DREAM LIKE A CHAMPION
Wins, Losses, and Leadership the Nebraska Volleyball Way

JOHN COOK with BRANDON VOGEL

“What an innovator! If you crave the ‘better,’ you’d better read this book.”
—KARCH KIRALY
THIS IS NEBRASKA
Why is there no place like Nebraska?
• 1.8 Million People
• 60% Rule
• 45% National Championship Rosters
• Husker Nation
• State Treasure
Reinventing the wheel. Knowing *when* and *how*.
The Skit
WITH EACH OTHER
FOR EACH OTHER
FROM GOOD TO GREAT TO UNSTOPPABLE
Coaching

Secrets
1. Attitude of Gratitude

It’s my pleasure
2. The longer I coach the less I know
“There ain’t no free lunch.”
4. Million Dollar Question
5. Never Stop Coaching
A Team Within A Team
1. I Am My Brother’s Keeper
2. Leave NO Man Behind
3. De Brief
4. Shoot, Move, Communicate
5. Only As Strong As Our Weakest Link
We are in the relationship business…

P2P
5 Tips for Working with Millennial’s

1. Love Freedom with Their Schedule’s
2. Create a Family Work Environment
3. Embrace Social Media
4. Lead Each Person Uniquely- Customize
5. Coach and Encourage Them
   - They want to gain wisdom through experience
What do I Look for?
What do I See?
TELL ME and I FORGET.

TEACH ME and I REMEMBER.

INVOLVE ME and I LEARN.

BENJAMIN FRANKLIN
How do we get...

2 Points Better

• Making good decisions on and off the court
• Train mental toughness
Tough Cookie (tūhf kōk-ē) - noun.

1. Someone with just the right mix of sweetness and strength.
2. One who doesn’t crumble under pressure.
3. A fighter who’s too busy kicking butt to sit down and cry, but knows it’s okay to do both.
4. A person who doesn’t always ask for support, but has lots of friends who would do anything to help.
Gold Goals
Goals

• Like an Airline Ticket
• Write it down
• See it
• Share it
• Commit
Destination Omaha
Trust
• Trust in Coaches
• Trust in Game Plan

Ultimate Trust =

• Trust in Training

• Trust in Teammates
Ultimate Trust
Trust in Themselves
The Disease of Me
BODY LANGUAGE SCREAMS IT NEVER WHISPERS.
What is your why?
What is your why?
What is your why?
Three Daily Questions

#1 – Who needs me today?

#2 – Would I be chosen again today?

#3 – Would I want to be coached by me today?
Deflated vs Inflated
I Play for Nebraska!
I Play for Nebraska!
The Three Bones

Stop wearing your wishbone where your backbone ought to be.
Why do I coach?

Because we are chasing the feeling
Chase the Feeling
dream big little one