

## **BILLY DONOVAN "COACHING THE MINDSET" Florida Clinic Notes**

- What do you do to get your guys mentally ready to play?
- A team can't play well if it is not in the right frame of mind
- Bill Parcells: "Players haven't changed (from the 80's until now), it's the people around them that have."
- Basketball is an unselfish game that is too often played by selfish people
  - Where are our guys mentally?
  - Examine body language as they come into practice
- Have a beat on everything going on in the Athletic Center (trainers, managers, etc)
  - How do your guys learn? Film? Walk-through? Be CREATIVE!!!
- After 2006, wrote down all the things that could get in the way of the team being the best they could be- players being selfish, over-confident, not handling roles
  - 2006 & 2007 National Champs had an enormous level of sacrifice
- Live in the present: forget the past, play the next play to the best of your abilities
- Encountering over-confidence: yesterday is over, we need to compete NOW - COMPETITORS (!!!)- great competitors bring it every game, every practice
  - Role Players
    - Never underestimate how important role players are.
  - Stars will get the pub, it's the role players whom you need to make sure feel appreciated
- Stars must endear themselves to those role players (think KG offering anyone on the team a free meal every road trip)
  - Building chemistry isn't all on the coach, your best players have the best chance to improve chemistry
  - Leaders on the floor/ Leaders in the locker room- often can be two different sets of people
    - Approach/Avoidance goals
- Approach Goals: things the team wants to see accomplished -Avoidance Goals: things the team is hoping to avoid.
  - Focus on approach goals. Avoidance goals are too negative, makes teams play to not lose rather than to win
- Live in the present: forget the past, play the next play to the best of your abilities
- Encountering over-confidence: yesterday is over, we need to compete NOW -COMPETITORS (!!!)- great competitors bring it every game, every practice
  - How do you make sure your message is being carried?
  - Choose 3-4 players who are responsible that the message isn't diffused by negativity in the locker room
- Watching film after a loss shouldn't be punishment. Be objective. You can be harder after a win, go easier after a loss.
  - Halftime motivational strategy: Really not much time, only 15 minutes, but if they're too high emotionally, bring them down. If they're down, bring them up.
  - Create epiphanies- talking can only do so much, at times a coach needs to come up with a creative way of getting his message across. Sometimes players get too caught up in themselves and seeing those who are less fortunate, they realize they don't have it as bad as they think.
    - Ideas:
      - Bring role models to practice
      - Visit a local children's hospital -Ask for the team's input.
- Bill Belichick met with the team shortly before the SEC tournament. Showed them a video of the Breeders' Cup (horse race) and paused the tape halfway through the race with the outcome still up in the air. He asked the team "Who will win? The horse with the most experienced jockey? The horse who has won the most money? The horse with the best odds prior to the race?" The team was puzzled, "No, it's the horse that runs the best race from here on out." You can't focus on prior accomplishments/failures, you must only focus on the present and doing your best the next play.

