

Coaching

Absolutes:

Don't focus on winning (outcome); focus on preparation, effort and execution (process).

*Winning is a result of-
the execution of the fundamentals;
the ability of all players to work in unison... all the time.*

*A team can only reach its true potential if-
The most talented player is also the hardest worker;
Everyone in the program buys in to the 'We > Me' concept;
Each player is in peak physical condition.*

You either accept it or you correct it.

You play the way you practice.