

*“It is crucial in the game of basketball, or any other endeavor for that matter, to know how to peak. Peaking is a matter of timely work. It’s a matter of knowing when to sweat and when to rest. We spent a lot of years overworking in the stretch and lost a few championship games as a result. It used to be that I would ask our team to do twenty-five things instead of a few things well.”*

*“I learned that less can be more.”*

*“On the day before our national semi-final game, I ran our team ragged. I knew we had done too much.*

*We came out flat and lost, 83-59.”*

(0:20 to 1:38)



*“It was a whole different story the very next year. When we got back to the Final Four in 1987, something crossed over in me for good. I realized the value of tapering. Our workouts that week were the lightest of the whole season. The hard work was all done. March was not the time to work on conditioning.”*

(1:44 to 2:13)

