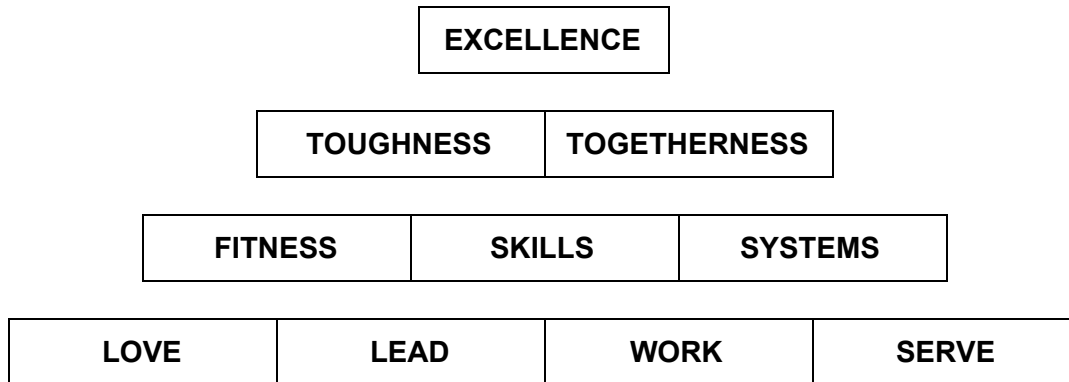


## Coaching Philosophy - John Leonzo



### 3 Team Rules:

Be On Time  
Be Respectful  
Be Committed

### Know Your No's:

No selfishishness  
No passivity  
No laziness  
No entitlement

The pyramid above is broken into 4 distinct groups. The first phase deals with establishing an identity. In this phase there is a list of 4 character qualities that we want to describe our players and staff as individuals, and also our team collectively. I believe that character is the foundation for high performance, and therefore must be attended to first.

The second tier is mastering our skills and systems. It is vital to take personal responsibility in all three of these areas. Personal accountability in this realm will result in team success.

The third tier deals with coming together as a team. We want our team to be together in good times and in tough times. When the tough times come, we want to be tough enough to face them head on and enjoy the process of overcoming.

I believe that a good character foundation, owning your fitness, skill level, and knowledge of our system, and then uniting those factors by coming together will result in excellence. We care deeply about results, we play to win, and we will enjoy every win. Winning will occur as a result of reaching for excellence.

## **Establish Identity**

### **Love**

*Be a great teammate*

- Be Kind: wear out the words hello, please, thank you, yes sir, and no ma'am
- Be Thankful: "get to" versus "have to"
- Put The Team First: "what do my teammates need from me?"
- Opposite of love = selfishness

### **Lead**

*Make the people around you better and more productive*

- Leadership is a skill - will look different for everyone
- Leadership is a shared responsibility - FR to SR
- Opposite of leading = passivity

### **Work**

*Give your best effort*

- Respect is earned through effort and commitment, not just ability
- Playing time is earned by competing & producing
- Opposite of work = laziness

### **Serve**

*Have meaningful relationships with your teammates*

- Let others into your life to know your needs, be intentional to know and meet theirs
- Little opportunities everyday: pickup trash, hold the door, clean up after yourself, etc.
- Opposite of serving = entitlement

## **Mastering Skills + Systems**

### **Fitness**

- Priority 1 is to be healthy
- Play on balance, at speed, with contact
- Take ownership for your fitness level/motor

### **Skills**

- Soar with your strengths
- Skills over position
- Growth mentality
- Excellent fundamentals

### **Systems**

- Master the 5 principles of play
- Know the system on both ends inside & out
- Connected on both ends of the floor

## **Coming Together As A Team**

### **Toughness**

- Cherish the chase
- W.I.N - What's Important Now

### **Togetherness**

- Invest into and enjoy your teammates
- We are better when we're together.

### **My Rules For Successful Coaching:**

- 1. Put players first. It is all about their experience and development.**
- 2. Do not come into practice mad or angry. They want to be good - help them.**
- 3. Make it fun. Happy and healthy is the goal.**
- 4. Celebrate small successes.**
- 5. Teach, teach, teach. When you teach, smile.**
- 6. Enjoy every win. No matter what.**
- 7. Do only as much as is necessary. Nothing more, nothing less.**
- 8. Keep it simple. Do what you do with quality and correctness.**
- 9. Give honest feedback. Be truthful and loving.**
- 10. Becoming a better person makes you a better coach. Chase improvement.**