Coach John Wooden's Top Ten

1. Make each day your masterpiece.
2. Never criticize a teammate.
3. Most field goals should come at the end of a pass.
4. If you are a good offensive player, it is a disgrace if you are not a good defensive player.
5. The three essentials for rebounding.
    a. Assume every shot will be missed
    b. Get your hands above your shoulders.
    c. Go get the ball (Pursue It)
6. Love is the most meaningful word in the English language, but balance (physical, mental, emotional) is essential for a basketball player to come close to their level of competency.
7. Don't try to be better than someone else, learn from other as all you will ever know is what you learn from other and never cease trying to be the best that you can be.
8. When teams are fairly evenly matched, the better conditioned team will usually prevail.
9. Failure to prepare is preparing to fail.
10. Ability may get you to the top, but it takes character to keep you there.

"I tried to have only two or three on the dressing room board at all times, but tried to have one new one each week and occasionally would repeat some of the ten listed among the many I used."

- John Wooden