

Stan Van Gundy  
Coaching U Live 2013

- Coaching Advancement
  1. Work hard
  2. Be as good as you can be
  3. Catch some breaks
  
- Books
  1. Mindset
  2. The smart take from the strong
    - Only sold at Princeton University bookstore
  3. The power of negative thinking by Bobby Knight
  4. The most successful leaders do 15 things automatically everyday by Lin Llopis
    - Forbes.com
  
- Create a culture for your program
  - Values never stray
  
- Go to battle every single day
  - Don't let things (values) go or it will continue a slippery slope
  
- Coaching is helping players get better
  
- Watch a team play on court to judge a coach and players communication and relationship status
  
- How do you give players confidence?
  1. Make them better
  2. Put them in right spot to succeed
  
- Who you lead is more important than how you lead
  - If you want a smart, tough team go get a smart tough player – Bill Bellicheck
  
- 2 most important decisions on daily basis
  1. What are you going to do in practice
  2. Who are you going to play
  
- Decide what you want to be good at
  - Can't be good at too many things
  - Can't be good at D transition and O rebounds
  - Can't be good at D rebounding and running
  - A stranger should be able to go to any practice and know what is important to the coach

- Defensive drills used everyday
  1. 2 on 2 PnR
  2. Transition D
  3. 4 on 4 shell
  4. Live closeouts
  5. 5 on 5 occasionaly
- Dick Bennett “Be good at the things that happen a lot”
- Offense isn’t in the play – its teaching and the attention to detail
  - Screening
  - Spacing
  - Movement
- “You will not win with guys who are not smart and constantly screw up”