



Beyond Basketball: Coach K's Keywords for Success

Mike Krzyzewski , Jamie Krzyzewski Spatola

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This is a collection of short but extraordinarily powerful essays as to how Coach K of Duke inspires, motivates, and teaches his basketball players about the game of life, both on and off the court.

Beyond Basketball: Coach K's Keywords for Success Details

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From Reader Review Beyond Basketball: Coach K's Keywords for Success for online ebook

Brad Hayes says

A fairly typical sports-as-metaphor-for-life kind of book, but it's a quick read, easily digestible, and includes interesting anecdotes from Coach K's life.

Ryan Weckstein says

Not a lot of exited things

Tom says

Surprisingly good. I loved his many stories. He starts with a single word (e.g., passion, trust, work) and explains with stories how to apply that word to achieve success in life. You'll hear fun stories about his teams, family, or personal history.... About his dog named Defense that increased family happiness 20% according to his 10-yr old daughter; and stories about some of his players: JJ Redick, Elton Brand, Christian Laettner, etc., and stories about his family.

Have you ever seen Coach K or his players hold up a tight fist prior to carrying out some offensive play? That is his symbol that all 5 players need to work together, united, because they are stronger together (as a fist) than individually.

Near the end Coach K quotes Coach Wooden: "Nothing will work unless you do."

Thanks for the stories, Mick!

Erik says

Coach K likes to refer to himself as a teacher, and I would have to agree. This book is a straightforward sports take on values for life, and Coach K comes across as a man of true character and the ability to express it simply. Each chapter is titled as a word like pride, work, selflessness, and courage. IN each Coach explains what this word means to him, with references to people in his life, most often from the Duke basketball program. The overall focus is on your team. Who is your team, and are you helping it?

Tom says

Yes, everyone respects Coach K. That said, this book is an absolute mail-in. He co-wrote with his daughter. They choose 30 words/virtues and added 3 pages of fluff. The stories told to support each chapter were shallow and utterly forgettable. They were 30 good words however, and the meta-lesson was valuable. Glad it was a library book however or I'd be upset.

Rock Swann says

Mike Krzyzewski's Beyond Basketball: Coach K's Keywords For Success offers an inspiring message to its readers that highlights words such as respect, courage, energy, and many more that not only adhere to the idea being a great basketball player, but also the idea of being a great person in general. I read this book because in the spring of 2017 because I was in the midst of my rigorous travel basketball season and in great need of some encouragement for myself to push through it, and what better way to get some motivation through a book I can relate to, as Coach K and I are both ball players at heart. The book perfectly met my expectations, which were quite high. Coach K's numerous personal stories were some very influential ones that I could relate to and get more out of than I would have with any regular novel. He uses tons of different key words that should be emphasized in a persons life, and had a story along with a lesson to account for every single word. Any basketball player should read this book based on the fact that basketball players may understand it a bit better; though the lessons Coach K explains may be beneficial to anyone no matter their interests, which makes this book truly special.

Mike Niebrzydowski says

I'm not a big Coach K fan, but I do think my opinion improved after reading this. Interesting to read about some of his experiences/stories and some good tips or thoughts. I was hoping for a lot more though, to be honest. Maybe he should have focused a little more on even half of the forty traits.

Charlie says

This book, Beyond Basketball: Coach K's Keywords for Success, by Mike Krzyzewski, with Jamie K. Spatola, was a pretty short book. It was a book that gave a lot of great advice on how to live your life. To me, that was what was cool about it. Coach K's key were what he always shares with his Duke basketball teams and makes his players live. These were all things that regular people can do every day to improve their lives and to be a better person with their families. Coach K's philosophy in this book was to take each word that he used to form his life and his basketball program, and tell a personal about that word. This is where the book was interesting. It was all about doing the right thing through all parts of your life and that will make you successful in whatever you do.

This book took thirty eight words, everything from adaptability to work and defined what those words meant to the coach and gave an example or two of how those words were used and practiced in the Duke basketball program.

"You hear, you forget; you see, you remember; you do, you understand." (pg 61) This quote was in the chapter talking about fundamentals and why they are important. I think this statement by Coach K pretty much sums up the book. All of these words in the book are mastered if you practice, or do them, all the time. The Coach talked about his players owning these words and all that they were about. Sometimes the words weren't positive, like the word failure. If it was a negative word than the lesson was in learning how to overcome these things in your team or group. Coach K also made a point in this book how you can never truly master all of this. You have to always be trying to get better. He makes this known with the next quote, "To me, living is learning. Once you stop learning, you are no longer living." (pg. 74) The coach makes a point throughout this book that he is not the perfect guy that everyone thinks he is because of the Duke

basketball team's success. All the stories in here are about things he has learned, or is still trying to learn, from people that he thinks are his mentors. People like his older brother who is a fire fighter in Chicago and his old coach Bobby Knight. Coach K also thought he learned a lot about balance between his family life and basketball from his wife and his two daughters.

Beyond Basketball: Coach K's Keywords for Success was a great book to get you wanting to do things in everyday life in a correct way. I really got the feeling from reading this book that if practiced the key things that Coach K talked about, you could overcome anything and be a success.

07nickc says

I thought that it was a great book for people that play any sports. He separates the chapters into certain goals that you should carry and what characteristics should be important to you. He talks about keeping friends and family close, because they will always be there to lift you up from tough situations. He also talks about being motivated in everything you do. He also talks about learning from your mistakes and getting better. He talks about what he learned from his former coach Bob Knight and how he was a great mentor for him. It is a great book to learn from and it teaches you how to grow as a basketball player and also a person. Coach K obviously tries to stay out of the way of his players' genius and tendencies. I liked the sections where he learned better methods of playing from many of his great players. Coach K likes to focus his team's attention. Rather than leading into a game with a long speech, he will put one word up and ask the team to keep that word in mind. It will be a word that reflects something needed to keep the team's focus before a game. So it is a good book so you should read this.

Chase Hooper says

Coach K is one of the most famous and successful coaches of basketball ever. In Beyond Basketball, he mentions a key word, that he describes. Krzyzewski, does this in a much higher level way. He uses application, evaluation, and deep understanding of these words, to go beyond just basketball. When Coach K defines words, he uses stories or examples. This allows people to relate to the definition and get inspired in a special way.

In the locker room, Mike writes a word on the board that he wants his team to focus on in the game and in life. When a player gets upset or loses focus, all they have to do is remember the word and get back on track. One of my favorite words is Motivation. "Even as a coach and a leader, I will not always drive the bus. At times, I have to let others take the wheel" (Krzyzewski 111). This figurative quote talks about how he lets other players motivate the team. The players have to get motivated and inspired and fired up, and lead the team. They will even lift up the coach and motivate his spirit. "According to him, 'It was one of those games where you'd rather die than lose'" (Krzyzewski 162). This quote talks about will. Will is the perseverance and want to get something done or fight through. One of Mike's players, Steve Wojo, contained incredible will, where he wanted it so bad, he pushed beyond his physical limits. The final score against UNC was 77-75, and they went home with the victory.

Friendship and Family are two more important words Coach K talks about. "Sometimes listening to a friend is like listening to yourself" (Krzyzewski 77). Friendship is one of the most precious things in life. A friend is

someone that has your back, and is unconditional. He talks about how they can help direct you in the right path. Real friends are like brothers and sisters. "A person is never more comfortable then when they are with their family, which is why I try to create a family atmosphere with my team..."(Krzyszewski 74). Friendship is great, but there is nothing like family. The comfort and support from your family is one of the most important things in life. So try to make relationships with people and groups seem like a family. This will help you achieve success.

Mike truly inspired me and probably many others in this basketball success book, as well as real life examples. This book deserves four stars for the creativity of the way Krzyzewski defines his words and motivates people. I think the theme of this book is success as a leader. He talks about how all these things can give you success and happiness. This is a manual on how to be a great leader.

Milt says

Coach K's abecedarian exercise and beyond

Vinnie Elliott says

Good book...enjoyed the stories with the book.

Greg says

I listened to this audiobook that I got from the public library. I loved it so much and found it so valuable that I purchased my own copy as well to listen to.

Michelle says

I am huge coach K fan. He's the reason I have been a Duke fan for so many years. Reading his philosophy in coaching and in life just solidified why I have always gravitated to his style.

Linda says

Great advice delivered in a daily reading format.
