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A TEACHHOOPS X DR. DISH PODCAST SERIES

We've teamed up with Coach Steve Collins over at Teachhoops to bring you a FREE 5-part podcast series plus these coaching worksheets, team activities, and Steve's 20 Keys to Winning to help you build your All In, Championship program this season.

DON'T FORGET TO LISTEN TO THE SERIES: INFO.DRDISHBASKETBALL.COM/PODCAST

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COMMITMENT TO ALL IN MOTIVATION AND LEADERSHIP

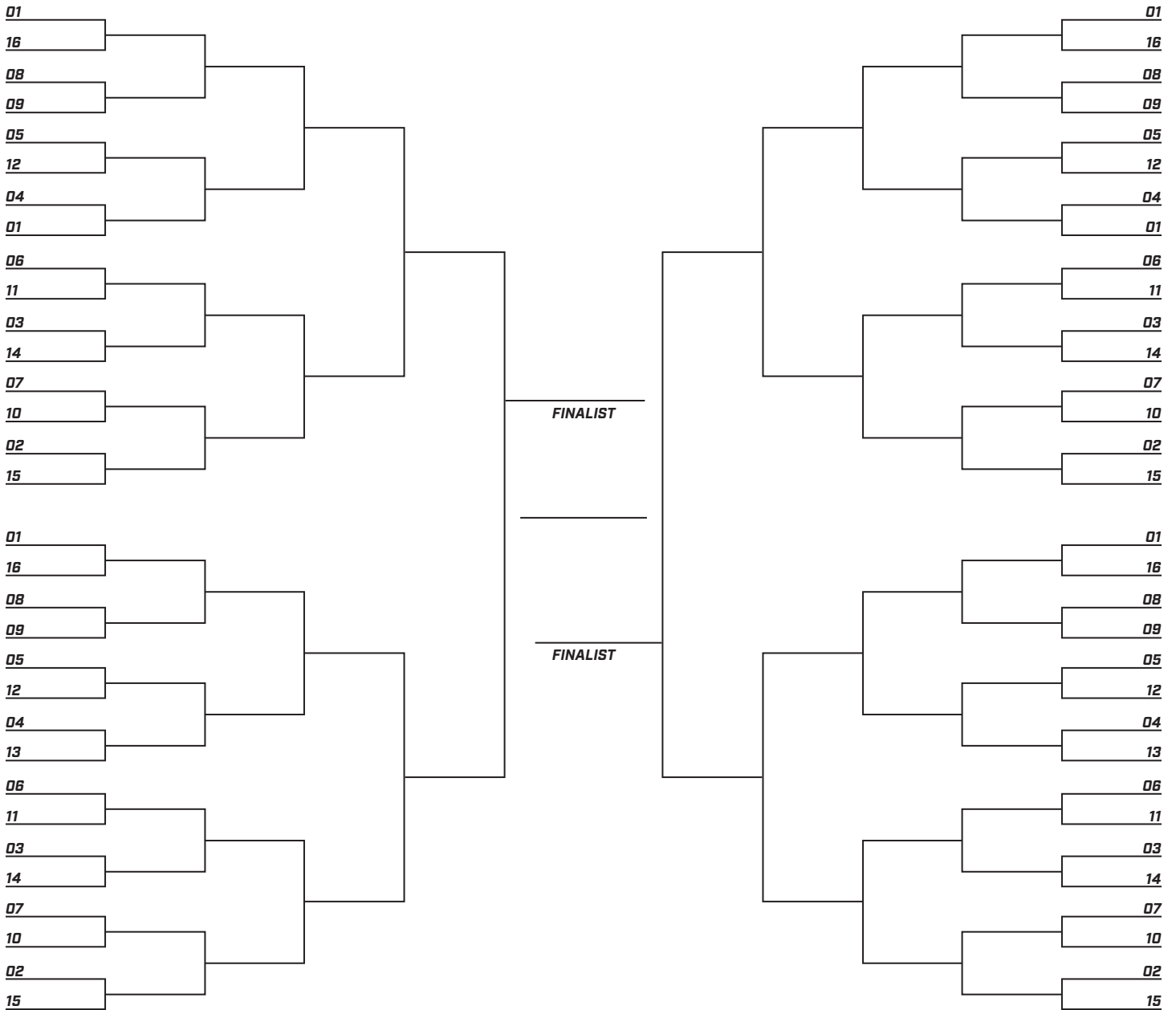
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HOW TO: BUILD A PROGRAM THAT'S

ALL **IN**



ALL

WORD LIST

DEFENSE

SHOT SELECTION

VALUE THE POSSESSION

REBOUNDING

BE RELENTLESS

POSITIVE ATTITUDE

POSITIVE ENERGY

KNOW YOUR ROLE

ATTENTION TO DETAIL

HUNGRY

IMPROVE

HEART

BELIEVE

HUSTLE

PRIDE

UNSELFISHNESS

LOYALTY

FOCUS

GET BETTER EVERYDAY

PREPARED

UNITED

FAMILY

RESPECT

"THE LITTLE THINGS"

BE ON TIME

ADAPTABILITY

ACCOUNTABILITY

DEPENDABILITY

FLEXIBILITY

RESPONSIBILITY

RELIABILITY

WORK ETHIC

NO EXCUSES

COMMUNICATION

INTELLIGENCE

COMMITMENT

POISE

TRUST

LEADERSHIP

ENERGY

COMPOSURE

VOCAL

DISCIPLINE

BODY LANGUAGE

PROTECT OUR HOUSE

GIVE BACK

PASSIONATE

TEAMWORK

CONFIDENCE

BELIEF

FIGHTER

MENTAL TOUGHNESS

HONESTY

INTEGRITY

RESILIENCE

RESPONSE

RECOVERY

NEVER GIVE UP

CARE

CHEMISTRY

INTANGIBLES

SENSE OF URGENCY

ENTHUSIASTIC

TENACIOUS

PERSISTENT

EFFORT



SETTING TEAM STANDARDS AND PILLARS

As coaches, we aim to co-create our team standards. To achieve this, we need to consider the following questions:

1. What are our team's goals for the season?
2. Who do we represent as a team?
3. Where and when will we be representing the team?
4. How will we represent the team?
5. What does a championship team look like?

STEPS:

1. Questions 1 and 2 should take 2-3 minutes of discussion with each group. Write their responses on the board. The objective is to encourage a collective mindset, where "we" is more important than "me."
2. Question 3 may take up to 5 minutes. List as many places and times when the team represents the school.
3. After determining where and when the team represents the school, have the athletes come up with 2-3 pillars for each of these instances. For instance, when and where: during the school day.

Pillars:

- Punctuality
 - Assisting fellow students
 - Submitting homework on time
 - Seeking help when needed
 - During lunch, assisting teammates with math
4. From these pillars, narrow down to 2-3 standards.
 5. Once you have established your championship standards, proceed to develop the team motto. Utilize a list and bracket system to vote on 2-4 key words that best represent your team. You can also add words from the standards activity. Remember to emphasize clear communication and teamwork throughout this process.



TEAM STANDARDS AND PILLARS WORKSHEET

STEP 1: TEAM GOALS

What are our team's goals for the season?

1. _____
2. _____
3. _____

TEAM REPRESENTATION

Who do we represent?

1. _____
2. _____
3. _____

STEP 2: WHERE AND WHEN WE REPRESENT THE TEAM

List as many places and times when the team represents the school:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

STEP 3: HOW WE REPRESENT THE TEAM

From each place and time listed in step 2 brainstorm 2-3 pillars that represent how we should conduct ourselves when representing the team.

Standards and Pillars:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

STEP 4: TEAM MOTTO

1. _____
2. _____
3. _____
4. _____

ALL

TEAM PLAYBOOK: **BREAKING DOWN THE GAME PLAN AND BEING ALL IN**

1. INTEGRITY ON & OFF THE COURT

- We've got a responsibility. Maintain integrity in interactions with players, when dealing with parents, while engaging the community, and in collaboration with fellow coaches.
- Set the bar high. Live the values. Players will emulate our lead.

2. ACCOUNTABILITY: THE BACKBONE OF OUR PROGRAM

- It's all about the team. Emphasize this in every practice and game.
- It's the jersey on the front, not the name on the back that matters most.
- Communication is paramount:
 - **Player to Coach:** Maintain open channels. Feedback is invaluable.
 - **Player to Players:** Encourage them to support one another. Lift each other up.
 - **Coach to Coach:** Unity is key. One voice, one plan. Always be on the same page.
 - **Coach to Player:** Deliver guidance and discipline in equal measure. We're shaping champions.

3. COLLABORATION: DRAWING UP PLAYS TOGETHER

- The best ideas aren't created in isolation. Engage with players and value their perspective.
- Create an environment where every voice counts, from rookies to team captains.

4. TEAM BUILDING: BEYOND THE COURT

- We're a family. Nurture that bond:
 - Organize team events.
 - Dedicate time for off-court bonding.

5. EYES ON THE PRIZE: ALWAYS PERFORMANCE-FOCUSED

- Celebrate the hard work but remain vigilant about areas of improvement.
- Celebrate victories, but maintain a hunger for growth.
- Align recognition and opportunities for growth with actual performance.
- Every drill, practice, and game aims at growth.

6. AGILITY & ADAPTABILITY: OUR COACHING MANTRA

- Curve balls are part of the game. Adaptability is essential, whether due to injuries, changes in the game, or other life events.
- Flexibility can become one of our greatest assets.

7. INNOVATE: THINK OUTSIDE THE PLAYBOOK

- Promote new tactics. As the game evolves, our strategies should too.
- Stay current: attend workshops, connect with mentors, read up, research, and always be open to fresh ideas.

8. CULTIVATING A WINNING MENTALITY

- Foster ambition. Whether on game night, during practice, or in academic pursuits, strive for excellence in every endeavor.

ALL IN

ENGAGEMENT BLUEPRINT CHECKLIST **50+ ACTIVITIES**

TEAM COMPETITIONS

- ☐ Break the team into groups of 3-4 players
- ☐ Each group has a team “leader”
- ☐ The teams get points for each member that does a specific activity
[Bonus points when everyone does it]
- ☐ Leaderboard
- ☐ Reward / prize for winning teams
- ☐ Choose the activities

ATHLETE ENGAGEMENT

- ☐ We set up our athletes in [Google Classroom](#) or [Schoolology](#)
- ☐ Need a central method of communication
[Remind, Snapchat, text, email]
- ☐ Tracking and leaderboard
- ☐ Communication is the key to your athlete's engagement

PHYSICAL

It is important for athletes to get their bodies moving.

- ☐ 1. Team yoga
 - Zoom or in-person
- ☐ 2. Push-up challenge
 - How long it takes to do 50 push ups
 - Record and share
 - Other physical activities (jumping jacks, running, etc.)
- ☐ 3. Teammate workouts
 - Make a workout for a teammate
 - Record and share
 - Get input from that teammate

- ☐ 4. Dribbling workout
 - Make and videotape a 15-minute basketball dribbling workout
 - Work on a specific skill
- ☐ 5. Nutrition tracking
 - Have them track what they eat for a week
 - Discuss proper nutrition as a group
 - Read an article on Nutrition, [Eating for Sports](#), [Tips](#), Pre-Game

MENTAL

Both the physical and mental part of the player are so important for developing the well-rounded athlete.

- ☐ 6. Visualization activity
 - Pre-game
 - Relaxing
 - Meditation
- ☐ 7. Learn a new skill
 - Draw from a hat
 - Random skills chosen by coaches
- ☐ 8. Share one new skill or something you have learned in the last month
 - Random or chosen by the coach
- ☐ 9. Find and share an inspirational story
 - It can be a video or article
- ☐ 10. Teach your team a new skill
 - Find a skill and teach it to the team
 - Basketball or non-basketball related
 - Bonus points for this activity
- ☐ 11. Pick the weekly theme
 - Explain why you picked it
- ☐ 12. Game Scenarios
 - Find videos and clips and have the athlete tell how they would play it out

ALL IN

☐ 13. Real Life Scenarios

- Discuss life situations and have them come up with a solution
- Example: End up at a party and then alcohol appears what do you do?

HUMOROUS

We must all laugh in both easy and difficult times.

☐ 14. Each player makes a basketball related TikTok

- Have a team watch party

☐ 15. Each player makes a holiday song or rap

- Have a team watch party
- American Idol style

☐ 16. Share a funny GIF

- Basketball related or non-basketball
- Team votes for funniest

☐ 17. A video of you juggling

- Something that's hard for them

☐ 18. Baby picture challenge

- Everyone turns in a baby picture
- Coaches put together slide show
- Team activity

GRATITUDE

Teach that leaders not worry about themselves but others.

☐ 19. Write a letter of appreciation to one of your teachers

- Share with the coach
- Coaches can share with parents at the end of year banquet

☐ 20. Reach out to a friend from elementary school

- Check in and make a connection

☐ 21. Do a chore that you do not normally in your house

- Bonus points for more than one day

☐ 22. Do something for an elderly neighbor

- Cook and take them dinner
- Shovel their driveway or mow their lawn

☐ 23. Write a thank-you note to your parents

- Turn into coach
- Give to parents at the end of the year

BASKETBALL

The lessons that will hopefully help when they return to the basketball court.

☐ 24. Watch a game from last year and scout the opponent

- Pick that rival or difficult team you might have to play this season

☐ 25. Team motto bracket

- 64 Words that describe a winning team
- NCAA bracket
- Players vote for winning word

☐ 26. Learn a basketball skill and teach your teammates

- Videotape and share

☐ 27. Share a defining moment in your basketball career

- Write about a particular basketball moment that shape

☐ 28. Find the best basketball movie of all time

- Vote on a winner
- [Watch together](#)

☐ 29. Draw up a new out of bounds play or offense

- Find or make up a play

☐ 30. Make a video to share with future players

- What have you learned as a basketball player
- What do you wish you had known?

COMPETITIVE

We can always teach our players to be competitive and tough.

☐ 31. Do a fantasy basketball league

- Team and individual standings

☐ 32. Trivia competition

- Team and individual standing

ALL IN

- ☐ 33. Virtual scavenger hunt
 - Some sample snapshots for your team to take during a scavenger hunt might include:
 - A home selfie. *Bonus points if you include your pet!*
 - An item from your school workplace at home (and the story behind it)
 - A shot of your lunch, or afternoon snack
 - You can also do scavenger hunts that require scouring the web for items, such as:
 - A GIF from your favorite movie
 - A Photo of place you want to visit
- ☐ 34. Team Pictionary
 - Play [Pictionary](#) or [Charades](#)
- ☐ 35. [Kahoot](#) Competition
 - Pre made
 - Team or player made
- ☐ 36. Players make a challenge for the team
 - Team votes on new challenge
- ☐ 37. NBA 2k or Madden tournament
 - Team and individual scores

CREATIVE

This is a non-utilized part of the well-rounded athlete.

- ☐ 38. Make a basketball movie/tv show
 - Have them make their own movie
 - Team showing
- ☐ 39. Read a basketball book
 - Each Group reads a specific book
 - Shares with group for bonus points
- ☐ 40. Tape yourself doing a basketball workout
 - Make your own workout
 - Tape and share with coaches
 - Team does the top one
- ☐ 41. Shooting Competition
 - Everyone one does a specific workout
 - Players tape it and share with coach
- ☐ 42. Goal Setting Activity
 - Coach run activity
 - Attached activity
- ☐ 43. Draw a picture of the gym
 - It can be the gym in which you play
 - Classroom they enjoy
- ☐ 44. Write a letter to yourself (5 years from now)
 - The coaches can keep and mail to them in 5 years
 - You can also do a write a letter to your 50-year-old self and give to the parent

WEEKLY MOVEMENTS

- ☐ 45. Motivational Monday
 - Find 3 motivational videos and articles
 - Share with group and team
- ☐ 46. Toughness Tuesday
 - Do one tough task
 - Clear driveway in winter and take shots
 - Go for a 2-mile run
 - Etc.
- ☐ 47. Workout Wednesday
 - Team workout
 - Group gets together and does a virtual workout
- ☐ 48. Thankful Thursday
 - Journal and write things you are thankful
 - Share with coaches
- ☐ 49. Flexible Friday
 - Work on Flexibility
 - Team Yoga
- ☐ 50. Separation Saturday
 - Do one thing that is going to separate you from your opponent
 - Get better or bitter
- ☐ 51. Study Sunday
 - Pick one school class
 - Contact the teacher
 - Do extra work

ALL IN

BONUS IDEAS

- Play online [Taboo](#)
- Play tower building Game ZOMBS
- Share a motivational quote
- Bake something for a neighbor and drop it off at their house
- Pick a motivational video, have the players watch it and share what they have learned

BONUS ICE BREAKERS

- What is your favorite brand of basketball?
- If you could only wear one basketball shoe what would it be?
- If you could go to one sporting event for free what would it be?
- What is your favorite pre-game meal?
- What is one thing you do to relax?
- Who is best player of all time
- What is the best game you have seen?



ALL IN LEADERSHIP WORKSHEET

COURTSIDE COMMITMENT FOR BASKETBALL COACHES

- Leading yourself
- Leading your players
- Leading your staff
- Leading your community

TEAM LEADERSHIP ACTIVITY

How does someone do the following?

Team Activity Process?

1. Every player will complete the form individually.
2. Players will then form small groups of 2-3 members. Within these groups, they should:
 - Share and read out their individual responses.
 - Note down the responses of their teammates.
 - Engage in a discussion to consolidate and arrive at 1-2 group responses.
 - Based on the feedback, coaches will establish the Team Pillars.

LEADING THEMSELVES

1. _____
2. _____
3. _____

BE A PROBLEM SOLVER

1. _____
2. _____
3. _____

BE A CONNECTOR

1. _____
2. _____
3. _____

BE A THERMOSTAT

1. _____
2. _____
3. _____

BE AN ENERGY GIVER

1. _____
2. _____
3. _____

GIVE FEEDBACK/REMINDERS

1. _____
2. _____
3. _____

BUILD CONFIDENCE IN TEAMMATES

1. _____
2. _____
3. _____

BE A COMMUNICATOR

1. _____
2. _____
3. _____

ALL IN

20 KEYS TO WINNING CHAMPIONSHIPS

1. HAVE A COMPREHENSIVE PLAN

- State the key components of the long and short term plan
- Plan implementation strategies
- Execute the specific plan
- Conclude and make necessary adjustments

2. FIND THE RIGHT PEOPLE AND ENVIRONMENT

- Look for coaches who are loyal and share the same vision
- Consider the atmosphere and community support for the school
- Seek hardworking basketball players who prioritize skill development
- Focus on the overall development of student-athletes and encourage participation in multiple sports

3. ESTABLISH DEFINED ROLES

- Ensure all stakeholders understand their roles
- Foster a culture of unselfishness and appreciate role players
- Facilitate open dialogue about off-season activities, other team commitments, and multi-sport involvement

4. EMPOWER YOUR TEAM/ GET OUT OF THEIR WAY

- Minimize over-coaching; trust player instincts.
- Be open to changing strategies
- Adapt to different situations

5. CRITERIA FOR TEAM SELECTION

- Prioritize players with scoring prowess and adept ball-handling
- Value free-throw proficiency and low turnover rates
- Seek players who thrive under pressure
- Ask, “How do they fit into their roles?”

6. EMBRACE THE JOURNEY / SUCCESS IS NOT IMMEDIATE

- Understand that program success is gradual and takes time
- Commit and be patient with long term development of your program
- Seek inspiration from other successful programs

7. DEFINE YOUR COACHING STYLE

- Choose a coaching style congruent with you
- Recognize multiple paths to victory; be flexible in your approach
- Don't go with the newest fad

8. CULTIVATE A UNIFIED GOAL / THEME

- Set clear team goals and expectations
- Engage players, families, and coaching staff in goal setting
- Balance objective and subjective measures of success

9. PLAN FOR IT

- Plan for big games and championship runs throughout the season

ALL **IN**

- Maintain open and regular communication about team expectations
- Create situations in practice that simulate game-like conditions
- Talk about winning

10: ONCE YOU GET TO THE BIG GAME, ACT LIKE YOU BELONG

- Stay consistent in routines
- Foster player confidence and maintain composure during high-stakes games
- Stay calm

11: REST AND NUTRITION

- Prioritize rest and recovery to avoid fatigue and optimize performance
- Adjust practice length and intensity to avoid over-training
- Sleep and nutrition

12: BE AGGRESSIVE

- Embrace an aggressive coaching style that encourages innovation and taking calculated risks
- Play to win rather than playing not to lose

13: GIVE THEM A REASON TO WIN

- Provide your team with a purpose and something to believe in
- Find motivational hooks that resonate with the team's emotions, underdog status, or program history
- Act as a salesman

14: COMMIT TO CONTINUOUS LEARNING

- Continuously seek opportunities to learn and improve as a coach

- Engage with coaching communities, connect with other coaches, and learn from successful individuals in other fields (www.teachhoops.com)

15: OUTSIDE EVALUATION

- Seek feedback from outside sources to gain a fresh perspective on your team's strengths and weaknesses
- Engage with different coaches and utilize their insights

16: ALWAYS BE PREPARED

- Utilize scouting techniques and gather comprehensive information on opponents
- Prepare scouting reports, review tapes, and analyze opponents tendencies
- Use the classroom as a tool for preparing your team mentally

17: WIN / VISUALIZE

- Teach your players how to win and instill a winning mentality within the program
- Assess where your program stands on the success scale and strive for improvement
- Seek wins in various aspects of your program, not just on the scoreboard
- Visualize success: See it / Sell it / In the Locker room

18: EXPECT THE UNEXPECTED

- Remember, "If it can happen, it will happen."
- Develop depth
- Control outside factors

ALL **IN**

19. FIND LEADERS

- Encourage all on and off the court
- Recognize that picking the general is important
- Picking team is most important day of the year

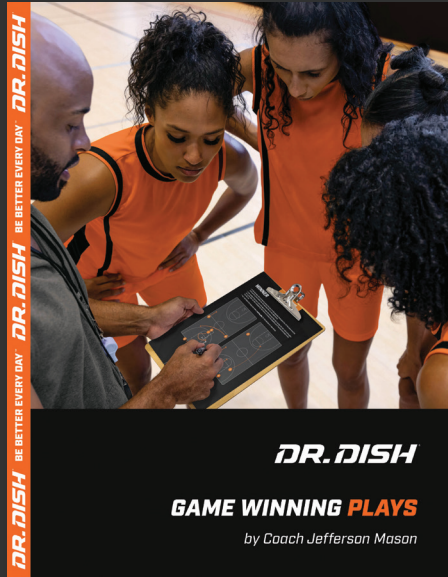
20. BE LUCKY

- Recognize that a handful of possessions decide championships
- Remember that precision will help

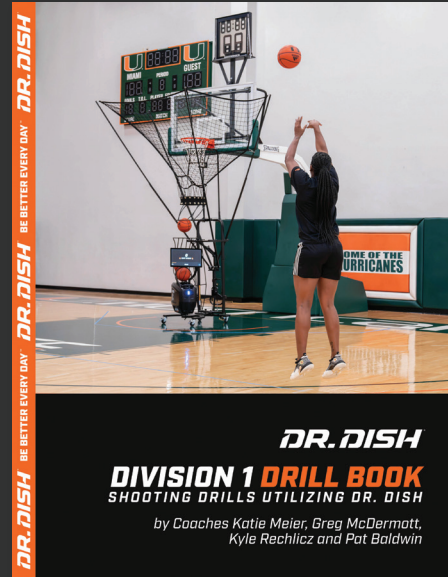
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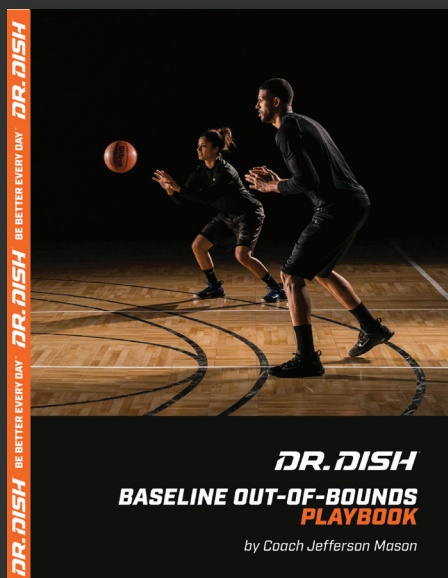
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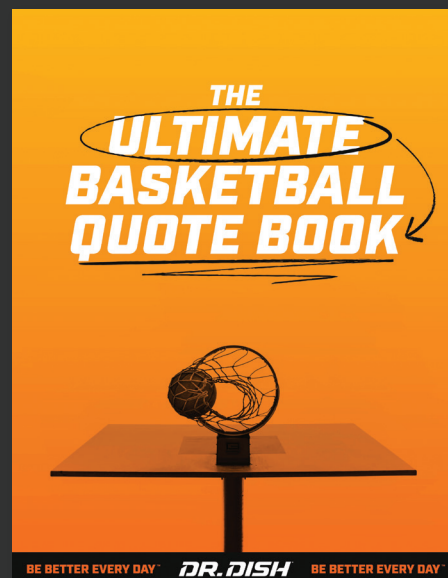
**GAME WINNING
PLAYS**



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