

Book Notes

Bobby Knight – The Power of Negative Thinking

Certain basic principles should be seen by players every day so that it would become a second nature for them.

Victory favors the team making the fewest mistakes. It is not the development of your offense or defense that will make you a consistently winning team; it's the elimination of mistakes.

Before you can inspire your players to win, you have to show them how not to lose. Eliminate bad fouls (a foul that should not have been committed).

Definition of discipline: discipline is recognizing what has to be done, doing it as well as you can do it, and doing it that way all the time.

Having the will to win is not enough. Everyone has that. What matters is the will to prepare to win.

Early failure is usually better than early success, because the lesson on humility lasts a long time and makes you more effective over the long term.

The art of coaching is moving away from the game plan when things aren't working.

Luck can win sometimes, but preparation is a more consistent formula for success.

Good leadership: always criticize sloppy play and praise good performance. When players show you they are really working to improve their skills, that is the time you have to encourage them, so they know their work is being noticed.

Work on doing things that enable you to win, and eliminate the sloppiness or risky plays that get you beat.

Vitaly important in working with people is to recognize and emphasize how good someone is at the things they do best.

There are two kinds of coaches: 1. Those who favored surprise and change, and those who favored simplicity and execution. The surprise and change teams were never drilled to be as effective in their play as the simplicity and execution teams were.

Two things he learned that are crucial:

1. Limit their practice time after the half of the season. For the players to keep fresh legs for the game and that they are not worn down.
2. The will to prepare to win.

Winning the team fouls race. Be the first team to shoot 2 FT's (team fouls). Besides points it also accumulates fouls on the individual players who wind up on the bench. Time lost on the bench by key opponent players was of great value to us.

I consider getting to the FT line at the end of a close game the most important factor for winning those games.

Knight wanted to make more FT's than the opponent shot. One of the most important basic drill on defense was to play with the hands inside the belt – out of use. Defense is played with feet and positioning.

The last five minutes has its own separate importance. Whatever the game plan was, if we were ahead I wanted to use that lead and make the clock our team mate. he wanted to forget about taking 3P shots, eliminate quick shooting! Think less about jump shots and drive to the basket and get lay ups of FT's. The more time they took off the clock, the more anxious losing teams became. And anxious people make more mistakes.

On every decision you make, you need to know why and why not.

Fundamentals eliminate easy ways to fail, ways to lose.