

The Coaching Toolbox Basketball Quotes Volume I



www.coachingtoolbox.net

I have always found inspirational quotes to be helpful to my frame of mind and have passed them on to our teams in the form of a "Quote of the Day." My belief is that just as the body needs nutritious food on a daily basis for peak performance, our minds also needs positive daily input to be at its best.

Not all of these quotes are from basketball coaches or players, but I believe that their messages apply to coaching and to playing basketball.

I have put together 100 that are meaningful to me and am offering it for you to use with your team.

I hope that several of these quotes will have meaning for you as well!

Brian Williams

www.coachingtoolbox.net

bwilliams@coachingtoolbox.net

1. **Akers, John Fellows:** "Set your expectations high, find men and women whose values and integrity you respect, get their agreement on a course of action and give them your ultimate trust."
2. **Aristotle:** "We are what we repeatedly do, excellence, therefore is not an act, but a habit."
3. **Ashe, Arthur:** "You've got to get to the state in life where going for it is more important than winning or losing."
4. **Beecher, Henry Ward:** "Any man can work when every stroke of his hands brings down the fruit rattling from the tree...but to labor in season and out of season, under every discouragement requires a heroism which is transcendent."

www.coachingtoolbox.net

The Coaching Toolbox Basketball Quotes Volume I

5. **Bell, George:** “If things don't go your way, what can you do? You cannot control the outcome. All you control is your effort. If you worry too much about the results, then your effort will suffer.”
6. **Bennett, Dick** “We cannot accept in victory what we would not accept in defeat.”
7. **Bonnano, Margaret:** “It is only possible to live happily ever after on a day-to-day basis.”
8. **Boren, David:** “Challenges make you discover things about yourself that you never really knew. They're what make the instrument stretch—what makes you go beyond the norm.”
9. **Brodin, Becky:** “Leadership is not wielding authority, it is empowering people.”
10. **Brothers, Joyce:** “Trust your hunches; they're usually based on facts filed just below the conscious level.”
11. **Browning, Robert:** “A minute's success pays the failure of years.”
12. **Burt, Adam:** “I've learned it's not always the most talented people who make it, but those who don't give up.”
13. **Carnegie, Andrew:** “You cannot push anyone up the ladder unless he is willing to climb a little.”
14. **Carnegie, Dale:** “One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon—instead of enjoying the roses that are blooming outside our windows today.”
15. **Chambers, Oswald:** “Our reach must exceed our grasp.”
16. **Chesterfield, Lord:** “I recommend you to take care of the minutes, then the hours will take care of themselves.”
17. **Chinese Proverb:** “Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.”
18. **Churchill, Winston:** “Never give in, never give in, never, never, never.”
19. **Colorose, Barbara:** “The beauty of empowering others is that your own power is not diminished in the process.”
20. **Cooley, Denton:** “I find I'm luckier when I work harder.”

The Coaching Toolbox Basketball Quotes Volume I

21. **Cosby, Bill:** “I don’t know the key to success, but the key to failure is trying to please everybody.”
22. **Covey, Stephen:** “Individuals, families, teams, and organizations shape their own future by creating a mental vision and purpose for any project, large, or small. They don’t just live day to day with no clear purpose in mind. They identify and commit themselves to the principles, relationships, and purposes that matter most to them.”
23. **Crane, George:** “Congealed thinking is the forerunner of failure...make sure you are always receptive to new ideas.”
24. **Curtis, Cyrus H.:** “There are two kinds of men who never amount to much: those who cannot do what they are told and those who can do nothing else.”
25. **Darwin, Erasmus:** “A fool is a man who never tried an experiment in his life.”
26. **Davidson, Robyn:** “The two things I did learn were that you are as powerful and strong as you allow yourself to be, and that the most difficult part of any endeavor is taking the first step, making the first decision.”
27. **Drucker, Peter:** “The productivity of work is not the responsibility of the worker but of the manager.”
28. **Eastern Proverb:** “Don’t be afraid of going slowly, be afraid of standing still.”
29. **Edwards, Tyron:** “People never improve unless they look to some standard or example higher and better than themselves.”
30. **Einstein, Albert:** “In the middle of every difficulty lies opportunity.”
31. **Ellington, Duke:** “A problem is a chance for you to do your best.”
32. **Elliott, Walter:** “Perseverance is not a long race; it is many short races one after another.”
33. **Emerson, Ralph Waldo:** “Our greatest glory is not in never failing, but in rising up every time we fail.”
34. **Faulkner, William:** “The man who removes a mountain begins by carrying away small stones.”
35. **Firestone, Harvey S.:** “It is only as we develop others that we permanently succeed.”

The Coaching Toolbox Basketball Quotes Volume I

36. **Ford, Henry:** “You can’t build a reputation on what you’re going to do.”
37. **Franklin, Benjamin:** “He that cannot obey, cannot command.”
38. **Godin, Andre:** “The quality of our expectations determines in the quality of our action.”
39. **Graham Bell, Alexander:** “When one door closes another door opens; but we often look so long and so regretfully upon the closed door that we do not see the ones which open for us.”
40. **Hendricks, Howard:** “Nothing is more common than unfulfilled potential.”
41. **Henley, William Ernest:** “I am the master of my fate; I am the captain of my soul.”
42. **Hill, Napoleon:** “The majority of men meet with failure because of their lack of persistence in creating new plans to take the place of those which fail.”
43. **Holtz, Lou:** “Ability is what you’re capable of doing. Motivation determines what you do. Attitude determines how well you do it.”
44. **Hunt, H.L.:** “Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work.”
45. **Iba, Hank:** "Think and then act. Never act and then alibi."
46. **Italian Proverb:** “Avoid carefully that first ill or mischief, for that will breed one hundred more.”
47. **James, William:** “The art of being wise is the art of knowing where to look.”
48. **Jefferson, Thomas.** “Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”
49. **Jewish Proverb.** “We see things not as they are, but as we are.
50. **Johnson, Samuel:** “Our brightest blazes of gladness are commonly kindled by unexpected sparks.”
51. **Keller, Helen:** “Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired, and success achieved.”

The Coaching Toolbox Basketball Quotes Volume I

52. **Kennedy, John F.:** “Efforts and courage are not enough without purpose and direction.”
53. **Korda, Michael:** “If your position is everywhere, your momentum is zero.”
54. **Kroc, Ray:** “The quality of a leader is reflected in the standards he sets for himself.”
55. **Landry, Tom:** “Coaching is making men do what they don’t want, so they can become what they want to be.”
56. **Law, Vernon Sanders:** “Experience is a hard teacher because she gives the test first and the lessons afterward”
57. **Legal Maxim:** “In case of doubt, it is best to lean on the side of mercy.”
58. **Lincoln, Abraham:** “I do the very best I know how - the very best I can; and mean to keep doing so until the end. If the end brings me out all right, what is said against me won't amount to anything. “
59. **Lippmann, Walter:** “The final test of a leader is that he leaves behind him in other men the conviction and the will to carry on.”
60. **Locke, John:** “The actions of men are the best interpreters of their thoughts.”
61. **Lombardi, Vince:** “Individual commitment to a group effort. That’s what makes a team work, a company work, a society work, a civilization work.”
62. **Longfellow, Henry Wadsworth:** “The heights by great men reached and kept, Were not attained by sudden flight, But they, while their companions slept, Were toiling upward in the night.”
63. **Lowell, James Russell:** “The foolish and the dead alone never change their opinions.”
64. **Massie, Alan:** “We are responsible for actions performed in response to circumstances for which we are not responsible.”
65. **Maxwell, John:** “Leaders impress others when leaders succeed, leaders impact others when followers succeed.”
66. **Mays, Benjamin:** “The tragedy of life doesn’t lie in not reaching your goal. The tragedy lies in having no goal to reach.”
67. **Meyer, Don.** “It is foolish to expect a young person to follow your advice and to ignore your example.”

The Coaching Toolbox Basketball Quotes Volume I

68. **Newtown, Joseph F.:** “A duty dodged is like a debt unpaid; it is only deferred, and we must come back to settle the account at last.”
69. **Olatunji, Babatunde:** “Yesterday is history. Tomorrow is a mystery. And today? Today is a gift. That's why we call it the present.”
70. **Ormont, Jules:** “A great leader never sets himself above his followers except in accepting responsibility.”
71. **Paine, Thomas:** “Lead, follow, or get out of the way.”
72. **Patton, George S.:** “A good plan today is better than a great plan tomorrow.”
73. **Paz, Octavio:** “Wisdom lies neither in fixity nor in change, but in the dialectic between the two.”
74. **Peale, Norman Vincent:** “In every difficult situation, there is potential value. Believe this and go looking for it.”
75. **Phelps, William Lyon:** “This is the final test of a gentleman: his respect for those who can be of no possible service to him.”
76. **Rockefeller, John D. Jr.:** “If you want to succeed, you should strike out on new paths rather than travel the worn out paths of accepted successes.”
77. **Rockne, Knute:** “Leaders are like eagles - they don't flock. You find them one at a time.”
78. **Rohn, Jim:** “Discipline is the bridge between goals and accomplishment.”
79. **Roosevelt, Eleanor:** “It is not fair to ask of others what you are unwilling to do yourself.”
80. **Sarnoff, David:** “A life that hasn't definite plan is likely to become driftwood.”
81. **Schweitzer, Albert:** “Example is not the main thing in influencing others, it is the only thing.”
82. **Seneca, Lucias:** “If a man knows not what harbor he seeks, any wind is the right wind.”
83. **Sharman, Bill:** “The only way to win is to sacrifice for the good of the *team*.”

The Coaching Toolbox Basketball Quotes Volume I

84. **Shaw, George Bernard:** “The people who get on in this world are the people who get up and look for the circumstances they want, and if they can’t find them, make them.”
85. **Sheehy, Gail:** “Growth demands a temporary surrender of security.”
86. **Stevens, Brad:** “The game honors toughness.”
87. **Stevenson, Adlai:** “The judgments of history seldom coincide with the tempers of the moment.”
88. **Teasdale, Sara:** “I make the most of all that comes, and the least of all that goes.”
89. **Thoreau, Henry:** “Things do not change; we change.”
90. **Townsend, Robert:** “One of a leader’s most important jobs is to eliminate his people’s excuses for failure.”
91. **Truman, Harry S:** “In reading the lives of great men, I found that the first victory they won was over themselves...self discipline with all of them came first.”
92. **Unknown:** “The question is not ‘how much does this person work?’ , but ‘how much does this person accomplish?’ ”
93. **Valvano, Jim:** “When I played sports, my parents never once said to me, ‘Did you win?’ They'd say, ‘Did you have fun?’ Winning the game was important, but not nearly as important as giving yourself a chance to win -- playing as hard as you could and enjoying yourself.”
94. **Van Arsdale, Dick:** “I’m a firm believer in quiet confidence. By that I mean knowing inwardly that you are good, and not exhibiting a boastful attitude outwardly. If an athlete doesn’t believe in himself, no one else will.”
95. **Vonegut, Kurt:** “Another flaw in the human character is that everybody wants to build and nobody wants to do maintenance.”
96. **Walton, Sam:** “Outstanding leaders go out of their way to boost the self-esteem of their personnel. If people believe in themselves, it’s amazing what they can accomplish.”
97. **Washington, Booker T.:** “Character is power.”
98. **Webb, James:** “Where principle is involved, be deaf to expediency.”
99. **White, John:** “People do not follow programs, but leaders who inspire them.”

The Coaching Toolbox Basketball Quotes Volume I

100. **Wooden, John:** “Ability will get you to the top, character will keep you there.”

Hundreds more basketball and leadership quotes are available in the Coaching Toolbox’s filing cabinet and is available by clicking here:

[Coaching Toolbox Filing Cabinet](#)