

Motivational Quotes for Coaching Moments



By John Lonergan

Contents

Introduction 3

Training..... 4

When players or the team are dropping their head and lacking the right Attitude 6

Going into a game as the Underdog..... 8

Gaining Buy-In to the Game Plan or Team Strategy 9

Failure and Success 11

Taking Risks 14

Focus..... 16

About the Author 17

About the Quoters..... 18

Introduction

There are plenty of web sites listing motivational quotes that Coaches go through looking for ideas to use in their trainings and game situations, but rarely do you remember the right quote for the right situation.

I have used my experience in coaching teams in training, season and tournament situations, and the quotes I have used or referred to in specific situations.

Hopefully this book will prove very practical in you being able to quickly refer to a particular section, for example “going into the game as the underdog”, in the hours or even minutes before the moment occurs and decide which of the selected quotes to include.

The photograph (courtesy of my wife Lesley Lonergan) on the cover of this book is of a team I was involved with which won a significant premiership for the Goodwood Cricket Club in the Adelaide Turf competition in 2007/2008. Myself and the captain (Shane Martin – SA Grade Cricket Bradman Medalist and State Cricketer) used a number of motivation techniques and strategies which literally turned our season around.

We all hope that teams and individuals find their own motivation to perform at their optimum level, but sometimes they need the coach or captain to provide a bit of stimulus to help turn hope into success.

Training

Often we need to point out to players that the way we train is the way we play. In order to train the mind and body into a new habit you have to repeat the skill over 100 times.

“Sweat plus sacrifice equals success.” —Charlie Finley

Coaching Moment – When you want to schedule an extra training session and you sense players are reluctant to dedicate more time as it may impact their social lives.

“Luck is what happens when preparation meets opportunity.” —Darrel Royal

Coaching Moment – Explain to players that focusing on every aspect of training and pushing themselves will give them the optimum preparation, and it’s amazing how “lucky” the great players get because they have worked on their fitness and skills more than others.

“The only place where success comes before work is in the dictionary.” —Vidal Sassoon

Coaching Moment – A good one to throw at a player who is not putting in 100% during a training drill, or has been slack in turning up to training on time or mucking around at training.

“The principle is competing against yourself. It’s about self-improvement, about being better than you were the day before.” — Steve Young

Coaching Moment – Especially good for players who already have plenty of natural ability and are the best in the team, and are cruising at training. Pushing them to compete against their team mates won’t work as they are already better than most, you need to appeal to their sense of pride in their own game and abilities.

“Losers have tons of variety. Champions take pride in just learning to hit the same old boring winners.” - Vic Braden

Coaching Moment – For when a player or the team in general has a whine about doing the same drills over and over, or having to train a lot. They need to understand that in order to execute their skills under intense pressure, they need to form the right habits and that can only be done by repetition.

“The difference between an extraordinary player and an ordinary player is that little extra.” - Michael Burks

Coaching Moment – When trying to stress to a player or the whole team that working that bit harder could be the difference between very good and excellent. Good for when you have one of your better players who has the ability to step up and impact a game, but seems to be content to just play well.

"If I was given eight hours to chop down a tree. I would spend seven hours sharpening my axe"
- Abraham Lincoln

Coaching Moment – Helps to illustrate a point at the start of a pre-season where players need to work on themselves as their own "tool" by preparing correctly and using the maximum time available, so they have the best chance of achieving their goal.

"There are two pains in life, the pain of discipline, and the pain of regret. Take your choice" -
Unknown

Coaching Moment – When doing a team bonding exercise which involves physical endurance, use this to make the point that if they don't put in the effort now to get themselves in the best condition, they may regret it during an important moment in a game when they don't have the energy to execute.