

# Book Notes

## Seth Davis – Getting to us

PEAK profile of successful coaches: Persistence, Empathy, Authenticity, Knowledge.

Notes on different coaches:

### Mike Krzyzewski

He laughs at the notion of that all those trips to the Final Four without a title were weighing on him. You gotta be shitting me. We won 38 games in 3 years. Now we get to the final four and because we don't win it, someone says I'm a failure. I've got a monkey on my back? If I was a zookeeper, I'd want about 8 more of those monkeys on my back.

Upper body player (posture): a player who is thinking about just himself.

Lower body player: talking and giving instruction, you get outside of yourself and become a lower body player. Your feet are wider, you're in a stronger stance, your arms go out and your feet go out.

Playing time is based on performance not hierarchy. When a younger becomes a starter / plays more than an older one he says: this isn't some inherited wealth.

He installs 3 systems:

1. Offensive system
2. Defensive system
3. Communication system. He will stop practice if the players stop talking and reminds them he wants to hear their voices.

Coach like your playing with house money.

### Jim Boeheim

To me, that's really the key to coaching. There's motivational things, there's X's and O's, but the main thing is getting them to go after it every play.

The hardest thing in coaching is to be flexible but not weak.

Coaches above all have to be resilient. You have got to keep going.

## **Doc Rivers**

I learned from Riley that the key to coaching is to get a group of players that believe there's one agenda, and that you have the same agenda as them. If you can do that, your players are going to do whatever they can for you.

## **Brad Stevens**

While he edits video and analyzes the math, he takes notes on a pad full of templates that he has developed over the years. After watching he will use his laptop to retype his notes onto another template, which has just enough room for the information that really matters.

- Offensive sets
- Defensive sets
- Individual tendencies
- Plays to be executed in certain situations

He will also compile a list of plays that he can draw up according to the situation. The names are derived from the person or team he stole them from.

In the midst of all his work, Stevens will send several text messages to his players, both individually and as a group. Some of them he sends the night before, so as soon as they wake up they will have something from him.

You have to be empathetic in knowing that everybody has their own lives, and everybody has something tough going on. You need to make sure you understand that before you coach them.

One of his players said about him: The best thing about him is that he's so real. It's not like he's trying to fake his way through just to get you to like him. He is such a great communicator that he doesn't have to scream and yell. He is not going to hide the truth, but he's going to do it in a way that builds up and makes you want to get better.

"I can't be wild and crazy and think".

## **Dabo Swinney (Football - Clemson)**

When the players walk into the room, they are greeted by a slide show that shows the view a driver has from behind the wheel of a car. The logo of last week's opponent is in the rearview mirror; the next week's opponent is visible through the windshield. Swinney also brings in 2 signs, one that reads belief and another that shows the word cant with the apostrophe and the T crossed out.

He has assembled a thick binder that serves as a guide to every aspect of the program. The manual is the result of many years spent jotting and organizing. The sections are separated by tabs include: personnel, game day preparation, recruiting, strength and conditioning, operations, tickets, security, academics, maintenance, travel, administration and everything in between. Sections also include his

concepts related to offense, defense and special teams.

Every summer, he gets together with his staff for five days and they read through every single page of the manual and set their plans for the season.