



# A COACH'S INFLUENCE

AAO BUILDING BLOCKS FOR A BETTER TEAM AND LIFE

## ENTHUSIASM

**"I THINK WE HAVE TO ENJOY WHAT WE DO IF WE ARE TO SUCCEED."** Coach John Wooden

If we don't enjoy what we do, we won't push as hard as we need to or for as long as we need to, in order to achieve our best. However, if we enjoy what we do and are enthusiastic, we'll do it better and come closer to becoming the best we can be.

Challenging circumstances, mundane repetition and adversity will test the mettle in the best of teams this season. And nothing pours cold water on the flames of enthusiasm like losing. So how do we keep enthusiasm high when performance/results are low?

1. Remember why you decided to coach these young men and women. Chances are you wanted to make a difference in their lives. Your influence on them is something to be truly excited about! Remind yourself often.
2. Focus on the things you can control. Do not constantly wish for what you don't have. Don't think "if only I had a point guard or a big man we'd be more successful". Focus on how to make the most out of what you have.
3. Set realistic performance goals for your team that aren't tied to the score. If you're an undersized team, set a goal for limiting your opponents' offensive rebounds and second shots. If you're not a good ball-handling team, set a goal for limiting your turnovers each game. Once a goal is set, work on it at practice, chart it during games and celebrate improvement. Watching your team accomplish tangible goals will improve everyone's outlook.

At AAO, we are convinced that leaders must be enthusiastic and truly enjoy what they do if they expect those under their guidance to reach their greatest competency. Enthusiasm is contagious - it stimulates others to strive for excellence. Scripture tells us, "Never be lazy in our work, but serve the Lord enthusiastically." Romans 12:11 An unenthusiastic coach will keep players from achieving their collective best!

Caution: avoid overly emotional reactions. Too much emotion can be counterproductive. Emotional highs lead to sweeping lows and such swings of intensity result in instability for a team. Your tempered emotion and passion exudes confidence and rubs off on players in wonderful ways. As you coach and mentor young athletes during this NWA League season, commit yourself to a lifestyle of enthusiasm.