

Whether I'm coaching my Lake Oswego High School players, or coaching my son's Lay-Ups team, the questions I ask them after every practice and game remain the same:

1. Did you try your best?
2. Did you listen to your coach?
3. Did you have FUN?!!!

I know that it was a good day at Lay-Ups if I get an emphatic "Yes!" on all three of those questions.

As we emphasize selfless play and teamwork with our high school players, one of the things we celebrate is how good we are at celebrating the success of our teammates. That means, we don't emphasize how many points our star player may have scored for a particular game, but rather, we track and celebrate the charges taken, great screens set to get a teammate open, and the assist that led to an easy basket (and we always THANK the passer). While we may not keep track of those stats for the Lay-ups games, I think of a possible post game stat line looking something like this.

Nathaniel's (I'll use my own son's stat lines from this past weekend) Lay-Ups season stats show he averaged per game:

1. 35 smiles from start of practice to end of game
2. 47 high fives to teammates
3. 58 chants of "de-fense" while on the bench

As for finishing out the last Lay-ups day of practice and games on a strong note, I would encourage you to keep in mind the rule of 2's as you balance between the short term (can I get them to stop double dribbling?) and long term (can they complete 5 passes before taking a shot?) goals.

- 2 minutes to show a kid something
- 2 weeks to work on it
- 2 months to master it and put it into a scrimmage or game

What this rule reminds me is that with the limited amount of time we

have in practice with our players, whether in a K-2nd grade league or in a high school program, our number 1 priority as a coach is to make the game fun for our players so that they will be motivated to keep working on their game when they leave their time in the gym with us. We as coaches can be hard on ourselves at times, thinking that the players we were in charge of may not have progressed as much as we desired. The Rule of 2's reminds me that progress takes time and points me back to the same questions I ask my players, though this time from a coach's perspective.

1. Did I try my best as their coach?
2. Did I listen to my players?
3. Did I have fun?

I hope that your answer will be an emphatic yes as it was for the players! Thank you for the important work you did this season!!!