

“CHAMPIONS”

- ❖ **The essence of character is what I call mental and physical courage. By mental courage I mean, say you are a skilled shooter but have missed five shots, you are down by two points, you are wide open – will you take the sixth or pass it off?**
- ❖ **Physical courage is where you are so exhausted you cannot move, yet you keep moving.**
- ❖ **Everybody makes such a big deal today about team play because there’s such a scarcity of it. Greed is a reason. A player has to be selfish in the pursuit of the development of his skills, but he cannot be selfish when it comes time to blend them in with what is good for his team.**
- ❖ **I viewed playing sports as a privilege, not a right.**
- ❖ **Repetition is the key to success – doing what you have to do over and over and always doing it right.**
- ❖ **The object of my defensive strategy is to contest every pass and shot, to force the opponent to move the ball under continuous pressure. I want the other team to play offense longer than they’re used to. If you react to ball movement a microsecond faster than usual and keep your hands up, they have to try another pass, then still another. That makes them anxious. They commit fouls and they make mistakes.**
- ❖ **A good defense plays good defense almost all the time. Shooting is a variable; 50% of the time you miss. Contesting a jump shot is not a variable. Skill is a variable. Work is not a variable, not a skill; it’s an attitude.**
- ❖ **There is a technical part and a life part to defensive play. The life part consists of three things that must be very prominent in good defense; courage, intelligence, and energy. If you have a good dose of heart, head, and legs working for you, you can become a good defensive player. If you legs tire out, your heart surrenders and you won’t move your leg. When you’re tired, do you have the courage to fight through screens?**
- ❖ **If you don’t use your head, you’re in trouble. Defense starts by asking yourself how you guard the man with the ball. Even if you’re a little slower, you can be a good defensive player as long as you have these attributes to compensate.**
- ❖ **There are three conditions that make for a good man-for-man defense. One is you have to contest or pressure the ball. That’s key above all else. Two, your guys cannot get picked off and must go over screens. And three all shots must be contested.**

– Pete Carril: The Smart Take From The Strong