

Coaching a Winning Team



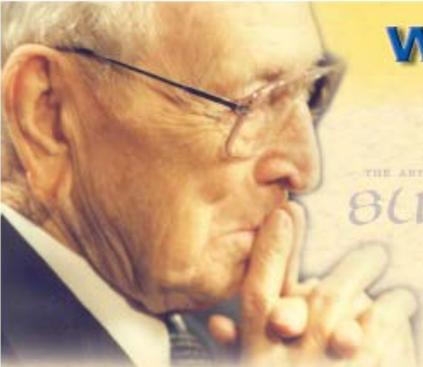
*What We Can
Learn
Coaching
Sport Teams*



The Wall Group
Albany, NY



WOODEN ON LEADERSHIP™



THE ART OF
Success

Failure to prepare is preparing to fail.
Don't mistake activity for achievement.

ACHIEVEMENT

True success comes only to an individual by self-satisfaction in knowing that you gave everything to become the very best that you are capable of.

PYRAMID OF SUCCESS

FAITH

COMPETITIVE GREATNESS

"Perform at your best when your best is required. Your best is required each day."

PATIENCE

POISE

"Be yourself. Don't be thrown off by events whether good or bad."

CONFIDENCE

"The strongest steel is well-founded self-belief. It is earned, not given."

CONDITION

"Ability may get you to the top, but character keeps you there – mental, moral, and physical."

SKILL

"What a leader learns after you've learned it all counts most of all."

TEAM SPIRIT

"The star of the team is the team. 'We' supercedes 'me'."

SELF-CONTROL

"Control of your organization begins with control of yourself. Be disciplined."

ALERTNESS

"Constantly be aware and observing. Always seek to improve yourself and the team."

INITIATIVE

"Make a decision! Failure to act is often the biggest failure of all."

INTENTNESS

"Stay the course. When thwarted try again; harder; smarter. Persevere relentlessly."

INDUSTRIOUSNESS

"Success travels in the company of very hard work. There is no trick, no easy way."

FRIENDSHIP

"Strive to build a team filled with camaraderie and respect: comrades-in-arms."

LOYALTY

"Be true to yourself. Be true to those you lead."

COOPERATION

"Have utmost concern for what's right rather than who's right."

ENTHUSIASM

"Your energy and enjoyment, drive and dedication will stimulate and greatly inspire others."

"Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable."

John Wooden, Head Coach

SUCCESS

Success is not a destination, it is a journey.

Leadership

12 LESSONS IN LEADERSHIP

1. Good Values Attract Good People
2. Love Is The Most Powerful Four-Letter Word
3. Call Yourself A Teacher
4. Emotion Is Your Enemy
5. It Takes 10 Hands To Make A Basket
6. Little Things Make Big Things Happen
7. Make Each Day Your Masterpiece
8. The Carrot Is Mightier Than A Stick
9. Make Greatness Attainable By All
10. Seek Significant Change
11. Don't Look At The Scoreboard
12. Adversity Is Your Asset

www.CoachJohnWooden.com

Coaching Process

Planning

- Develop short and long term plans

Coaching

- Delivering the plan

Evaluating

- Evaluate the program, team member development and your own coaching

To support this process you will need to develop your knowledge and practical coaching skills.

- your coaching philosophy
- coaching styles
- teaching methods
- the learning process and training principles
- the rules for your sport/event
- how to assess your coaching performance
- how to communicate effectively with your athletes
- the biomechanical principles that underpin efficient action
- use evaluation tests to monitor training progress and predict performance
- advise athletes how to prepare for competition
- evaluate an athlete's competition performance
- evaluate athlete/training and athlete/coach performance
- provide clear and effective instructions, explanations and demonstrations
- conduct effective observation and analysis
- provide clear and effective feedback



Planning

Information Gathering

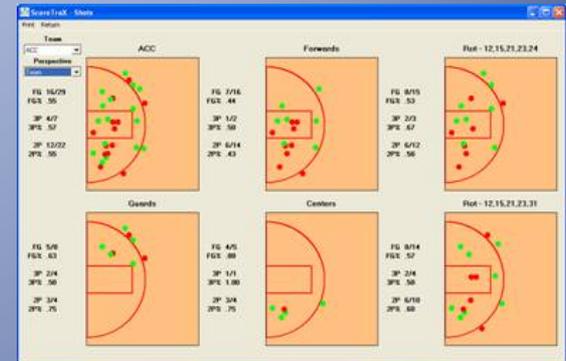
- Get to know your team individually
- Past Team and Individual performance
- Other Commitments
 - School, college, work, part time jobs
 - Family and partner
 - Hobbies and other sports
- Time available for training
- Preferred learning style
- Goals
 - SMARTER or SCCAMP



Planning

Analysis of the last season

- Strengths
 - What were the best aspects of the program and why?
 - What did we do well and why?
- Weaknesses
 - Are there gaps in the program?
 - What did we not do very well and why?
- Opportunities
 - How can we enhance the program to the benefit of the athlete?
- Threats
 - What may prevent us achieving the short and long term objectives?



Coaching - 1

“Success is peace of mind which is a direct results of self-satisfaction in knowing you made the effort to become the best of which you are capable”

John Wooden

PRIDE = Personal Responsibility In Daily Effort

“Discipline is the foundation upon which all success is built. Lack of discipline inevitably leads to failure.”

Jim Rohn

“Excellence happens when you try each day to both do and be, a little better than you were yesterday!”

Pat Riley

“Big things are accomplished only through the perfection of minor details.” -- *John Wooden*

We are what we repeatedly do. Excellence then, is not an act, but a habit. *Aristotle*

“Strive for excellence, not perfection”

“ Temporary acceptance of mediocre performance leads to permanent acceptance of poor performance.”



Coaching - 2

“Winning isn't everything, but the will to win is everything.”

Vince Lombardi

“Whether you think that you can, or that you can't, you are usually right.”

Henry Ford

“I don't think that once you get to one level, you can relax. You've got to keep pushing.”

Larry Bird, basketball

“I have no regrets because I know I did my best - all I could do.”

Midori Ito, ice skating

“I maintain my edge by staying a student - you always have something to learn.”

Jackie Joyner-Kersey, track

“A coach is someone who tells you what you don't want to hear, who has you see what you don't want to see, so you can be who you have always known you could be.”

Tom Landry, football



Evaluating

“I do not judge success based on championships; rather, I judge it on how close we came to realizing our potential.” [John Wooden](#)

In observing and analyzing break the action down into phases, focus on one phase at a time, observe the action several times from various angles & distances, compare the action with your technical model and if appropriate determine what corrective action is required.

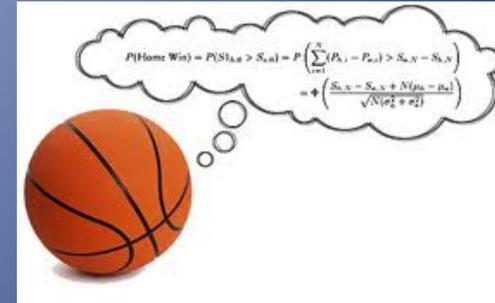
Remember your ears can also be used to observe - e.g. listen to the rhythm of the feet of the hurdler.

Input from all involved; management, team, support, assistant coaches, business results, stakeholders, across different levels – individual, program, organization

- | | |
|--|-----------|
| 7. Did you think playing time was fair? How could it be better? | no - yes |
| 8. Did you think you had enough opportunity to ask questions? | 1 2 3 4 5 |
| 9. What would you change to help next year's team? (<i>back of form</i>) | |

To be completed by the parent

- | | |
|--|-----------|
| 1. Did your child enjoy the basketball experience? | 1 2 3 4 5 |
| 2. Do you feel your child became a better basketball player? | 1 2 3 4 5 |
| 3. Did your child gain a better perspective of teamwork? | 1 2 3 4 5 |
| 4. Did the basketball experience help your child mature? | 1 2 3 4 5 |



Contact

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