

M.A.N. - U.P.
How To Coach A
Male Into
Manhood

By
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How To Coach A Male Into Manhood 2nd edition

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Dedication

This book is dedicated to the millions of males who have been given a gift of unassembled manhood without the proper instructions to make good use of it. I hope that they will not only read these instructions but will use them as the basis for putting their manhood together.

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Foreword

It was just another basketball game to me. I had coached so many with mixed results that I had sworn not to lose my cool and get emotional again. With 15 seconds left in the game the leading scorer on the other team backed my post player into the lane and scored a lay-up with ease, they were up by two points. I called a time out. I gave specific instructions on what my team needed to do and how to do it in order for us to win. I broke the huddle with a positive “Our time on three”. As the team turned to walk back on the court I heard one of my players on the bench yell to my post player “man-up ya’ll! We got this”. That’s when I knew I had to write this book.

It’s a simple phrase on the surface one that is spoken in every setting that I have ever been in. Whether it’s the halls of corporate America, the ivory towers of academia, or the hallowed hardwoods of the basketball court, “man-up” and all of its connotations are there. Almost spiritual in it’s ability to pull one in, Zen like in the way it forces the person who hears it to respond, “man-up!” commands attention in every respect. Upon hearing those two seemingly innocent words the listener will attempt to summon energy, faith, mental and physical fortitude and do battle against any and every obstacle. To do anything less would be considered an embarrassment, a failure and bring into question one’s manhood.

I am writing this book because there is a part of me that is fed up with hearing “man-up” as a means for motivating a male, or expressing camaraderie. I thought that I could write a book or even a series that would help people understand that we have got it wrong. I want to help people see that the problem is the collective. We who give license to and validate abusive phrases like “man-up” by saying it is okay.

There is a part of me that is accepting my inability to alter enough perceptions so that we could eliminate the phrase from use. I can only hope to give us time to pause, and reflect on what it means to “man-up”. To this end I offer the following replacement acronym for those who still see it as necessary to use the phrase “man-up”. The next time you feel a need to motivate a male into being better than he is presently demonstrating, instead of being derogative to our women and asking him to stop acting like a bi**h, why not really offer him a helping hand? Ask him to Master And Nurture (his) Unlimited Potential! Remind him that he is a being with unlimited potential and regardless of what he is experiencing at present he is only a thought away from tapping into his unlimited potential and having or becoming whatever he wants. I want us all to M.A.N.-U.P.!

The Game

“The game” of basketball is usually played with two teams of five players on the court at the same time. Each of these teams tries to score points by placing the basketball into the basketball goal. The winner of the game is the team that has successfully placed the basketball through the basketball goal the most times thereby scoring the most points in a predetermined amount of time. There are rules that govern player decorum, coaching etiquette, and penalties that address rule violations. The game is designed to be played indoors’ but can and is often played outdoors as well.

Now if I took these rudimentary instructions to another planet where they had never heard of nor seen a basketball game in their lives, the aliens might be able to play but in all likelihood it would be a far cry from “the game” that we are so familiar with. Before the aliens could play a game that would resemble the ones we play here on planet Earth, each rule would have to be explained to the aliens in more detail. The height of the goal, the look and feel of the ball, would both have to be described in order for the word, “basketball” to be transformed into the game of basketball that we would recognize.

It is similar with “the game” of developing into manhood. I could give you the definition but I doubt if that would be enough. I could give you an example, but without an explanation of the rules to go along with the example, the average male will probably not be able to develop into a man. “The game of manhood” would not be universal in its representation, manhood would lack consistency. This lack of consistency in defining, evaluating, and displaying manhood have made

it almost impossible for us to find a universally acceptable means of helping males develop into men. “The game of manhood” means something different to each one of them. Some believe “the game of manhood” to be situational, while others see “the game of manhood” as conceptual. For the purposes of this book I am defining “the game of manhood” as, *the conceptual understanding of the process by which one continuously develops into a man*. This book will use the game of basketball as a metaphor for the developmental process that a male undergoes as he journeys into manhood.

“The game of manhood” has an unofficial beginning, an unofficial training period, an unofficial starting time, and an unofficial ending time. The journey into manhood is different for each male however the processes involved can be systematically observed, studied, and managed so that a consistent result can be predicted and produced. The result being a process that can be duplicated throughout the country regardless of race, creed, religion or country of origin.

This book is designed to compare a male’s development into manhood with “the game” of basketball. Deciding to use basketball as opposed to some other sport was an easy decision for several reasons. First, basketball is fast becoming one of the most popular sports on the planet. Second, it is a game that is inexpensive to play. Even if you don’t have a real basketball or a goal you can still play makeshift versions of the game almost anywhere in the world with very limited resources. A wad of paper rolled into a circle for a ball, a trashcan or a bicycle tire rim with the spokes removed for a goal are all you need to shoot hoops. Third, at the time that I am writing this book I had witnessed the explosion of what I call pop basketball culture, an era where we make icons out of people just because they can play this game. The marketing of basketball is global and the marketing of its players as the people you want to be or

date is fever pitched. The athletes that play this game both as amateurs and as professionals seem to be collectively in need of the type of reflection the book calls for. The book is my attempt at getting them to reevaluate life using the very tool that helps them view life as being worthy of living. Finally, I have selected basketball because for almost 20 years I have been part of the problem as an amateur basketball coach and now I want to use basketball and my experiences with it to help reduce if not eliminate a problem. I am also committed to helping to raise healthy, loving, giving, nurturing, respectful, men, and believe in the power of the game of basketball to do so.

In reading this book and understanding the game of basketball some of what I suggest may seem confusing. You may be just as confused as an alien from another planet that is exposed to the game for a first time, after all, I will be asking you to step off the court and into the mind of a young male trying to move into his manhood. How will they travel on this journey? Where will they stop? Who will guide them? This book will help answer those questions and many more.