

The Coaching Toolbox

Basketball Quotes

Volume II

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 as a download for subscribers who recommend our e-mail service to others. I hope that several of these quotes will have meaning for you as well!

Sincerely,

Brian Williams

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In addition to the quotes, I have listed some other resources at the end of this e-book that you might find helpful.

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1. Aaron, Hank: “I think what separates a superstar from the average ballplayer is that he concentrates just a little bit longer.”
2. Alexander the Great: “Upon the conduct of each depends the fate of all.”
3. Auerbach, Red: “I have built a reputation of saying what I believe. I'm not always right, but at least it's what I believe.”
4. Beecher, Henry Ward: “Greatness lies not just in being strong, but in the right use of strength.”
5. Best, Gene: “The three best things I've learned in coaching: my players must play Hard, Hard, Hard.”
6. Blanchard, Kenneth: “The key to successful leadership today is influence, not authority.”
7. Boye, Henry: “The most important trip you may take in life is in meeting people halfway.”
8. Brock, Lou: “Show me a guy who's afraid to look bad, and I'll show you a guy you can beat every time.”
9. Bryant, Paul “Bear:” “There’s no substitute for guts.”
10. Burg, Bob: “Edify a person in advance for the positive traits you want him or her to have, and you'll find them making a concerted effort to live up to your praise.”
11. Burke, Edmund: “Our patience will achieve more than our force.”
12. Campbell, Earl: “Everyone who lives on God’s green earth who may be doing well is stupid if he thinks he can’t do better. I want to be the best ever.”
13. Carnegie, Andrew: “No man will make a superior leader who wants to do it all himself or to get all the credit for doing it.”
14. Carlyle, Thomas: “Most men do less than they ought, unless they do all they can.”
15. Carril, Pete: “Whenever two teams or players of equal ability play, the one with the greater courage will win.”

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16. Carter, Rosalynn: “A leader takes people where they want to go. A great leader takes people where they don’t necessarily want to go, but ought to be.”
17. Churchill, Winston: “Continuous effort - not strength or intelligence - is the key to unlocking our potential.”
18. Clement, Mark A: “Leaders who win the respect of others are the ones who deliver more than they promise, not the ones who promise more than they can deliver.”
19. Collins, John Churton: “In prosperity our friends know us; in adversity we know our friends.”
20. Csonka, Larry: “Any time you try to win everything, you must be willing to lose everything.”
21. Dickens, Charles: “Whatever I have tried to do in life, I have tried with all my heart to do it well; whatever I have devoted myself to, I have devoted myself completely; in great aims and in small I have always thoroughly been earnest.”
22. Diogenes, Laertius: “Time is the most valuable thing a man can spend.”
23. Disraeli, Benjamin: “The secret of success is constancy to purpose.”
24. Donne, John: “No man is an island, entire of itself; every man is a piece of the continent.”
25. Dryden, John: “Beware the fury of a patient man.”
26. Dyer, Wayne: “When you change the way you look at things, the things you look at change.”
27. Edison, Thomas: “Show me a thoroughly satisfied man, and I will show you a failure.”
28. Einstein, Albert: “It is the supreme art of the teacher to awaken joy in creative expression and knowledge.”
29. Emerson, Ralph Waldo: “What lies behind us and what lies before us are tiny matters compared to what lies within us.”

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30. Ethiopian Proverb: "When spider webs unite, they can tie up a lion."
31. Ford, Henry: "Don't find fault, find a remedy; anybody can complain."
32. Frost, Robert: "...Two roads diverged in a wood, and I -I took the one less traveled by, And that has made all the difference."
33. Gehrig, Lou: "I worked real hard to learn to play first base. In the beginning, I used to make one terrible play a game, Then, I got so I'd make one a week, and finally, I'd pull a real bad one maybe once a month. At the end, I was trying to keep it down to one a season."
34. Gide, Andre: "It is better to be hated for what you are than to be loved for what you are not."
35. Giovanni, Nikki: "Mistakes are a fact of life. It is the response to error that counts."
36. Glasow, Arnold: "One of the tests of leadership is the ability to recognize a problem before it becomes an emergency."
37. Goethe, Johann: "Treat people as if they were what they ought to be and you help them to become what they are capable of being."
38. Goldsmith, Oliver: "Our greatest glory consists not in never failing, but in rising every time we fall."
39. Hasidic Saying: "The man who has confidence in himself gains the confidence of others."
40. Havlicek, John: "Confidence comes from preparation and the only way to be fully prepared is to practice something until you have it down so well you're sure it will work."
41. Hayes, Woody: "In picking an assistant coach, the first thing I was interested in was the man's character."
42. Holtz, Lou: "A team wins with the elimination of mistakes and with people who want to win and can't stand losing."
43. Holzman, Red: "Works as hard as you possibly can within the team structure."

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44. Hunter, Catfish: “Winning isn't everything. Wanting to win is.”
45. Iacocca, Lee: “You can have brilliant ideas, but if you can't get them across, your ideas won't get you anywhere.”
46. Irving, Washington: “Great minds have purposes, others have wishes.”
47. James, William: “The greatest use of life is to spend it for something that will outlast us.”
48. Jeffrey, Lord: “A good name, like good will, is got by many actions and lost by one.”
49. Jefferson, Thomas: “Nothing gives one person so much advantage over another as to always remain cool and unruffled under all circumstances.”
50. Johnson, Samuel: “He who waits to do a great deal of good at once will never do anything.”
51. Jordan, Michael; “*You* have to expect things of yourself before you can do them.”
52. Kendall, Donald: “The only place success comes before work is in the dictionary.”
53. Kennedy, John: “Being courageous requires not exceptional qualifications, no magic formula, no special combination of time, place, and circumstance. It is an opportunity that sooner or later is presented to us all.”
54. Kenyan Proverb: “Sticks in a bundle are unbreakable.”
55. Layden, Frank: “When I was coaching, the one thought that I would try to get across to my players was that everything I do each day, everything I say, I must first think what effect it will have on everyone concerned.”
56. Layne, Bobby: “I've never lost a game in my life. Once in a while, time ran out on me.”
57. Lincoln, Abraham: “My great concern is not whether you have failed, but whether you are content with your failure.”
58. Lombardi, Vince: “The Packers won the Super Bowl primarily- because the *team* had a lot of love for each other and this unity helped us hold up

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- under pressure.”
59. Lucas, George: "You have to find something that you love enough to be able to take risks, jump over the hurdles and break through the brick walls that are always going to be placed in front of you."
60. Longfellow, Henry Wadsworth: "It takes less time to do a thing right than to explain why you did it wrong."
61. Malamoud, Bernard: "Teach yourself to work in uncertainty."
62. Manske, Fred Jr.: "The ultimate leader is one who is willing to develop people to the point that they eventually surpass him or her in knowledge and ability."
63. Marshall, Peter: "Small deeds done are better than great deeds planned."
64. Maxwell, John: "Leaders must be close enough to relate to others, but far enough ahead to motivate them."
65. McKay, John: "You've got to watch for what you don't want to see and listen for what you don't want to hear."
66. Meyer, Ray: "Practice does not make the athlete. It is the quality and intensity of practice that makes the athlete, not just repeated practicing."
67. Nance, W.A. "Failure can be divided into those who thought and never did and into those who did and never thought."
68. Newton, Isaac: "If I have ever made any valuable discoveries, it has been owing more to patient attention, than to any other talent."
69. Peters, Pauline H: "So strengthen me that the power of my example will far exceed the authority of my rank."
70. Reagan, Ronald: "A leader, once convinced a particular course of action is the right one, must have the determination to stick with it and be undaunted when the going gets rough."
71. Rickey, Branch: "Luck is the residue of design."
72. Ripken, Cal Jr.: "Every day I didn't get a hit, my confidence sank lower. It was starting to get to me . . . I was trying so many different stances, taking everybody's advice, and getting confused. I finally realized that I had to go

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- back to what I did to get here.”
73. Robinson, Sugar Ray: “To be a champ you have to believe in yourself when no one else will.”
74. Rodgers, Jim: “Don’t ever allow the pressure of competition to be greater than the pleasure of competition.”
75. Royal, Darrel: “Luck is what happens when preparation meets opportunity.”
76. Russell, Bill: “It's simple, the best team always wins.”
77. Rutigliano, Sam: “Success is never final. Failure is never fatal. It's courage that counts.”
78. Ruth, Babe: “Every strike brings me closer to the next homerun.”
79. Seneca, Lucias: “Difficulties strengthen the mind as labor does the body.”
80. Sharman, Bill: “It’s a game of habit, of repetition. You can’t play one way in practice and another way in a game. It’s a reflex. The game is so quick, you don’t have time to think.”
81. Shaw, George Bernard: “Success does not consist of never making mistakes, but in never making the same one a second time.”
82. Smoke, Jim: “Pressure usually comes when we have no plan.”
83. Stovall, Jim: “Integrity is doing the right thing, even if nobody is watching.”
84. Townsend, Robert: “A leader is a person with a magnet in his hear and a compass in his head.”
85. Truman, Harry S.: “I studied the lives of great men and famous women, and I found that the men and women who got to the top were those who did the jobs they had in hand, with everything they had of energy and enthusiasm.”
86. Unknown: “Proper Prior Planning Prevents Pitiful Poor Performance.”
87. Uris, Leon: “The ability of a person to atone has always been the most remarkable of human features.”

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88. Van Arsdale, Dick: “I discovered throughout my athletic career that there were no short cuts to success. Kids should realize that one doesn’t get to the top by luck, but through hard work. Pros make any sport look easy because they have mastered the fundamentals of their particular game.”
89. Waitley, Dennis “Expect the best, plan for the worst, and prepare to be surprised.”
90. Walton, Bill: “It hurts when people talk as if I'm the only player on the *team*. This is a *team* game, and I'm just one of the guys on the team. One-on-one is the most overrated part of this game. Five people playing, together as a *team* decides on the game.”
91. Warhol, Andy: “They always say time changes things, but you actually have to change them yourself.”
92. Warren, Rick: “The moment you stop learning, you stop leading.”
93. Washington, Booker T: “No man who continues to add something to the material, intellectual and moral well-being of the place in which he lives is left long without proper reward.”
94. West, Jerry: “You can’t get much done in life if you only work on the days you feel good.”
95. Westphal, Paul: “The key to any game is to use your strengths and hide your weaknesses. More than anything, I'm the best judge of what I can and what I can't do.”
96. Wilburn, Shannon: “Lack of confidence is born from a lack of preparation.”
97. Wilkins, Lenny: “Never compromise on what you know is right.”
98. Wilson, Charles: “Now matter what size the bottle, the cream always comes to the top.”
99. Wooden, John: “Ability may get you to the top, but it takes character to keep you there.”
100. Wordsworth, William: “That best portion of a good man’s life: His little nameless
unremembered acts of kindness and of love.”

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*Authors: Josh Stinson
Brian Williams*

HoopClinics is a collaboration between Perfect Practice and the Coaching Toolbox.

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