Philosophy of Sport

The Greeks had the belief that philosophy was, “For the Love of Wisdom,” The dictionary definition states, “Philosophy is the study of knowledge and principles that cause that control or explain facts and events. It’s a system of guiding life.”

Vince Lombardi said, “You have to Pay the Price to Win . . .” “The effort to win isn’t everything it’s the only thing.”

Red Blake wrote a book titled, “You have to pay the Price.” Vince Lombardi got his speeches from this book.

John Wooden, “They Call Me Coach.” “A true athlete should have character, not be a character.” “You must out think, out condition, and out number your opponent.” “Be more concerned about your character, not your reputation . . .” “It’s amazing what can be accomplished if no one gets the credit.”

There are three styles of Coaching. One, being a dictator. Two being Submissive (Players do it the way they want to.) Three, Cooperative, (Combination of the first and second.)

Your aims should be a reflection of your philosophy. You cannot jump all over the place. You have to stick to one position. The goals have to be performance based not outcome based. Also, you have to decide who plays. Do you play the best? Have athletes play injured?