

# Over coaching

Here are 8 quotes that shed some light on the legendary coach, Dean Smith.

## Exec Summary

1. Leadership – develop followers
2. Praise the right things
3. Life and Death – it is not otherwise you are dead
4. Do Right – naturally and not forced
5. Heartbeat – play as one
6. Selfishness – do not allow
7. Mistakes – accept and move on
8. Over Coaching – let them think and do

## The explanation

1. “A leader’s job is to develop committed followers. Bad leaders destroy their followers’ sense of commitment.”
  1. A team of committed players will win.
  2. Develop a culture of commitment through effective player leadership.
2. “Praise behavior that you want repeated”
  1. Its simple, you are what you emphasize.
  2. If you want repeated behavior, then praise the process.
3. “If you make every game a life and death proposition, you’re going to have problems. For one thing, you’ll be dead a lot.”
  1. A great reminder to always think of the big picture.
  2. Sport is a game.
4. “You should never be proud of doing the right thing. You should just do it.”
  1. Doing the right thing should be the standard, not a celebration.

2. Next-level leadership cannot occur until players effectively lead themselves.
5. "All games are beautiful when all on the pitch play with one heartbeat."
  1. Create an expectation that all players work as one.
6. "What to do with a mistake?"
  1. Recognize it, admit it, learn from it, forget it.
  2. Quick, simple, and effective.
  3. Do not dwell
7. "One player's selfish attitude can poison a locker room and make it hard, if not impossible, to establish teamwork"
  1. It is all about TEAM
  2. No one player was above the rest
  3. Create the expectation that you play as one, and any selfish behavior is unacceptable.
8. "Over-coaching is the worst thing you can do to a player."
  1. Less is more.
  2. Simple Wins.
  3. All great Coaches say this.
  4. Simplify what you do as a coach.
  5. Force yourself to do less. Let your players play free.