)
 - “pop your feet” then go.
 - Refs love to call fouls on Bigs.
 - Value the Ball

- Practice 3 on 3
 - Did it every place Doug went.
 - Teach
 - Play at Game Speed
 - Try to make every shot
- How often in Practice do you shoot?
 - Chart shots?
 - 20 minutes at Game speed is tough
 - Michael Jordan line “ Million dollar move, 10 cent finish”
 - Practice shooting
 - Be a technician, strive to be perfect.
- BIGS
 - Teach them to catch
 - 1 move and 1 counter move
 - Keep it simple
- Text and communicate with everyone
 - Communication is a lost art
 - Learn to communicate
 - Elton Brand is a machine. Repetition, Repetition, Repetition every day. One day Doug was late to text him like he did after every game at the same time. Elton was worried something was wrong, because Doug always texted and Elton has daily routines down to a science. Communication is critical !
- THERE IS A BIG DIFFERENCE BETWEEN BEING A LEADER AND BEING THE ONE IN CHARGE.
- VIDEO YOURSELF TALKING
- IF YOU WANT TO GO FAST, GO ALONE
- IF YOU WANT TO GO FAR, GO TOGETHER.
- BILL BELICHICK – Responsibility, Accountability, Availability
- THE GREATEST ABILITY IS AVAILABILITY
- M.J. ONLY PLAYER TO PLAY 82 GAMES IN WASHINGTON ONE YEAR. ... HE WAS 40 YEARS OLD
 - MJ STORY
 - "About two minutes to go in the game, the game was tied, We came over to the bench, I'm soaking wet with sweat. I've chewed my gum, I have a headache, I have powder on my mouth from where the gum was disintegrated and Michael just hands me a glass of water and says 'Take a sip, coach, I'm not going to let you lose your first game.' He scored the last 10 points, ended up with 50 and we won. And all I asked him to do (next time) was to tell me before the game so I can enjoy it."
- THE TRUE TEST OF ANY RELATIONSHIP IS HOW YOU HANDLE A TIME OF CRISIS
- TRY TO STOP FIRES BEFORE THEY START (THOSE ARE THE BEST FIREMEN !!)
- MINDFUL OF MALCONTENT
 - They are the best recruiters, you can deal with one.

- DEFINE ROLES
- REWARD ROLES
 - “believe in your role”, “stay in your role”, “star in your role”
- RUN BASKETBALL DRILLS NOT OFFENSIVE OR DEFENSIVE DRILLS.
 - TEACH BOTH SIDES OF THE BALL !!
- DO YOU TRUST ME IF I TELL YOU THE TRUTH?
- NOTHING IN LIFE IS OF ANY VALUE IF YOU CAN’T SHARE IT.
- MEANINGFUL CONSISTANT COMMUNICATION
 - THEY ARE IMPORTANT
 - THEY ARE GETTING BETTER
 - THEY ARE VALUED
- IMPACT PLAYERS
 - +, -, OR NONE
- “ I NEVER WON ANYTHING”
 - Always wanted to write a book called , “always a winner, never a champion”
 - Reached the finals in NBA as a player, got hurt then sixers won it without him.
 - For Chris to tell Doug “Dad I value you “ is priceless
- HALT A WORD DOUG STOLE FROM WEIGHT WATCHERS.
 - H.A.L.T.
 - H – Hungry
 - A – Angry
 - L – Lonely
 - T – Tired
 - When 2 or more are present, people make mistakes.
- WHOSE JOB IS IT ??

This is a story about four people named Everybody, Somebody, Anybody, and Nobody. There was an important job to be done and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job. Everybody thought Anybody could do it but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when **Nobody did what Anybody could have done.**

- IN LIFE YOU WILL HAVE 3 NAMES
 - The one you are born with (last name)
 - The one you are given (first name)
 - The one you make for yourself (up to you)

- WHEN IT IS ALL SAID AND DONE...
 - What did you stand for?
 - How did you help people?

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