



BETTER ATHLETES
BETTER PEOPLE

Top Quotes on The Value Of Effort & Practice

Looking for ways to motivate your players? Searching for pre-game inspiration? Positive Coaching Alliance has collected hundreds of quotes from athletes, coaches, business leaders, authors and philosophers to deliver daily inspiration. PCA Founder Jim Thompson always says, "Say something positive, and you'll see something positive." The more people we can get to read, heed and share these quotes, the more joy and inspiration we'll all bring to the 40 million youth playing sports in the U.S.

- ◆ "One day of practice is like one day of clean living. It doesn't do you any good." (Abe Lemons)
- ◆ "I think the most important thing for a high school athlete is to work on improving yourself both on and off the field." (Brandi Chastain)
- ◆ "The more I practice, the luckier I get." (Gary Player)
- ◆ "Practice puts brains in our muscles." (Sam Snead)
- ◆ "Somewhere behind the athlete you've become and the hours of practice and the coaches who have pushed you is a little girl who fell in love with the game and never looked back... play for her." (Mia Hamm)
- ◆ "The principle is competing against yourself. It's about self-improvement, about being better than you were the day before." (Steve Young)

For more Resources, visit: www.PCDevZone.org

For more information on Positive Coaching Alliance, visit: www.PositiveCoach.org