

BASKETBALL Glossary

Advance – Eyes up with ball in hands and look to pass or push ahead

Ahead – see “Advance”

Attack – Player with the ball looks to attack their defender or the defense

Attack the Closeout – Player being passed the ball catches and attacks the defender who is trying to close out

(On) Ball – The defender who is guarding the player with the ball

Backcourt – The portion of the court with the basket you are defending. Also, a foul called for moving the ball into the front court, and then crossing back over the center court line with the ball.

Backdoor (cut) – An off the ball cut to the basket against an overaggressive defender

Ball and Body – Over and back criteria – player must have both feet over the halfcourt line before a back court violation is even possible

Baseline – The lines at the ends of the court. Baseline out of bounds plays initiate from here

Block Out – To put your body between an opposing player and the ball, especially in the context of a rebound

Block Drill – A famous John Wooden drill that involves attacking from top of key to the lower block of the key and squaring up to make a bank shot

Bounce (The) – Primary help on a baseline attack that stops the drive on the low block with wall up technique. Usually comes from opposite baseline defender

Box (Out of Bounds) – A standard alignment on a baseline out of bounds play where there are four offensive players shaped in a box – two near the baseline and two at the elbows of the key

Blur Screen - A “Fake” screen that comes after motion (5 out or otherwise). A player passes the ball and runs towards the player with the ball with arms in the air. Ball handler dribbles quickly off the distraction.

Break Ankles – To juke out a defender with dribble moves

Charge (take)– The defensive player gets their body in front of a driving offensive player and takes their momentum in their chest and then slides backwards

Chin Up – Most secure place for ball to be held – ball in two hands right under chin with elbows out. A good position to assume if harassed after a steal or rebound

Chicago Action (also known as Zoom Action) – An action on offense that involves (i) a pindown screen, followed immediately by (ii) a dribble handoff (or “DHO”). In a 5-out set, the wing sets a screen for the player in the corner, freeing that player up on the wing...the player receiving the screen then immediately receives a DHO from the point guard and penetrates to the middle of the floor. This is called “Chicago Action” because the Chicago Bulls frequently used this action with Derrick Rose.

Chuck: The cutter – hit a cutter to throw them off the line

Corner up – For wing players who are running the floor and where they should end up – in each corner outside the 3-point line

Close Out – a defender moving quickly to cover the distance between them and the man with the ball

Curl/Flare/Fade – The three options for players coming off of an off-ball screen. (Curl to the ball/hoop, flare to wing, fade away from ball (e.g, “fade to baseline”)

Denial – Off-the ball player overplays passing lane and tries to prevent an entry or wing pass. In ideal position, the ball, if passed and everyone is frozen, should hit the defender’s shoulder

Dig – an on-ball maneuver where the defensive hand nearest the ball digs up at it to try and deflect it out of the ballhandlers hand

Double Gap - Are big spaces on the court for the ball handler to penetrate. So if you picture a 5-out set, you have players in the corners, the wings, and the top of the key. Between each player there's a gap that a ball handler could theoretically penetrate. If the point guard has the ball and one of the wings executes a ghost screen and cuts through to overload the other side, now we have this massive gap between the point guard and the player in the corner - that's a “double gap”. **It's called a double gap because now the closest defender to the ball handler on that side of the court is essentially 2 passes away, not 1.** Those are good for dribble-drive offenses.

Drop (Defense) – Secondary help on a baseline attack who drops into the middle of the key. Usually comes from opposite wing defender

Drop Coverage

Drop Step (Offense) – Post move where offense catches and seals defender by dropping their basket-side leg inside that of the defender

Dry Ice – Our aggressive 1-2-1-1 Press. The Dry Ice evaporates fast in a cloud of confusion

Ear to Chest – Proper defensive positioning on OOB play

Ethos – shared principles

Elbow – Free throw line extended at the very edge of the key

Euro-Step – A new-fangled dribble drive move that always looks like a travel to me.

Fake a Pass (To make a Pass) – Our passing ethos, especially against a press or a zone.

Five out – A basic offensive alignment where all 5 players are outside the key and every time a pass is made there is a cut and fill of open slots

Flat Screen – A screen set behind a defender that allows ballhandler to choose direction. It is often used to help alleviate man-to-man full court or $\frac{3}{4}$ court pressure

Flex – A more advanced offensive structure with multiple and repeated off the ball screens

Four Lines – The structure of a defensive drill that teaches the principles of half-court defense

Forty-Five – 45% angle the very middle of the wing between baseline and top of the key. The appropriate angle to take on attacks to the basket and cuts to the basket on fast breaks

Floppy Action - You have a point guard up top with the ball, you have post players on each block, and you have 2 guards/wings essentially under the basket. Sometimes teams will have a double stack on one block, single on the other, and one player under the basket - typically a good shooter - Steph Curry, Dame Lillard, Caitlin Clark, Paige Bueckers, Kelsey Plum. The player under the basket gets to choose which way he/she goes. They can use the double screen going one way, or the single screen going the other way. The point guard reads it, and delivers the ball either to the player using the screen on the wing, or to one of the post players sealing. It's a simple but very effective action.

Front Court – The area of the court away from your pl basket, where your team tries to make baskets

Full Court – The whole basketball court. $\frac{3}{4}$ court is $\frac{3}{4}$ of it, and $\frac{1}{2}$ court is half

Get Action – Simple action that typically involves a guard passing to a post player on the perimeter (usually top of the key) then that same guard follows their pass and gets the ball back from the post player in a DHO.

-This action usually happens at the top of the key or in the “slot” - at around the 3 pt line (imagine one of the lane lines of the key extends to half court - that’s the slot).

-Steph and Draymond run this all the time. Steph feeds Draymond, then Steph follows his pass and gets a DHO from Draymond. Draymond sometimes fakes the DHO and keeps it - but that “Get Action” is a great way to facilitate offense, and to relieve pressure.

Get Through (A Screen) – Stay with your player despite a screen

Ghost (A Screen) – A “ghost” screen is essentially a fake screen, often a ball screen but not always. So picture a ball handler up top, a wing approaches to set an on ball screen for a pick and roll, but as the wing starts to move towards the ball handler to set the screen, he/she does NOT set the screen but instead cuts backdoor (or dives) to the basket, or cuts across the key to the other wing, leaving a gap for the ball handler to penetrate. That is a “ghost” screen. The defense is expecting a ball screen and is likely getting ready to switch, or hard hedge, and the “screener” doesn’t actually set the screen, but instead makes a quick cut into space - be it to the basket or an open area.

Hedge – Something an off the ball defender does to allow an on-ball defender to get through a screen. The hedge moves one step towards where the ballhandler wants to go and then recovers back

Hard Hedge – Aggressive hedge prior with two big steps vertical and hustle back with arms up

Help – Providing defensive help to your teammate. This is usually done in the lane/paint

Helpside - A position a defender takes that is directly on a line between the player you are guarding and the ball. The farther the ball is from your man the farther you move away from your man

Hold (the ball) – A command to the ballhandler in transition to slow down the pace and assess the situation

Ice – Our lazy 1-2-1-1 Press. Like Ice melting on a warm afternoon

Ice (the screen)– On a wing ball screen, the on-ball defender positions him/herself on the high side (the side of the ball handler closer to half court than the baseline), essentially forcing the ball-handler to drive towards the baseline, and thus to NOT drive middle - “icing” a screen forces the ball away from the middle of the court.

Jam (the screen) – Playing on the screen tight to push out the screen and stay with pop

Jump Stop – To dribble, and jump into the air, and while airborne, catch the ball. The player must land on both feet. Now the player is allowed to pivot on either foot

Lane – Aka the “Paint.” Aka “Key” – The area under each basket marked by the rectangle on the floor. The offensive players may only be in that area for 3 seconds, unless the ball is shot

L-Cut – An off the ball cut used to get open on the wing. The player walks up from the baseline, makes contact with their defender and puts a foot between their two feet and then pops out in the shape of an L

Logophile – Lover of words

Mikan Drill – An awesome one player drill with layups done with different hands and from different angles. Named after NBA hall-of-famer George Mikan

Man-to-Man – The type defense where one person plays defense against one opposing player

Motion Offense – A loose term for offensive structure based on player movement with an emphasis of cutting and replacing. The off ball cut is the staple of the motion offense

Naismith – The man who invented basketball. He was a Y.M.C.A. gym teacher in Springfield, Mass., and invented the game in 1895

Nail (The)- The middle of the free throw line. Historically had a little hole or mark that was once the home of a galvanized piece of metal. That nail was used to anchor a string, which in turn helped the builders of the court measure dimensions (key, free throw, three-point, etc.) and paint the various lines

Outlet – The pass from the backcourt up the floor, usually in the context of a fast break or transition break

Over/Under (the screen) – The path taken by a defender getting through a screen. “Over” is closer to the ball and “over” the screening player. Under is the opposite

On ball screen – A screen set on a defender who is currently guarding the player with the ball

Off ball screen – A screen set on a defender who is NOT currently guarding the player with the ball

Packline – A half court defensive strategy in which defenders stay within a certain “packline” (e.g., the 3point line) regardless of where their man is. This defense maximizes the ability of players to play effective helpside D

The 'Pack Line defense' was created by [Dick Bennett](#) of Wisconsin-Stevens Point, Wisconsin-Green Bay, University of Wisconsin, and Washington State. It is now commonly used in some form by many coaches including Tom Izzo at Michigan State, Sean Miller and Chris Mack at Xavier, Tony Bennett at Virginia, and Steve Alford at UCLA.

For a bit of history, the term 'Pack Line' wasn't coined or even thought of by Bennett. The word was brought to the attention of Bennett by a person at a marketing company after convincing Bennett to create a DVD on his new defensive system.

The 'Pack Line' defense is a variation of man-to-man defense. The biggest difference between the two is that instead of the off-ball defenders being out pressuring their player and denying the pass, everyone except the player guarding the ball must be inside an imaginary line 16 feet from the rim.

Pass it to the Basket: Rob Fodor – Miami Shooting Coach and The Shooting Guy: How do we explain shooting in one sentence? Pass it to the basket! Shooting is the same move. In order to change a pass into a shot what we need to do is change the launch angle to the basket. This is great to work on with a partner or just use the side of the backboard. Check out the next slide to see this drill at the highest level.

Peel Switch -

Pick and Roll – A two man play where the on-ball screener sets a screen for the ball handler and rolls to the hoop looking for a pass.

Pick and Pop (or Flare) – 2 man game where screener pops/flairs to the wing/perimeter looking for an open outside shot

Pinch - On the free throw line the player on the third slot "pinches" their body into the offensive rebounder next to them in the second slot – usually the biggest/best offensive rebounder on the floor

Pick and Replace – From the Villanova Wildcats. A pick and roll at the top of the key where a 3rd player from the opposite post comes up to fill the void left by the roller and allows for a more open delayed pass to the roller

<https://www.youtube.com/watch?v=Vky3YYarvZ4>

Pivot – To hold onto the ball and move around, legally, by keeping one foot in the same spot

Pistols – Expectation for what our hands will be doing when playing helpside D

Pound dribble – An aggressive dribble that pounds the ball into the floor – can be used as a drill or, in play, as a way to powerfully cover a short distance of space to get open for a layup

Push (the ball) – See “Advance” above

Re-Screen – An almost immediate on-ball screen set by screener, often on opposite side of defender.

ROB - Criteria for a good shot opportunity – Shooter is in **Range/Open/on Balance**

Screen Away – An off-ball screen set away from where the ball is located. Principle – pass the ball one direction. Swivel head 180 degrees and go set an off-ball screen in other direction

Shooter – A dangerous outside shooter who we do not want to give space to

Sideline – The lines on the sides of the court

Split Screen (or Split Action) – Off ball screen (screen in a direction away from a pass) where the screener and cutter (player receiving the screen) split their cuts – one to the hoop as a curl or cut and one pop to 3pt line. This action is frequently used by the Golden State Warriors - Draymond Green setting the screen for Steph Curry or Klay Thompson; Steph/Klay cut one way off the screen, and the screener “splits” and goes the other way. It is a read and react action.

Slip (the screen) - If you see your defender start to cheat high on the ball screen, cut to the basket before the ball handler comes off of the screen. It's good to mix this in order to keep the defense honest.

Spain Action - Spain Action involves a ball screen - typically a big (4 or 5) setting a ball screen for the point guard in the middle of the floor - a few steps outside the 3 point line. The guard uses the ball screen - let's assume going left to right for illustrative purposes. Immediately after the point guard uses that screen, another guard comes up and sets a backscreen for the big who set the original screen, so that big then uses the back screen and dives to the basket. The 2 guard who set the backscreen can then pop out for an open 3.

Spin Out - A technique used by an offensive rebounder that involves initial contact and then spinning away from contact

<https://coachtube.com/course lesson/offensive-rebounding/spin-out/11792001>

Square Up – When catching the ball, bringing your feet to face the defender and bring into triple threat position

Squeaky Bum Time - British for Crunch Time. From Welcome to Wrexham

Stride Stop - A variant of the jump stop in which the feet are planted sequentially and spaced forward/back. Allows for a variety of moves, including a turn around hook or jump shot off of back foot.

<https://www.youtube.com/watch?v=y6PgXZ9Zhhw>

Swim Move – A technique used by an offensive rebounder that involves a subtle push with the outside hand and swim move with the inside hand to get position.

<https://youtu.be/GhG2iUSSidI?si=2cpv02vxPCnyHClH>

<https://coachtube.com/course/lesson/offensive-rebounding/spin-out/11792001>

Tag (the Roller) – “tag” is usually used in the context of “tagging a roller”. If you think of a high screen and roll - at the top of the key, for example. The ball handler comes off the screen, and the screener then rolls to the basket, if the defenders “switched”, then the roller is likely open. So in that case a weakside defender can temporarily provide help on the roller until their teammate recovers and gets back on their player - that’s called “tagging”. So the closest helpside defender will provide quick support until their teammate recovers. It’s not a full switch - it’s just a tag.

Top Lock: A technique in which a defender, in anticipation of a pindown or stagger, plants himself between his man and the screen to induce a backdoor cut.

Triple Threat – Where you end up when you have squared up – ready to shoot, pass or attack with dribble

Three Second Violation – An offensive player stays in the key for more than 3 seconds

Throw a Bone (Chuck)– Making contact with arm, bent at elbow (do not extend elbow!) on an off-the ball cutter or offensive rebounder. Meant to impede their progress

Turn down (Reject) (the ball screen) You might start to notice that the player guarding you is starting to cheat over the top of the screen. This is when you fake high and drive the opposite direction

Wall Up –Vertical defense on a drive – defender meets driver with arms up, elbows behind ears and with a vertical jump. Goal is to take contact in the chest

Wolf: Called by a teammate when they see a defender hawking in the backcourt or otherwise looking to poke away or steal. Like Pelicans guard Jose “Grand Theft” Alvarado vs Chris Paul

Use it – The player setting a screen encouraging the ballhandler or off-ball teammate to take advantage of the screen

V-Cut – An off the ball cut meant to set up a defender so that they run into a screen or otherwise fooled by the direction the off the ball player is going

Velcro (a Screen) - Get stuck on to a screen.

Zone – A type of defense where a defensive player covers a certain area or zone, and they play defense against the players that come into that zone.

Quotes:

"Raise your words, not voice. It is rain that grows flowers, not thunder."

-Rumi

"He who stops being better stops being good."

- Oliver Cromwell

"Your future depends on many things, but mostly on you."

- Frank Tyger

"The image of a champion is someone who is bent over, drenched in sweat,to the point of exhaustion--when no one else is watching."

- Anon

"The wishbone will never replace the backbone."

- Will Henry

"The harder I work the luckier I get."

-Anon

"If what you have done yesterday still looks big to you. You haven't done much today."

- Mike Krzyzewski

"Whatever you do, always give 100%. Unless you're donating blood."

- Bill Murray

"You can't get much done in life if you only work on the days when you feel good. "

- Jerry West

"Commitment separates those who live their dreams from those who live their lives regretting the opportunities they have squandered." – Bill Russell

"Hard work beats talent when talent fails to work hard." – Kevin Durant

"Some people want it to happen, some wish it would happen, others make it happen." – Michael Jordan

"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

"I've got a theory that if you give 100 percent all of the time, somehow things will work out in the end."
- Larry Bird

"Create unselfishness as the most important team attribute" – Bill Russell

"Concentration and mental toughness are the margins of victory" – Bill Russell

"The most important thing to me is the friends that I've made" – Bill Russell

"The most important measure of how good a game I played was how much better I'd made my teammates play" – Bill Russell

"Remember that basketball is a game of habits. If you make the other guy deviate from his habits, you've got him" – Bill Russell

"Commitment separates those who live their dreams from those who live their lives regretting the opportunities they have squandered" – Bill Russell

"What distinguishes a great player is his presence. When he goes on to the court, his presence dominates the atmosphere" – Bill Russell

"I can't make every decision for you. I don't have 14 timeouts. You guys got to get together and talk" – Gregg Popovich

"Your best players have to unite and inspire the group... otherwise, they'll divide the group" – Jeff Van Gundy

"Players with high character get better. Players with a serious approach get better. The fools never get better" – Jeff Van Gundy

"You need your best players to play their best when their best is needed" – Jeff van Gundy

"Don't worry about being cool. Worry about being the best" – Jeff Van Gundy

“You can pick captains, but you can’t pick leaders. Whoever controls the locker room controls the team” – Don Meyer

“Positioning, anticipation and technique create quickness. Therefore, you can always get quicker” – Don Meyer

“If you want to thank me, go do something for somebody else” – Don Meyer

“Recognize and reward players who put the team first, not just the gifted ones” – Don Meyer

“Discover your gift, develop your gift, and then give it away every day” – Don Meyer

“There’s only one thing we can control, and that is how hard we play” – Don Meyer

“It doesn’t cost nothing to be nice to people” – Don Meyer

“Play off your great player... great teams have a go-to player and they play off of him” – Don Meyer

“Shout praise and whisper criticism” – Don Meyer

“You can have discipline and be demanding without being demeaning” – Don Meyer

“When you watch the game, be a student of the game” – Don Meyer

“Make the practices like games and the games like practices” – Don Meyer

“The most important key to achieving great success is to decide upon your goal and launch, get started, take action, move” – John Wooden

“When the legs go, the heart soon follows” – John Wooden

“Young men need more models, not critics” – John Wooden

“1. Be on time.

2. Never criticize a teammate.

3. Never use profanity”

– John Wooden

“You’d like to see your team reasonably happy, but that’s not your job. Gain their respect and get them to accept their roles” – John Wooden

“I do not judge success based on championships; rather, I judge it on how close we came to realizing our potential” – John Wooden

“My philosophy of defense is to keep the pressure on an opponent until you get to his emotions” – John Wooden

“The more concerned we become over the things we can’t control, the less we will do with the things we can control” – John Wooden

“Remember this, the choices you make in life, make you” – John Wooden

“What you are as a person is far more important than what you are as a basketball player” – John Wooden

“The best competition I have is against myself to become better” – John Wooden

“Seek opportunities to show you care. The smallest gestures often make the biggest difference” – John Wooden

“You discipline those under your supervision to correct, to help, and to improve. Not to punish” – John Wooden

“You can’t let praise or criticism get to you. It’s a weakness to get caught up in either one” – John Wooden

“Discipline yourself, and others won’t need to” – John Wooden

“The main ingredient of stardom is the rest of the team” – John Wooden

“Confidence comes from being prepared” — John Wooden

“You have to expect things of yourself before you can do them” — Michael Jordan

“If you’re not making mistakes, then you’re not doing anything. I’m positive that a doer makes mistakes” — John Wooden

“Leaders are interested in finding the best way rather than having their own way” — John Wooden

“Leadership is diving for a loose ball. It’s about being able to take it as well as dish it out. That’s the only way you’re going to get respect from other players” — Larry Bird

“Practice habits were crucial to my development in basketball. I didn’t play against the toughest competition in high school, but one reason I was able to do well in college was that I mastered the fundamentals. You’ve got to have them down before you can even think about playing” — Larry Bird

“Failure and rejection are just the first steps to succeeding” — Jim Valvano

“Be a dreamer. If you don’t know how to dream, you’re dead” — Jim Valvano

“There are 86,400 seconds in a day. It’s up to you to decide what to do with them” — Jim Valvano

“You can’t always be the most talented person in the room. But you can be the most competitive” — Pat Summitt

“Admit to and make yourself accountable for mistakes. How can you improve if you’re never wrong?” — Pat Summitt

“We communicate all the time, even when we don’t realize it. Be aware of body language” — Pat Summitt

“Discipline is the only sure way I know to convince people to believe in themselves” — Pat Summitt

“Teamwork doesn’t come naturally. It must be taught” — Pat Summitt

“Confidence is what happens when you’ve done the hard work that entitles you to succeed” – Pat Summitt

“You can’t force your will on people. If you want them to act differently, you need to inspire them to change themselves” – Phil Jackson

“Always keep an open mind and a compassionate heart” – Phil Jackson

“Once you’ve done the mental work, there comes a point where you have to throw yourself into the action and put your heart on the line” – Phil Jackson

“Maturity begins to grow when you can sense your concern for others out-weighing your concern for yourself” – Phil Jackson

“Winning is important to me, but what brings me real joy is the experience of being fully engaged in whatever I’m doing” – Phil Jackson

“Basketball is a simple game. Your goal is penetration, get the ball close to the basket, and there are three ways to do that. Pass, dribble and offensive rebound” – Phil Jackson

“Good teams become great ones when the members trust each other enough to surrender the Me for the We” – Phil Jackson

“Not only is there more to life than basketball, there’s a lot more to basketball than basketball” – Phil Jackson

“Basketball is a sport that involves the subtle interweaving of players at full speed to the point where they are thinking and moving as one” – Phil Jackson

“In basketball — as in life — true joy comes from being fully present in each and every moment, not just when things are going your way” – Phil Jackson

“Most lay-ups and two foot jump shots around the goal are missed by not putting the ball up high enough on the backboard” – Rick Majerus

“To win the big games you must get to the free throw line, and then you must make them” – Rick Majerus

“Switch if you have to! It’s not the mismatch that beats you, it’s the open shot!” – Rick Majerus

“My players on defense must have a hand-up on every shot. If not, they run sprints” – Rick Majerus

“Those to whom defense is not important will have the best seat in the game” – Rick Majerus

“If you want to have a lot of success, you need to have a lot of failure” – Rick Majerus

“Failure is good. It’s fertilizer. Everything I’ve learned about coaching, I’ve learned from making mistakes” – Rick Pitino

“If you are not willing to work hard and establish discipline in your life, then all your dreams are merely pipe dreams” – Rick Pitino

“Set higher standards for your own performance than anyone else around you, and your only competition will be with yourself” – Rick Pitino

“The basic premise of my system is to fatigue your opponents with constant pressure defensively and constant movement offensively” – Rick Pitino

“Success is determined by your daily choices and habits” – Rick Pitino

“Excellence is the unlimited ability to improve the quality of what you have to offer” – Rick Pitino

“Learning what not to do is sometimes more important than learning what to do” – Rick Pitino

“True motivation is not getting people to play to their potential. It’s getting people to play beyond their potential” – Rick Pitino

“The key to coaching is not what you do, but the way you do it. The intangibles, the motivational parts of the game are the most important facets of it” – Rick Pitino

“Leadership is difficult. It is a lonely responsibility. The best leaders are servants. It is always about others” – Dale Brown

“The only lasting form of discipline is self-imposed discipline” – Dale Brown

“The best teams have chemistry. They communicate with each other and sacrifice personal glory for the common goal” – Dave DeBusschere

“Our job is to teach young people how to do things that make them successful on the court, in the classroom, and after graduation” – David Shaw

“There has never been a great ‘silent’ defense” – Del Harris

“Commitment means staying loyal to what you said you were going to do, long after the mood you said it in has left you” – Anonymous

“Inferior guards play on the sidelines and great guards play in the middle. Isiah, Magic, Chris Paul, all get to the middle” – Rick Pitino

“It’s better to have a good player with the basketball in late game situations than to have plays” – Rick Pitino

“The more you lose, the more positive you have to become. When you’re winning, you can ride players harder because their self-esteem is high. If you are losing and you try to be tough, you’re asking for dissension” – Rick Pitino

“Long term success is a direct result of what you achieve everyday. Goals provide your daily routine” – Rick Pitino

“If you are afraid of failure you don’t deserve to be successful!” – Charles Barkley

“I’ve missed more than 9000 shots in my career. I’ve lost almost 300 games. Twenty-six times, I’ve been trusted to take the game-winning shot and missed. I’ve failed over and over and over again in my life. And that is why I succeed.” – Michael Jordan

“If you quit once it becomes a habit. Never quit!” – Michael Jordan

"If you're afraid to fail, then you're probably going to fail." – Kobe Bryant

"I have self-doubt. I have insecurity. I have a fear of failure. I have nights when I show up at the arena and I'm like, 'My back hurts, my feet hurt, my knees hurt. I don't have it. I just want to chill.' We all have self-doubt. You don't deny it, but you also don't capitulate to it. You embrace it." – Kobe Bryant

"You can't win unless you learn how to lose." – Kareem Abdul-Jabbar

"When an elevator brings you upstairs, you better send it back down to bring others up." – Dikembe Mutombo

"The strength of the team is each individual member. The strength of each member is the team." – Phil Jackson

"Most people think that it's going to get easier. Basketball is going to get easier, school's going to get easier [but] it never gets easier. What happens is you become someone that handles hard stuff better. So that's a mental shift that has to occur in your brains." – Kara Lawson, Women Basketball Coach.

"In the NBA, there's always a guy who is only around because he can jump. He doesn't have a clue about the fundamentals. I learn more from the WNBA. They know how to dribble, how to pivot, and how to use the shot fake." – Draymond Green, basketball player.

Coming in every day and walking the walk. That is what you want to do as a leader.
-WNBA Star Maya Moore

It's not how big you are, it's how big you play.
-Former UCLA Coach John Wooden

When you work on getting better at something, don't do it half speed.
-Ray Allen

With the absence of pressure, it's hard to do great things.
-UCONN head coach Geno Auriemma

Bottom line, you're either a risk taker or you're not, and if you don't take risks, you'll never win big.
-Geno Auriemma

Here's how I'm going to beat you. I'm going to outwork you. That's it. That's all there is to it.
-Pat Summitt

Empower the people around you, from the janitor to the athletic director. You do that by being sincere, caring about others, and then putting it into practice.

-Sue Gunter

Talent is God-given. Be humble. Fame is man-given. Be grateful. Conceit is self-given. Be careful.

-John Wooden

"Our greatest glory is not in never failing, but in rising up every time we fail."

Ralph Waldo Emerson

Nothing great was ever achieved without enthusiasm.

Ralph Waldo Emerson

A Parent Talks to Their Child Before the First Game

This is your first game, my child. I hope you win.

I hope you win for your sake, not mine. Because winning's nice.

It's a good feeling.

Like the whole world is yours.

But, it passes, this feeling.

And what lasts is what you've learned.

And what you learn about is life.

That's what sports is all about. Life.

The whole thing is played out in an afternoon.

The happiness of life.

The miseries.

The joys.

The heartbreaks.

There's no telling what'll turn up.

There's no telling whether they'll toss you out in the first five minutes or whether you'll stay for the long haul.

There's no telling how you'll do.

You might be a hero or you might be absolutely nothing.

There's just no telling.

Too much depends on chance.

On how the ball bounces.

I'm not talking about the game, my child.

I'm talking about life.

But, it's life that the game is all about.

Just as I said.

Because every game is life.

And life is a game.

A serious game

Dead serious.

But, that's what you do with serious things. You do your best.

You take what comes.

You take what comes

And you run with it.

Winning is fun.

Sure.

But winning is not the point.

Wanting to win is the point.

Not giving up is the point.

Never being satisfied with what you've done is the point.

Never letting up is the point.

Never letting anyone down is the point.

Play to win.

Sure.

But lose like a champion.

Because it's not winning that counts.

What counts is trying.

- Unknown