

DAVIS HOT SHOTS



BASKETBALL PHILOSOPHY

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Basketball Philosophy



PURPOSE

The purpose of this information is to orient you with certain strong beliefs, as well as give you a thorough understanding of our “*BASKETBALL PHILOSOPHY.*” This along with being fundamentally sound is the backbone of the **Davis Hot Shots** AAU Basketball Program.

We hold certain fixed rules most high, and these must be accepted, without question, with the knowledge that they are good for the entire team. *IF IT IS EVIDENT THAT A TEAM MEMBER CANNOT ADJUST TO THESE RULES, HE/SHE WILL BE EXCUSED FROM OUR TEAM.* The real purpose of this player handbook is to *MOTIVATE* and *EXCITE Y-O-U* about our basketball program. We believe in our philosophy and work on it daily.

This handbook should orientate you with the **Davis Hot Shots** AAU Basketball Program. We can also prejudge the desire you have to excel in our program by the amount of time you put into familiarizing yourself with this edition of our **BASKETBALL PHILOSOPHY.**

On Page 2 is a Player/Parent Info/Expectation Contract to be signed and returned upon your joining the team. This contract acknowledges your understanding of the Davis Hot Shots AAU program and what your role is in the program. Please return the bottom portion signed by player and parent.

WHAT YOUR COACH EXPECTS OF YOU. . .

1. As an athlete you are a leader in school whether you want to be or not. You will be expected, at all times, whether in school or on the basketball court or on campus to conduct yourself so as to bring nothing but good will toward our team.
2. Be a team player! Be loyal to your coaches and your teammates. Do not gripe and complain when the going gets tough and don't tolerate gossip or criticism that might bring discredit on your team.
3. Assume the right attitude. Go about your tasks, whether they be in school work or on the court in a cheerful, purposeful manner. A player who stays in trouble with his instructors can do the team **VERY LITTLE GOOD**.
4. We do not want players on **YOUR** team that use foul language. The heat of competition is no excuse for using it either.
5. When talking to your coaches or teachers look them in the eyes and speak clearly but respectfully. Address your coaches by their title "Coach."
6. If you have any problems, whatsoever, talk it over with your coaches after practice or during school. Their job is to help you as much as they can.
7. When traveling to other schools, wear appropriate clothing.
8. Keep your grades up, Up, UP. That is your reason for coming to school. A player who won't work in a classroom, won't work on the basketball court.
9. Don't be an excuse maker. **Right** or **wrong** accept your coach's criticism in the spirit it is intended. When a coach ceases to correct your mistakes, **THEN** you have a cause to worry.
10. **Having a will to win.** Develop a burning desire to give all you've got in order to win.
11. Don't try to ease out of practice by nursing a minor injury. Everybody will suffer slight injuries. You know when you are really sick or hurt. When you are, consult your coach.
12. The three ingredients to make a great basketball player. . . **PRIDE, DISCIPLINE** and **DESIRE**.

DISCIPLINE

This is something that we **cannot** live without and we simply refuse to try to do so. Discipline leads immediately to respect, and a coach must have the respect of the entire team at all times in order to be successful (we will either have your respect or we will not have you). This means many things, some of which we will try to cover in the following pages, but most of which must be learned through our mutual association. It includes, but means much more, than saying "Yes Coach" instead of "yea"; sitting up attentively and being quiet during skill meetings; having a good live, but mindful bench; having a good tight but quite huddle during all time-outs; having that good quiet but competitive atmosphere in the dressing room before games. **WE WILL HAVE NO LOUD MOUTHS ON OUR SECOND TRIP AWAY FROM HOME.** "It is important to be nice, but also important to be aggressive on defense." Self-discipline and **HUSTLE** will give us a winner this season.

BASKETBALL QUOTATIONS TO LIVE BY

1. We don't want excuses – we want results.
2. Nothing is successful until it is accomplished.
3. Loyalty – if you work for a player in Heaven's names; work for him, speak well of him and stand by the institution he represents.
4. It is very easy to be ordinary, but it takes courage to excel and we must excel.
5. Nothing great was ever achieved without enthusiasm.
6. A winner never quits, a quitter never wins.
7. It is better to wear out than to rust out.
8. Genius is 1% inspiration and 99% perspiration.
9. It is better to be alone than to be in bad company.
10. Many narrow-chested, spindly-legged plays who are built of wire and possess real fire are greater than the perfect physical specimens.
11. Strong players criticize **themselves**.
12. When you are through improving, you are through.
13. A good competitor never underestimates his opponent.
14. **If you did your best you won.**
15. Mediocrity is excellence to the mediocre.
16. The right angle is the ***Try-Angle***.
17. **The boy/girl who is never criticized is the one who should worry.**
(REMEMBER THIS)
18. No price is too high to pay for a reputation.
19. If it is worth doing at all it is worth doing right.
20. A job poorly done stands as witness against the player who did it.
21. **MEASURE A PLAYER BY THE OPPOSITION IT TAKES TO WHIP HIM.**

IT IS ALL IN THE STATE OF MIND

If you think you are beaten, you are.

If you think you dare not, you won't.

If you like to win, but don't think you can,
it is almost certain you won't.

If you think you'll lose, you're lost.

For out in the world you will find success begins
with a fellow's will.

IT IS ALL IN THE STATE OF MIND

For many a game is lost
before a play is run,
and many a coward fails,
before his work is begun.

Think big and your deeds will grow,

Think small and you will fall behind;

Think that you can and you will;

IT IS ALL IN THE STATE OF MIND

If you think you are out-classed, you are;

You've got to think high to rise;

You've got to be sure of yourself before
you can ever win a prize.

Life's battles don't always go
to the stronger or faster man,
but sooner or later, the man who wins

Is the fellow who **THINKS HE CAN!**

A winner says, "Let's find out"; and loser says, "Nobody knows".

When a winner makes a mistake, he says, "I was wrong"; when a loser makes a mistake, he says, "It wasn't my fault".

A winner credits his "good luck" for winning – even though it isn't good luck; a loser blames his "bad luck" for losing – even though it isn't bad luck.

A winner knows how and when to say "Yes" and "No"; a loser says "Yes, but" and "perhaps not" at the wrong times, for the wrong reasons.

A winner isn't nearly as afraid of losing as a loser is secretly afraid of winning.

A winner works harder than a loser and has more time; a loser is always "Too busy" to do what is necessary.

A winner goes through a problem; a loser goes around it, and never gets past it.

A winner makes commitments; a loser makes promises.

A winner shows he's sorry by making up for it; a loser says, "I'm sorry," but does the same thing the next time.

A winner knows what to fight for and what to compromise on; a loser compromises on what he shouldn't and fights for what isn't worthwhile fighting about.

A winner says "I'm good, but not as good as I ought to be"; a loser says, "I'm not as bad as a lot of other people."

A winner listens; a loser just waits until it's his turn to talk.

A winner would rather be admired than liked, although he would prefer both; a loser would rather be liked than admired and is even willing to pay the price of mild contempt for it.

A winner feels strong enough to be gentle; a loser is never gentle – he is either weak or pettily tyrannous by turns.

A winner respects those who are superior to him and tries to learn something from them; a loser resents those who are superior to him and tries to find chinks in their armor.

A winner explains; a loser explains away.

A winner feels responsible for more than his job; a loser says, "I only work here."

A winner says, "There ought to be a better way to do it"; a loser says, "That's the way it's always been done for him."

A winner takes big risks when he has much to gain; and a loser takes big risks when he has little to gain and much to lose.

A winner focuses; a loser sprays.

A winner has a healthy appreciation of his abilities and a keen awareness of his limitations; a loser is oblivious both of his true abilities and his true limitations.

A winner plays the people more than the "cards"; a loser plays only the cards and it might as well be solitaire.

A winner knows that people will be kind if you give them a chance; a loser feels that people will be unkind if you give them a chance.

A winner takes a big problems and separates it into smaller parts so that it can be more easily manipulated; a loser takes a lot of little problems and rolls them together until they are unsolvable.

A winner walks when he can and runs when he has to; a loser runs when he doesn't have to and is out of breath when he should run.

A winner judges himself by the standard of mediocrity in his field.

A winner learns from his mistakes; a loser learns only not to make mistakes by not trying anything different.

A winner tries never to hurt people and does so only rarely when it serves a necessary purpose; a loser never wants to hurt people intentionally, but does so all the time without even knowing it.

A winner is sensitive to the atmosphere around him; a loser is sensitive only to his own feelings.

A winner handles his winnings both productively and prudently; a loser handles his winnings either profligately or mealy.

A winner uses amassing as a means to enjoying; a loser looks back but not far enough.

A winner uses amassing as a means to enjoying; a loser makes amassing an end to itself; therefore, no matter how much the loser amasses, he never looks upon himself as a winner and he never is.

A winner knows that the verb *to be* must precede the verb *to have*; a loser thinks that enough of the verb *to have* is what makes the verb *to be* – a fatal mistake in the grammar of existence.

A loser believes in “fate”; a winner believes that we make our fate by what we do or fail to do.

A loser looks for the easy way to do it; a winner knows that “the easy way” and “the hard way” are both meaningless terms – these are only innumerable wrong ways and one right way to achieve a goal.

A loser blames “politics” or “favoritism” for his failure; a winner would rather blame himself than others – but he doesn’t waste much time with any kind of blame.

A loser feels cheated if he gives more than he gets; a winner feels that he is simply building up credit for the future.

A loser becomes bitter when he’s behind and careless when he’s ahead; a winner keeps his equilibrium no matter which position he happens to find himself in.

A loser smolders with unexpressed resentment at bad treatment and revenges himself by doing worse; a winner freely expresses resentment at bad treatment, discharges his feelings and then forgets it.

A loser is afraid to acknowledge his defects; a winner is aware that his defects are part of the same central system as his assets and while he tries to minimize their effect, he never denies their influence.

A loser prides himself on his “independence” when he is merely being contrary and prides himself on his “teamwork” when he is merely being conformist; a winner knows which decisions are worth an independent stand and which should be gone along with.

A loser is envious of winner and contemptuous of other losers; a winner judges others only by how well they live up to their own capabilities, not by some external scale of worldly success and can have more respect for a capable shoeshine boy than for a crass opportunist.

A loser hedges his bets on bets on every hand; a winner waits for the right pot and stakes his all.

A loser leans on those stronger than him and takes out his frustrations on those weaker than himself; a winner leans on himself and does not feel imposed upon when he is leaned on.

A loser thinks there are rules for winning and losing; a winner knows that every rule in the book can be broken, except one – be who you are and become what you were meant to be which is the only winning game in the world.

WORDS OF THOUGHT WHICH SHOULD BE PRACTICES PHILOSOPHY

1. Morals are a lot of little things.
2. Make the easy plays and the hard ones will take care of themselves.
3. There are no miracles to players who do not have imagination.
4. Winners are workers; workers are winners.
5. A quitter never wins and a winner never quits.
6. Knowledge of the game makes for confidence.
7. One man plus courage is a majority.
8. Dissatisfaction with your own progress ensures greater future development.
9. A team that won't be beaten can't be beaten.
10. Setbacks never whip a fighter.
11. If it's worth doing at all, it's worth doing well.
12. Play the game to win.
13. Correct your own mistakes before criticizing others.
14. You will play in a game as you play in practice.
15. If you are good, be better.
16. Loyalty is a loyal quality; be noble.
17. Correct, don't criticize.
18. Say what you mean and mean what you say.

TRAINING SUGGESTIONS

1. At least 8 hours of sleep each night.
2. In bed by 10:00PM the night prior to a game.
3. In bed as soon as possible after a game, when we are playing the following night.
4. Eat balanced meals, at regular hours, with a minimum of eating between meals.
5. Drink plenty of water, milk and fruit juices.
6. Relax for a while after eating.
7. Take care of your health - mental, moral and physical.
8. Practice moderation with good judgment in all ways.

TRAINING DEMANDS

1. No use of alcoholic beverages of any kind.
2. No smoking.
3. No use of drugs of any kind.
4. No use of profanity.
5. Be a player in all ways at all times.
6. Be on time whenever time is involved.

GENERAL

1. Make it your personal objective to be in better condition than any opponent you will meet.
2. Condition is attained and maintained by what you do both on and off the floor. Be at peace with yourself in regard to your mental, moral and spiritual as well as your physical condition.
3. Force yourself when you are tired. It is the hard work you do after you are "all in" that improves your condition.
4. The ability to properly execute the fundamentals is closely related to your physical conditions and emotional balance.
5. Maintain your self-respect and you will be proud and confident of your condition.

IN CONCLUSION:

A basketball player will realize that he must make sacrifices. He cannot do some of the things other students do. If he thinks more of smoking, drinking and staying out late then he is not will to "pay the price and should turn in his suit rather than hinder the team effort."

"FAILURE IS THE ONLY THING THAT CAN BE ACHIEVED WITHOUT EFFORT"

PRACTICE

1. Be on time for **ALL** practice sessions. As far as time is concerned, be on time for every team function. Our practices are scheduled to a fine degree so it makes it necessary for you to be on time for all occasions.
2. **NOBODY misses practice sessions** - family/personal exception.
3. We do everything by the whistle or voice in practices. When the whistle blows, everything stops except your heart, if you are in mid-air stay there. When that whistle blows, we have something to say and we expect you to listen.
4. There is no room for horseplay in our practice sessions. Games are won or lost in practice sessions and we do not intend to lose them there.
5. We run a lot of drills that we put a lot of confidence in, so learn the drills by name so we can run them quickly and confidently.
6. Be quiet in practice - if you cannot improve the silence - keep quiet!
7. Run to and from every drill. When we ask for a player we expect to see every player on the floor; move at one time.
8. NO FOUL MOUTH - PROFANITY NEVER MADE A PLAYER OUT OF A PLAYER.
9. Be dressed, on the floor and ready for practice on time every day. There is no substitute for industriousness and enthusiasm.
10. Warm up and then work on your weaknesses and shoot some free throws when you take the floor and until organized practice begins.
11. Work hard to improve yourself without having to be forced. Be serious. Have fun without clowning. You develop only by doing your best.
12. No cliques, no complaining, no criticizing, no jealousy, no egotism, no envy, no alibis. Earn the respect of all and give respect.
13. Never leave the floor without permission.
14. Move quickly to get in position to start a new drill.
15. Keep a neat practice appearance with shirt tail in, socks pulled up, hair cut neat and fingernails trimmed.
16. Take excellent care of your equipment.
17. Do everything the way you have been told and do not have to be told every day. Correct habits are formed only through continued repetition of the perfect model.
18. When a group activity is stopped to correct one individual, all pay close attention in order that you will not require the same correction.
19. Condition comes from hard work during practice and proper mental and moral conduct.
20. Poise, confidence and self-control comes from being prepared.