

The Perfect 4th and 1: Musical Lessons Learned From the Greatest Coaches of All Time

presented by:

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What do musicians and athletes have in common?

- There are many parallels between being a great athlete and a great musician.
- It takes discipline, dedication, practice, and experience both individually and as a team to be successful in a career in music.
- Athletes work on strength training and drills for their sport; musicians work on scales, rhythm charts, tone, etc.
- Often times, the road to being a great musician/athlete starts very young in life.

What do coaches and music educators have in common?

- Coaches have to manage their staff, teach and motivate their players, create a game plan for each week, recruit new players for their team, etc. In addition, they have to work with their administration to ensure that they are happy with the coaches' performance.
 - Music Educators have to do all of this as well. They have to hire assistant directors and support staff (private lesson teachers, marching techs, etc.), teach and motivate their students to be the best that they can be, select music for their ensembles, recruit new members for their programs, etc. In addition, they have to work with their administration, to ensure that they are getting the support that they need to make their programs functional.
 - These characteristics are applicable to elementary, middle school, high school and college directors. The principles are the same; they are just adjusted for the level that each teacher is teaching.
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NICK SABAN
Head Football Coach,
University of Alabama Crimson Tide

- *Has won 6 National Championships in the modern era (1 at LSU, 5 at Alabama)*
- *Has mentored several successful coaches, including Jason Garrett (Dallas Cowboys), Jimbo Fisher (Texas A&M), Kirby Smart (Georgia), etc.*
- *Is considered by many to be the greatest college football coach of all time*

Three Foundations to Building a Championship Team:

- Develop the Product
- Know the Competition
- Teamwork

Developing the Product:

- The Road Map
- Creating a Culture of Expectations
- Commitment, Conviction, Character and Attitude
- Work Ethic
- The Ability to Persevere
- The Ability to Overcome Adversity

Lessons from “Developing the Product”

- Invest your time, but don't spend it.
- You don't always get what you want, but you always get what you deserve.
- Patience is a necessity for success.
- Enjoy your work.

The Competitive Spirit:

- Focus
- Dealing with Success
- Complacency
- Self-Imposed Limitations
- Fear of Failure
- The Voice of Reason
- The Honor of Competition

Lessons from “Developing the Product”

- Don't look at the scoreboard.
- Climb the mountain, but watch your step.
- Don't worry about mouse manure when you're up to your ears in elephant doo-doo.
- Being focused does not mean having tunnel vision.
- A lack of focus can be the result of a lack of experience.
- Remember that success is never final and fear is never fatal.
- Accept that you will make mistakes and don't dwell on them.
- Lessons should be learned in success and failure.

Know the Competition:

- Know the Competition
- Know yourself
- Anticipate Problems and Prepare
- Embrace Change

Lessons from “Know the Competition”

- Think 10 miles out.
- Prepare for the worst.
- Know that change can lead to better choices.
- Learn from change.
- Make a decision and don't look back.
- Accept that you never know where life is going to take you.

Teamwork:

- Intelligence
- Immediacy
- Intensity
- Integrity

Lessons from “Teamwork”

- There is no 'i' in team, but there is an 'i' in win.
- Everything you do, you do to the team.
- Get out of yourself and into the team.
- Don't forget the fundamentals.
- Do not allow mistakes to go uncorrected.
- Having skill is not having talent.
- You must trust, not just believe.
- Sometimes, what is best for the individual is not what is best for the team.
- Teams must take ownership for themselves and their personalities.
- Teams that play together often end up lucky.
- With your 'A game', you can beat anybody; anything less, and they can beat you.

JOHN WOODEN
Former Head Men's Basketball Coach,
UCLA Bruins

- *Won 10 NCAA National Championships in 12 years*
- *Won 88 straight games and had 4 undefeated seasons*
- *Named 'Coach of the Century' by ESPN*
- *Considered by many to be the greatest coach of all time in any sport*

The Pyramid of Success

The Base of the Pyramid

- Industriousness
- Friendship
- Loyalty
- Cooperation
- Enthusiasm

The Pyramid's Second Tier

- Self-Control
- Alertness
- Initiative
- Intentness

The Heart of the Pyramid

- Condition
- Skill
- Team Spirit
- Poise
- Confidence
- Competitive Greatness

Faith and Patience

12 Lessons in Leadership

- Good Values Attract Good People
- Love Is The Most Powerful Four-Letter Word
- Call Yourself a Teacher
- Emotion is your Enemy
- It Takes 10 Hands to Make a Basket
- Little Things make Big Things Happen
- Make Each Day Your Masterpiece
- The Carrot is Mightier than The Stick
- Make Greatness Attainable by All
- Seek Significant Change
- Don't Look at the Scoreboard
- Adversity is your Asset

PAT RILEY
President, Miami Heat
Former Head Coach

- *Won 5 NBA Championships with the Miami Heat*
- *Is considered one of the greatest NBA Coaches of All-Time*

The Disease of Me:

- Inexperience of dealing with sudden success
 - Chronic feelings of under-appreciation
 - Paranoia over being cheated out of one's rightful share
 - Resentment against the competence of partners
 - Personal effort mustered solely to outshine a teammate
 - A leadership vacuum resulting from the formation of cliques and rivalries
 - Feelings of frustration even when the team perform successfully
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PAT SUMMITT
Former Women's Basketball Head Coach
University of Tennessee Lady Volunteers

- *Won NCAA 8 National Championships*
- *100% Student-Athlete Graduation Rate*
- *Won Olympic Medals as a player (1976) and Head Coach (1984)*
- *Authored 3 New York Times Best-Seller Books*
- *Awarded Presidential Medal of Freedom in 2012*

The Definite Dozen:

- Respect yourself and others
- Take full responsibility
- Develop and demonstrate loyalty
- Learn to be a great communicator
- Discipline yourself so no one else has to
- Make hard work your passion
- Don't just work hard, work smart
- Put the team before yourself
- Make winning an attitude
- Be a competitor
- Change is a must
- Handle success like you handle failure

HERB BROOKS
Former USA Olympic Men's Hockey Coach

- *Won 3 Olympic Medals as a player and Coach of the USA Men's Hockey Team*
 - *Lead the team to the Gold Medal in the 1980 Olympic Games*
 - *Defeated the heavily-favored Soviet Union team during the height of the Cold War*
 - *Sports Illustrated called the "Miracle on Ice" the top sports moment of the 20th century*
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Other Coaches of Note:

- Vince Lombardi, former Head Coach, Green Bay Packers
 - Scotty Bowman, former Head Coach, Pittsburgh Penguins and Detroit Red Wings
 - Mike Krzyzewski, Head Coach, Duke Blue Devils Men's Basketball Team
 - Geno Auriemma, Head Coach, University of Connecticut Women's Basketball Team
 - Bill Belichick, Head Coach, New England Patriots
 - Joe Torre, former Manager, New York Yankees
 - and many others
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Conclusions:

- We can learn a great deal about how to be better leaders and musicians by watching the greatest coaches of all time do what they do.
 - Everything that these master teachers do is applicable to us, and to those who want to be successful in business.
 - It's important for us to stay motivated, both as a teacher and as a musician to be the absolute best that we can be for the people that we influence every day.
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