

4. Play. If possible a coach should substitute often, giving the young players intermittent rest. It is the continuous strain on a young player that completely diminishes his reserve strength. Heredity, natural resourcefulness and the age of the youngster are the determiners upon which the coach charts his substitution course.

There is a mental elixir called esprit de corps which the coach uses upon his athletes both individually and collectively. If he has made his team believe that "a winner never quits and a quitter never wins", and if they feel with him this time-worn truism --

"If you think you're beaten, you are,  
If you think that you dare not, you don't  
If you'd like to win but think you can't,  
It's almost a cinch you won't.  
For out in the world you'll find  
Success begins with a fellow's will,  
It's all in the state of mind." --

then and only then will truly great teams be born.

Remember this - when two men meet on the street, one assumes the dominant and the other the recessive attitude. When two teams meet on the floor the same is true unless both teams are keyed to the same pitch. Then when that happens the team with the better fundamentals will invariably win.