

## **John Wooden's Strategy to Find Happiness**

1. Promise yourself that you will talk health, happiness and prosperity as often as possible.
2. Promise yourself to make all your friends know there is something in them that is special and that you value.
3. Promise to think only the best, to work only for the best, and to expect only the best from yourself and others.
4. Promise to be just as enthusiastic about the success of others as you are about your own.
5. Promise yourself to be so strong that nothing can disturb your peace of mind.
6. Promise to forget the mistakes of the past and press on to greater achievements in the future.
7. Promise to wear a cheerful appearance at all times and give every person you meet a smile.
8. Promise to give so much time in improving yourself that you have no time to criticize others.
9. Promise to be too large for worry, too noble for anger, too strong for fear, and too happy to permit trouble to press on you.

## **WOODEN'S DEFINITION OF COACHING**

“To get the maximum effort and peak performance from each of your player's that best serve the team.”

## **WOODEN'S RULES FOR PRACTICE**

- 1. New Drills should be done early in practice when players are fresh and can concentrate at a high level.**
- 2. 50% of practice should be fundamentals**
- 3. Discuss practice with your assistant's right afterward**
- 4. Combine as many fundamentals into each drill as possible**
- 5. Always end practice with a positive drill**

**“Our players may not have been the best conditioned team in the country, but they thought they were.”**

**-John Wooden**