

The Coaching Toolbox

366 Daily Thoughts for Coaches to share with their Players



If you have anything you would like to see added or included, or you find a mistake, please email me at

bwilliams@coachingtoolbox.net

www.coachingtoolbox.net

- Jan 1 Nobody is going to outwork us, but nobody will have more fun either.
- Jan 2 The season is a marathon not a sprint. What matters is that our team gets better with each practice and each game.
- Jan 3 If you are not doing it the right way, why are you doing it? Learn how to do it the right way and practice it the right way.
- Jan 4 "Limits, like fears, are often just an illusion." - Michael Jordan
- Jan 5 "The only real mistake is the one from which we learn nothing." John Powell
- Jan 6 Toughness is a skill and can be practiced and improved like all other skills.
- Jan 7 Don't let anyone know it when you are frustrated.
- Jan 8 "Great players... are defensive stoppers – they stop their man as well as help teammates. They do the things offensive players HATE!" Alan Stein
- Jan 9 "You should always want your coach to be critical. It gives you an opportunity to learn and to overcome adversity." Steve Nash
- Jan 10 The more things you can do, the harder you are to keep out of the lineup.
- Jan 11 What you put into anything is what you will get out.
- Jan 12 Winning isn't like a light bulb. You can't just switch it on when you need it.
- Jan 13 You don't improve during the playoffs. You improve at practice.
- Jan 14 "Within our dreams and aspirations we find our opportunities." Sugar Ray Leonard
- Jan 15 You are a (insert your team's mascot) when you would rather encourage a teammate to success than benefit personally from his or her mistakes.
- Jan 16 Fix the small problems and the big problems correct themselves.
- Jan 17 Don't leave the court on a miss. Always finish with the result you want.
- Jan 18 Life is a journey, not a destination. Enjoy every day of the journey.
- Jan 19 You either get better or we get worse. You don't stay the same, so we have to use every practice and workout to get better.
- Jan 20 Hesitate and you're beat.
- Jan 21 "Desire is the starting point of all achievement, not a hope, not a wish, but a keen

pulsating desire which transcends everything.” Napoleon Hill

- Jan 22 Go hard on every play because it could be the play that makes the difference in the game.
- Jan 23 An excuse is the easiest thing in the world to make.
- Jan 24 Coaches don't want excuses, they want results.
- Jan 25 It's not about how many times you get the ball each game that matters, it's what you do when you do get the ball that is important.
- Jan 26 If you have to rest, rest on offense. Use all of your energy on defense.
- Jan 27 In every crisis lies opportunity.
- Jan 28 The game doesn't teach character, it reveals it.
- Jan 29 Games typically come down to five plays. You either make those plays or you don't.
- Jan 30 "In basketball, the mental is to the physical as 4 is to 1." Bob Knight
- Jan 31 Just get better every day.
- Feb 1 You are a (insert your school's mascot) when you use your mistakes to improve instead of using them as excuses.
- Feb 2 Concentrate on effort and execution; the results will take care of themselves.
- Feb 3 The best pass is the one that is caught.
- Feb 4 Make the easy play—better safe than sorry.
- Feb 5 “The best revenge is massive success.” Frank Sinatra
- Feb 6 “Things do not happen. Things are made to happen.” John F. Kennedy
- Feb 7 “Opportunity is missed by most people because it is dressed in overalls and looks like work.” Thomas Edison
- Feb 8 “Obstacles are those frightful things you see when you take your eyes off your goal.” Henry Ford
- Feb 9 “Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it.” Michael Jordan

- Feb 10 Proper form and a strong work ethic plus preparation and repetition is the formula that makes a great shooter.
- Feb 11 "It's what you learn, after you know it all, that counts." John Wooden
- Feb 12 No excuses, no explanations.
- Feb 13 Winning is a by-product of working hard, working together, and doing things the right way.
- Feb 14 Buy in or buy a ticket.
- Feb 15 You are a (insert your school's mascot) when your ability to make your teammates better increases each time you play.
- Feb 16 Good teams and players give second efforts, great teams give 3rd, 4th, and 5th efforts.
- Feb 17 Fake a pass to make a pass, fake a cut to make a cut.
- Feb 18 Meet every pass.
- Feb 19 The best and most believable shot fake is just stopping your shot. Most players fake too fast and the fake does not sell the defense.
- Feb 20 The only way for an individual to improve is to work at an uncomfortable pace in practice and during the improvement season (April-September) If you aren't uncomfortable, chances are you aren't improving.
- Feb 21 Never try to dribble a loose ball. Grab it with two hands and chin it.
- Feb 22 Contact from the defense is never an excuse to lose the ball.
- Feb 23 "There is do and do not, there is no try." Yoda in Star Wars
- Feb 24 "The game honors toughness." Brad Stevens
- Feb 25 Expect to get hit hard when you take the ball to the basket. Don't get upset. The best revenge is making the free throws.
- Feb 26 Fouling negates hustle.
- Feb 27 "Great players... contest all shots. They don't go for ball fakes or shot fakes. They deflect passes, bump cutters, and take charges." Alan Stein
- Feb 28 All great things are only a number of small things that have carefully been collected together.

- Feb 29 “Anyone who doesn’t make mistakes isn’t working hard enough.” Wes Roberts
- Mar 1 You are a (insert your school’s mascot) when you do the little things right, even when nobody is watching.
- Mar 2 Everyone has an opinion, but the reality is your results.
- Mar 3 There is no one giant step that does it. It’s a lot of little steps.
- Mar 4 "If you hang around with dirt, you will get dirty" Ronald Powell
- Mar 5 “Never quit. It is the easiest cop-out in the world. Set a goal and don’t quit until you attain it. When you do attain it, set another goal, and don’t quit until you reach it. Never quit.” Bear Bryant
- Mar 6 “The greatest mistake you can make in life is to be continually fearing that you will make one.” Elbert Hubbard
- Mar 7 There are two pains in life, the pain of discipline, and the pain of regret. Take your choice.
- Mar 8 United we stand—divided we fall.
- Mar 9 The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will.” Vince Lombardi
- Mar 10 “Be careful the environment you choose for it will shape you; be careful the friends you choose, for you will become like them.” W. Clement Stone
- Mar 11 We control our actions, but the consequences that flow from those actions are controlled by principles.
- Mar 12 You have to go out and find the best competition to play against out of season to make yourself better.
- Mar 13 “If you don't have time to do it right, when will you have time to do it over?" John Wooden
- Mar 14 "Two keys to being effective with the ball are the shot fake and the pass fake." Bob Knight
- Mar 15 You are a (insert your school’s mascot) when you serve your teammates with unselfish motives.
- Mar 16 “Great players... don’t gamble on offense or defense. They aim to make the RIGHT

play; not the HIGHLIGHT play.” Alan Stein

- Mar 17 Beat the ball down the floor in transition and conversion
- Mar 18 Rebound position every time the ball is shot. Waiting to rebound when it misses is too late.
- Mar 19 Great defensive teams have five players who play in a defensive stance at all times.
- Mar 20 Your energy level is controlled by your thoughts.
- Mar 21 You are a (insert your school’s mascot) when you don’t care if you are the one who sets the screen or the one who hits the winning three, because fulfilling your role, whatever that role is, is most important.
- Mar 22 Let them have the excuses for losing. Let us offer the reasons for winning.
- Mar 23 You never have a rebuilding year, you rebuild within yourselves.
- Mar 24 If you truly love basketball, there is no “off-season” The season that starts the day after your team’s season is the “improvement season”
- Mar 25 We rate ability in people by what they finish, not what they start.
- Mar 26 “Forget regret or life is yours to miss.” Jonathan Larson
- Mar 27 Be tough-minded, but tender—hearted.
- Mar 28 Successful and unsuccessful people do not vary greatly in their abilities. They vary in their desires and how smart and hard they are willing to work to reach their potential
- Mar 29 When you make a mistake, 1) recognize it 2) admit it 3) Learn from it 4) Forget it
- Mar 30 Tradition never graduates.
- Mar 31 Got to go by your Defender...not around him—straight line drives.
- Apr 1 You are a (insert your school’s mascot)) when you have a desire to excel for the benefit of those relying on you.
- Apr 2 A player’s goal every practice and every improvement season skill workout should be to improve yourself for the benefit of the team.
- Apr 3 Champions have no offseason.
- Apr 4 Do you look at the ball or do you see the game?

- Apr 5 Every day in shooting work on getting the ball straight, getting it up over the front of the rim, with backspin rotation.
- Apr 6 “The happiness of your life depends upon the quality of your thoughts.” Marcus Aurelius
- Apr 7 “Things work out best for those who make the best of how things work out.” John Wooden
- Apr 8 “The will to win is meaningless without the will to prepare!” Joe Gibbs
- Apr 9 “Let us not be content to wait and see what will happen, but give us the determination to make the right things happen.” Horace Mann
- Apr 10 “A journey of a thousand miles begins with a single step.” Lao Tzu
- Apr 11 “In the end, what we regret most are the chances we never took.” Frasier Kane
- Apr 12 Never give up on what you really want to do. The person with big dreams is more powerful than one with all the facts.
- Apr 13 “You were not born a winner and you were not born a loser. You are what you make yourself to be.” Lou Holtz
- Apr 14 “Things don’t go wrong and break your heart so you can become bitter and give up. They happen to break you down and build you up so you can be all that you were intended to be.” Charlie Jones
- Apr 15 You are a (insert your school’s mascot) when you understand your role and strive to perform it better.
- Apr 16 “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.” Thomas Jefferson
- Apr 17 "A life is not important except in the impact it has on other lives." Jackie Robinson
- Apr 18 “Great players... are strong with the ball. They rip through hard on offense, ‘chin’ all rebounds, and don’t expose the ball when dribbling.” Alan Stein
- Apr 19 “I do it because I can; I can because I want to; I want to because you said I couldn’t.” Unknown
- Apr 20 “If you argue for your limitations, sure enough, they’re yours.” Richard Bach
- Apr 21 “One of the most common causes of failure is the habit of quitting when one is overtaken by temporary defeat.” Napoleon Hill

- Apr 22 “Believe in possibilities. Believe in human potential. Believe in yourself, and you’ll have the power to change your fate.” Kevin Ngo
- Apr 23 Success is the sum of small efforts repeated day in and day out.
- Apr 24 “It’s not what happens to you that determines how far you will go in life, it is how you handle what happens to you.” Zig Ziglar
- Apr 25 Rebounding is on skill you can never do too much.
- Apr 26 Skill development is a process-the player & coach have to be committed to-both need focus & enthusiasm the entire way-development takes time.
- Apr 27 “The will to win, the desire to succeed, the urge to reach your full potential...these are the keys that will unlock the door to personal excellence.” Eddie Robinson
- Apr 28 Believe Big. The size of your success is determined by the size of your belief. Think little goals and expect little achievements. Think big goals and win big success. Big ideas and plans are often easier—certainly no more difficult—than small ideas and small plans.” David J. Schwartz
- Apr 29 “There are two kinds of people in the world; those who make excuses and those who get results. An excuse person will find any excuse for why a job was not done, and a results person will find any reason why it can be done. Be a creator, not a reactor.” Alan Cohen
- Apr 30 “Think success and it will happen... Think failure and it will happen...” Thomas D. Willhite
- May 1 You are a (insert your school’s mascot) when You have an unquenchable need to exceed your past limitations.
- May 2 “Keep steadily before you the fact that all true success depends at last upon yourself.” Theodore T. Hunger
- May 3 “If you make today the most happy, successful day of your life, I am sure that you will have an extraordinary life. A successful life is nothing more than a series of successful days.” Unknown
- May 4 “Winners are losers who got up and gave it one more effort.” Dennis DeYoung
- May 5 The easiest way to become a better offensive player is to become a better shooter.
- May 6 “A wise person will make more opportunities than they find.” Sir Francis Bacon

- May 7 3 things you never want to lose: attention, hope & sweat
- May 8 You're on the road to success when you realize that failure is only a detour.
- May 9 Practice makes habit. Perfect practice makes perfect!
- May 10 The best learning technique is a mistake-Mistakes are your education.
- May 11 Two dribbles coming off a pick and roll. First dribble is the read, second dribble is attack.
- May 12 If you don't have accountability, you will not improve.
- May 13 "I have no individual goals. We play for one reason and that's to win the title. Practice is more important than the games, and I will practice when I'm hurt, when 95 percent of the players in this league would sit out. I expect all of you to do the same thing. You will follow my lead." Michael Jordan to the Chicago Bulls
- May 14 "Most people fail in life not because they aim too high and miss, but because they aim too low and hit." Michelangelo
- May 15 You are a (insert your school's mascot) when you play with pain without creating a scene.
- May 16 Play Hard, Play Smart and Play Together". Hard means with effort, determination and courage; Smart means with proper execution and poise, Together means unselfishly, trusting your teammates and doing everything possible not to let them down.
- May 17 "It is Amazing what can be Accomplished when NO ONE CARES who gets the credit..."
- May 18 Defense is mostly HUSTLE, EFFORT, AND DESIRE.
- May 19 "Great players... allow themselves to be coached. They make eye contact, listen, and welcome coaching. They crave getting better." Alan Stein
- May 20 "Once you learn to quit, it becomes a habit." Vince Lombardi
- May 21 The best offensive players have ball in their hand as long as they need to...not as long as they want to.
- May 22 "Anyone who has never made a mistake has never tried anything new." Albert Einstein
- May 23 Great players... practice just as hard as they play in games. They don't have an 'on and off switch' – they are ALWAYS on!

- May 24 “The truth is you can acquire any quality you want by acting as though you already have it.” Joseph Murphy
- May 25 “It is our attitude at the beginning of a difficult task which, more than anything else, will affect its successful outcome.” William James
- May 26 “We all need a daily check up from the neck up to avoid stinkin thinkin which ultimately leads to hardening of the attitudes.” Zig Ziglar
- May 27 “Any person capable of angering you becomes your master; he can anger you only when you permit yourself to be disturbed by him.” Epectetus
- May 28 You don’t have to be bad to change. All too often, people resist change because they assume it means they were not OK to begin with.
- May 29 “Four short words sum up what has lifted most successful individuals above the crowd. ‘a little bit more.’ They did all that was expected of them and a little bit more.” A. Lou Vickery
- May 30 It takes 21 days of conscious repetition before anything becomes a habit.
- May 31 “To become a great champion, you must believe you are the best. If you’re not, pretend you are.” Muhammad Ali
- June 1 “The player who complains about the way the ball bounces is likely the one who dropped it.” Lou Holtz
- June 2 You are a (insert your school’s mascot) when You play without the option of defeat.
- June 3 “Never say anything about yourself that you do not want to come true.” Brian Tracy
- June 4 “When you change the way you look at things, the things you look at change.” Wayne Dyer
- June 5 “Too many people overvalue what they are not and undervalue what they are.” Malcolm Forbes
- June 6 You will never know what you can do until you try. However, most people never try anything until they know they can do it.
- June 7 Your chances for success in any undertaking can always be measure by your belief in yourself.
- June 8 “Wherever you go, go with all your heart.” Confucius

- June 9 "Other people's opinion of you does not have to become your reality." Les Brown
- June 10 "We act consistently with our view of who we truly are, whether that view is accurate or not." Anthony Robbins
- June 11 "One of the greatest discoveries a man makes, one of his great surprises, is to find he can do what he was afraid he couldn't do." Henry Ford
- June 12 The only important shot you take is the next one. Because no matter how hard you try, that is the only one you can still have an effect on!
- June 13 "Great players... are great teammates. They are supportive, high energy, and make their enthusiasm contagious." Alan Stein
- June 14 "Be quick without hurrying." -- John Wooden
- Jun 15 You are a (insert your school's mascot) when you give more than what is asked and take less than what is deserved
- Jun 16 "Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; the world is full of educated derelicts. Persistence and determination alone is omnipotent." Calvin Coolidge
- Jun 17 "False Hustle = cheap fouls, lunging, reaching, etc." Billy Donovan
- Jun 18 A good offensive player scores with two or less dribbles in the half court.
- Jun 19 "Feeling sorry for yourself, and your present condition, is not only a waste of energy but the worst habit you could possibly have." Dale Carnegie
- Jun 20 You play defense for 50% of the time you are on the floor , you have 5 players when you are on offense, so simple math says that 90% of the game does not involve shooting.
- Jun 21 "Play and practice like you are trying to make the team." Mike Krzyzewski
- Jun 22 You can't be a winner and be afraid to lose .
- Jun 23 "Remember this, the choices you make in life, make you" - John Wooden
- Jun 24 "People of mediocre ability sometimes achieve outstanding success because they don't know when to quit. Most people succeed because they are determined to." George Allen
- Jun 25 If you think small things don't matter, think of the last game you lost by one point.

- Jun 26 "I am always thinking how can I get myself better." Steve Nash
- Jun 27 Good enough is neither
- Jun 28 Teamwork: The fuel that produces uncommon results in common people.
- Jun 29 "If you are the best player on the playground, then you need to find a new playground." Alan Stein
- Jun 30 "A person really doesn't become whole, until he becomes a part of something that's bigger than himself." Jim Valvano
- Jul 1 You are a (insert your school's mascot) when You play and know, without a doubt, that you competed like a champion.
- Jul 2 "Effort is only effort when it begins to hurt." Jose Ortega y Gasset
- Jul 3 A good offensive player creates his own shot, or a shot for a teammate, when defended 1v1.
- Jul 4 "Your toughest competition in life is anyone who is willing to work harder than you."
- Jul 5 It takes no talent to hustle.
- Jul 6 "It's easy to have faith in yourself and discipline when you're a winner, when you're Number 1. What you've got to have is faith and discipline when you are not yet a winner." Vince Lombardi
- Jul 7 "The highest reward for a person's toil is not what they get from it, but what they become by it." John Ruskin
- Jul 8 What you do reflects your attitude, not what you say or even how you say it.
- Jul 9 Lack of confidence is born from a lack of preparation.
- Jul 10 The best way to improve your shooting percentage is to take better shots.
- Jul 11 Life is like a bucket of water. We are a part of the whole. But how big is the hole that is left when we take away a large cup of water? The hole suddenly fills up and...so life goes. The nature of life is that there is always someone who can and will take your place, when you think you are irreplaceable.
- Jul 12 It's not the hours you put in, it's what you put in the hours.
- Jul 13 Good is not enough if better is possible.

- Jul 14 Champions don't complain, they are too busy getting better.
- Jul 15 You are a (insert your school's mascot) when your effort is constant and your play is consistent regardless of the situation.
- Jul 16 Attitudes are contagious...Is yours worth catching?
- Jul 17 "Discipline builds winners, Winners stay disciplined!" Ed McAllister
- Jul 18 "Don't tell me how good you are, show me!" - Jack Michels Sr.
- Jul 19 You must give respect to get it.
- Jul 20 Victory or defeat is not determined at the moment of crisis, but rather in the long and unspectacular period of preparation.
- Jul 21 "Do not let what you cannot do interfere with what you can do." -John Wooden
- Jul 22 The only way to improve your skills is to push yourself to work hard enough to make a mistake. Then, you know where your limit is and you go to work to exceed your current abilities.
- Jul 23 "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stand in times of challenge and controversy." Rev. Dr. Martin Luther King, Jr.
- Jul 24 "The more you complain, the more you find things to complain about. The more you give thanks, the more you find things to be thankful for." Bob Hoffman:
- Jul 25 "Don't be distracted by criticism. Remember, the only taste of success some people have is when they take a bite out of you." Zig Ziglar
- Jul 26 "Our reach must exceed our grasp." Steve Hewitt
- Jul 27 "Use your scoring ability to be a better passer, and your passing skills to become a better scorer." Steve Nash
- Jul 28 "Great players... 'Play Present.' They focus on the process, not the outcome. They focus on what they can control. They don't get distracted." Alan Stein
- Jul 29 "There is a direct connection between attention to detail and improvement. " Bill Walsh
- Jul 30 "You have to expect things of yourself before you can do them." Michael Jordan
- Jul 31 What you do reflects your attitude, not what you say or even how you say it.

- Aug 1 You are a (insert your school's mascot) when you understand your commitment to your teammates.
- Aug 2 It Can Take an entire season to build a "team" and one incident to destroy the chemistry that was built.
- Aug 3 "An individual performance can change an outcome of a game but a team's performance can change the outcome of a season." Coach Greg Dolan
- Aug 4 In both practices and out of season individual skill workouts, this should be your Mindset: If you don't experience some frustration, then it hasn't been a good workout. No frustration means not working past your current limitations--which means not getting better. Be tough enough to handle frustration and let that make you better.
- Aug 5 "The measure of who we are is what we do with what we have." Vince Lombardi
- Aug 6 "Players play, but tough players win." Tom Izzo
- Aug 7 "Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it." Lou Holtz
- Aug 8 Laziness is nothing more than the habit of resting before you get tired. It is a habit you can break.
- Aug 9 There are only three reasons to dribble: 1. To go somewhere; 2. To eliminate a five second violation; 3. To create a better passing lane.
- Aug 10 "Your role is not your value." Bill Self
- Aug 11 "Good players can take coaching; great players can take coaching and learn." John Wooden
- Aug 12 Don't tell me how tough the situation is, show me how tough you are at handling it.
- Aug 13 "When nothing seems to help, I go and look at a stonecutter hammering away at his rock perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before." Jacob August Riis
- Aug 14 Make the easy play, make the easy pass.
- Aug 15 You are a (insert your school's mascot) when you think you can, and you do.
- Aug 16 "Hearing 'no' is part of life. Reacting to 'no' is how life moves forward for you. Don't let no paralyze you. Make it motivate you!" Kevin Eastman

- Aug 17 "When it comes to player performance, I don't need spectacular, I need solid." Ray Finley
- Aug 18 "If you are prepared, then you are able to feel confident." Robert J. Ringer
- Aug 19 "I have missed more than 9000 shots in my career. I have lost almost 300 games. On 26 occasions I have been entrusted to take the game winning shot ...and missed. And I have failed over and over and over again in my life. And that is why... I succeed."
Michael Jordan
- Aug 20 You don't have time to GET ready when your opportunity presents itself. You have to BE ready before it arrives.
- Aug 21 Spending today complaining about yesterday won't make tomorrow any better.
- Aug 22 You shape your habits, then your habits shape you.
- Aug 23 "The past is over, learn from it. The future is coming, prepare for it. The present is here, live it." Alan Stein
- Aug 24 "Mistakes are always forgivable, if one has the courage to admit them." Bruce Lee
- Aug 25 "If it was easy, everyone would be doing it."
- Aug 26 If you want to be the best player, then you have to be the hardest worker.
- Aug 27 It doesn't cost you anything to set ambitious goals. It will cost you everything if you don't.
- Aug 28 "Be Who you is Because if you be what you ain't Then you ain't who you is
So be who you is." Don Meyer
- Aug 29 "Great players... can pivot both ways off of either foot and can dribble, pass, and finish around the basket with either hand. They don't have a 'weak' hand." Alan Stein
- Aug 30 "The only discipline that lasts is self-discipline."
- Aug 31 "Bring your game, not your name " Ronald Powell
- Sep 1 You are a (insert your school's mascot) when You understand your commitment to your teammates.
- Sep 2 "Excuses are rampant in all walks of life except these: over achiever and successful people. They simply have no time and no need for excuses!" Kevin Eastman

- Sep 3 “Champions are made from something deep inside—a desire, a dream, a vision.”
Muhammad Ali
- Sep 4 “Nothing splendid is ever achieved except by those who dared believe that something inside them was superior to circumstance.” Bruce Barton
- Sep 5 “It is as big a mistake to turn down a good shot as it is to take a bad one.” Ed Murphy
- Sep 6 “We learn to walk by stumbling.” Bulgarian Proverb
- Sep 7 “Great players... run the floor as fast as possible on fast breaks AND defensive transition.” Alan Stein
- Sep 8 “If what you did yesterday still looks big to you. You haven't done much today.” Mike Krzyzewski
- Sep 9 Our finest moments are most likely to occur when we are feeling deeply uncomfortable. For it is only in such moments, propelled by our discomfort, that we are likely to step out of our ruts and start searching for different ways.
- Sep 10 “I never looked at the consequences of missing a big shot... when you think about the consequences you always think of a negative result.” Michael Jordan
- Sep 11 You can't buy heart.
- Sep 12 “Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, ‘I will try again tomorrow.’” Mary Anne Radmacher
- Sep 13 Ball Screener - Goal is to Arrive at the screen without your Defender.
- Sep 14 “You maximize your potential by being humble develop a work ethic, strive to be a good person, and to be the best teammate you can be.” Steve Nash
- Sep 15 “Self discipline is when your conscience tells you to do something, and you don't talk back.” WK Hope
- Sep 16 “Strength does not come from physical capacity. It comes from an indomitable will.” Mahatma Gandhi.
- Sep 17 Great shooters receive the pass at the depth of their shot and do not dip the ball.
- Sep 18 Players do not decide their future; they decide their habits and their habits decide their future!
- Sep 19 You are most open when you first receive the ball—be ready to do something with it.

- Sep 20 Champions do not become champions on the court. They become recognized on the court. They become champions because of their daily routine and commitment to excellence.
- Sep 21 "To be successful, you don't have to do extraordinary things. Just do ordinary things extraordinarily well." - John Rohn
- Sep 22 "In the confrontation between the stream and the rock, the stream always wins—not through strength, but by perseverance." H. Jackson Brown
- Sep 23 "I will prepare myself and maybe my chance will come." Abraham Lincoln
- Sep 24 To be called a great teammate is the greatest compliment you can receive as a player.
- Sep 25 What are you trying to accomplish? What little thing can you do today that will make you more effective?
- Sep 26 "There is no challenge more challenging than the challenge to improve yourself." Michael F. Staley
- Sep 27 Do not let the other people or other events determine your demeanor.
- Sep 28 "You will experience many defeats in your life, but never let yourself be defeated." Maya Angelou
- Sep 29 Practice without improvement is meaningless—evaluate yourself every day on how you did today and what you need to do tomorrow to improve.
- Sep 30 "Leaders aren't born, they are made. And they are made just like anything else, through hard work. And that's the price we'll have to pay to achieve that goal, or any goal." Vince Lombardi
- Oct 1 You are a (insert your school's mascot) when you understand that basketball is a team sport.
- Oct 2 Demonstrate and prize loyalty.
- Oct 3 The longer you keep your dreams as "just dreams" the more apt you are to get frustrated that you will never reach them. Create steps to get there!
- Oct 4 Self confidence is good & it's important for your success; it's also important to show confidence in others to make sure the team has success!
- Oct 5 You don't demand respect, you must earn it.
- Oct 6 "Better to do something imperfectly than to do nothing flawlessly." Robert Schuller

- Oct 7 "The better a person is, the more mistakes they will make for the more things they will try." Peter Drucker
- Oct 8 "It's not the push from behind, or the pull from up front, but rather the drive from within" -Steve Bankston
- Oct 9 A Spelling Lesson: "Unity begins with yoU"
- Oct 10 "It is surmounting difficulties that makes heroes." Louis Kossuth
- Oct 11 "Never be satisfied with what you achieve, because it all pales in comparison with what you are capable of doing in the future." Nochem Kaplan
- Oct 12 "Never mistake activity for achievement." John Wooden
- Oct 13 "With confidence, you can reach truly amazing heights; without confidence, even the simplest accomplishments are beyond your grasp." Jim Loehr
- Oct 14 Real happiness comes from inside. No one can give it to you.
- Oct 15 "Your success in life will be in direct proportion to what you do after you do what you are expected to do." Brian Tracy
- Oct 16 "Amazing how 'truly' tough people never seem to have to let anyone know they are tough. They just are and that's enough!" Kevin Eastman
- Oct 17 "No matter how far you have gone on the wrong road, turn back." Turkish Proverb
- Oct 18 "Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish." John Quincy Adams
- Oct 19 "Opportunity is missed by most people because it is dressed in overalls and looks like work." Thomas Edison
- Oct 20 "Ninety-nine percent of failures come from people who have the habit of making excuses." George W. Carver
- Oct 21 If you pay attention to the grandstands...it won't be long before you join them.
- Oct 22 "What you do today can change the course of your life far into the future. Today is critical. Today really counts." Ralph S. Marston, Jr.
- Oct 23 "Great players... are unselfish passers. They hit open teammates. They know the goal is to get THE best shot; not THEIR best shot." Alan Stein

- Oct 24 “Our greatest glory is not in never failing, but in rising every time we fail.” Confucius
- Oct 25 “Stand up to your obstacles and do something about them. You will find that they haven't half the strength you think they have.” Norman Vincent Peale
- Oct 26 Don't whine, don't complain, don't make excuses.
- Oct 27 Success is a process; a winning season is a process; winning teams and players do not get bored with the process; it's long & requires disciplined focus.
- Oct 28 Only I can change my life. No one can do it for me.
- Oct 29 An excessive need for approval....this is the single most destructive need an athlete or anybody else can have.....
- Oct 30 When you play hard, you don't foul because you move your feet and get in position.
- Oct 31 Body language says a lot about a person. What does yours say about you?
- Nov 1 “I AM...” Two of the most powerful words; for what you put after them shapes your reality.
- Nov 2 You are a (insert your school's mascot) when you finish playing and only your body leaves the floor your heart and soul are captured within the game.
- Nov 3 “Large opportunities to help others seldom come, but small ones surround us every day.” Sally Koch
- Nov 4 “Great players... take advantage of every opportunity to get better. Every workout, every practice, and every game is a chance to improve!” Alan Stein
- Nov 5 Make sure your worst enemy is not living between your own two ears.
- Nov 6 Strength and courage aren't always measured in medals and victories. They are measured in the struggles they overcome. The strongest people aren't always the people who win, they are the people who don't give up when they lose.
- Nov 7 Screening Rule-- Don't Screen Air screen the defender.
- Nov 8 The successful person has the habit of doing things failures don't like to do. They don't like doing them either necessarily, but their disliking is subordinated by their sense of purpose. EM Gray
- Nov 9 This is a story about four people named Everybody, Somebody, Anybody, and Nobody. There was an important job to be done and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got angry about that, because it was Everybody's job.

Everybody thought Anybody could do it but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

- Nov 10 "You have to play so hard that it hurts!" Kyle Johnson
- Nov 11 Diving past the passing lane for a steal is false hustle it hurts your team because now you are playing with only four defenders.
- Nov 12 It's not who starts the game, it's who finishes the game—be a finisher.
- Nov 13 Success doesn't come from potential, success comes from production.
- Nov 14 "Life's challenges are not supposed to paralyze you, they're supposed to help you discover who you are." Bernice Johnson Reagon
- Nov 15 "Achieving goals is never a simple, straightforward process. We will try things, discover that they don't work and try something else. Our actions will vary continually." Steven Covey
- Nov 16 Losers say I wish and winners say I will—and then do.
- Nov 17 Learn to have fun when competing.
- Nov 18 Best Shooters have Ten Toes to the Rim!
- Nov 19 Your thoughts and self talk should be positive. Negative thoughts lead to bad play.
- Nov 20 "Don't mistake routine for commitment." Tommy Amaker. Don't just show up, but give it everything you've got, every single time.
- Nov 21 Never let your emotions work against you.
- Nov 22 Adversity, stress, and struggle are challenges through which learning and growing occur and by which mental toughness develops.
- Nov 23 "It is not only for what we do that we are held responsible, but also for what we do not do." Moliere
- Nov 24 Courage is not the absence of fear, it is the judgment that what you want is more important than the fear.
- Nov 25 "Take care of your body. It's the only place you have to live." Jim Rohn
- Nov 26 Consistency is what counts; you have to be able to do things over and over again.
- Nov 27 "Hard head leads to sore rear end" (from sitting on the bench)

- Nov 28 There are no shortcuts to anyplace worth going.
- Nov 29 "One man can be a crucial ingredient on a team, but one man cannot make a team."
Kareem Abdul-Jabbar
- Nov 30 "It takes 20 years to build a reputation and five minutes to ruin it. If you think about that, you'll do things differently." Warren Buffett
- Dec 1 You are a (insert your school's mascot) when you will exchange your blood, sweat, and tears for the benefit of the team.
- Dec 2 I can check the level of your honesty and commitment by the quality of your effort on the court. You cannot separate sports from your life, no matter how hard you try. Your personality shows up on the court: greed, indifference, whatever, it all shows up. You cannot hide it. Pete Carril
- Dec 3 "There's not substitute for guts." Paul "Bear" Bryant
- Dec 4 "The race is not always to the swift... but to those who keep on running."
- Dec 5 "I was taught that the way of progress is neither swift nor easy." Marie Curie
- Dec 6 "I never think about missing a free throw. All that goes through my mind when I'm at the line is seeing the ball go through the bottom of the net." Brad Daugherty
- Dec 7 Trust is the glue that holds everything together.
- Dec 8 "A champion is one who gets up even when he can't." Jack Dempsey
- Dec 9 You will not improve unless you look to a standard or example higher and better than yourself.
- Dec 10 Eliot, T.S. "If you want it you must obtain it by great labor."
- Dec 11 People are anxious to improve their circumstances, but are unwilling to improve themselves. That is why they do not improve.
- Dec 12 "Service to others is the rent you pay for your room here on earth." Muhammad Ali
- Dec 13 You are a (insert your school's mascot) when you understand the irrelevance of individual awards.
- Dec 14 Great players... make plays, not excuses. They don't care if the refs suck, if the floor is slippery, or if they have a cold. They get it done." Alan Stein
- Dec 15 "Discipline is the refining fire which enables talent to become ability."

- Dec 16 "Don't wish it were easier, wish you were better." Jim Rohn
- Dec 17 R.E.P.S.- Repetition Elevates Personal Skills.
- Dec 18 "Discipline is the habit of taking consistent action until one can perform with unconscious competence. Discipline weighs ounces but regret weighs tons." Jhoon Rhee
- Dec 19 Today I will do what others won't, so tomorrow I can accomplish what others can't.
- Dec20 Don't ever allow the pressure of competition to be greater than the pleasure of competition.
- Dec 21 People who say it cannot be done should not interrupt those who are doing it.
- Dec 22 "I will waste not even a precious second today in anger or hate or jealousy or selfishness. I know that the seeds I sow I will harvest, because every action, good or bad, is always followed by an equal reaction. I will plant only good seeds this day." Og Mandino
- Dec 23 "Ninety percent of all those who fail are not actually defeated. They simply quit." Paul J. Meyer
- Dec 24 "If you are honest with yourself and can look into a mirror and believe that you have given 100 percent, you should feel proud. If you cannot, then there is more work to be done." John Havlicek.
- Dec 25 To be a team leader, you have to do all the dirty jobs—like being the first one on the floor after a loose ball.
- Dec 26 Life is about relationships.
- Dec 27 Effort is good, but intelligent effort is what we want.
- Dec 28 Do your job and half of somebody else's.
- Dec 29 Hard work doesn't guarantee success, but a lack of hard work guarantees failure.
- Dec 30 Our team is a bundle of sticks. If you are one stick alone, it's easy to break, but if it's 12 sticks all together it's hard to break."
- Dec 31 Emotion comes and goes; passion is forever.