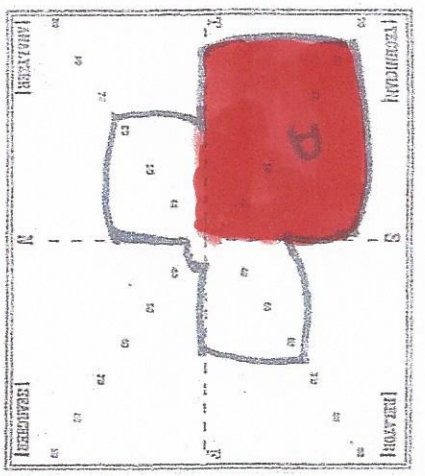


A Picture is Worth 1000 Words: S.T.A.R. Coaching Style Inventory Profile of John Wooden

S.T.A.R. represents the 4 basic styles of coaching and learning: SEARCHER, TECHNICIAN, ANALYZER, and RELATOR. All four functions are inherent in each of us. Yet, because of environmental, familial, cultural and biological influences we develop a preference for one or two styles. As an aid or mental picture of thinking about style, picture an amoeba on a grid. The amoeba has a nucleus and jelly-like protoplasm that is essentially changing in size and shape. The nucleus can be compared to our (D) dominant style or natural preference and the protoplasm represents the other less preferred styles. When we operate in our dominant style, we are most comfortable and adept. We have a considerable amount of life's energy in this position. When we are asked to operate outside of our dominant style we have to flex or compensate, although this behavior might not be as natural and we will not feel as comfortable or in control. We all possess the ability to operate in each of the 4 styles. In other words, each of us can and does operate in all four styles, but not with equal facility. We cannot change our dominant preference in all four styles, but we can consciously develop our abilities in the other functions in order to compensate for that which does not come naturally. Pictured is a graphic which can serve as an aid in visualizing Coach Wooden's preferred coaching style suggesting areas of strengths and weaknesses, assets and liabilities. For further explanation visit: <https://coachad.com/articles/coach-do-you-know-yourself/>

COACH DO YOU KNOW YOURSELF?
 Coach Wooden has taken Sports Psychology & Counseling's *Coaching Style Inventory* (CSI). Developed by Dr. Benjamin A. Leibowitz and his staff, the S.T.A.R. CSI, is a 60 item self-diagnostic tool, designed for coaches to assess and identify their preferred coaching behaviors. It is an integral part of *S.T.A.R. Power Training Program* which was designed to help coaches *Get the MOST Out of Their Team's Performance*. The S.T.A.R. Coaching Style is part of every coach's and every athlete's repertoire. There is no one best style of coaching or learning. Each style has its assets and liabilities. Flexing your style to meet the needs of a particular situation or of an individual athlete, are obviously the best style.
 Style Flex is the temporary adjustment of YOUR behavior to encourage others to act more productively.
 Visit www.coachpsych.net for a complete list of participating coaches.



Name: JOHN WOODEN (T)
 Team: UCLA '64,65,67,69,70,71,73,75,75
 Score: S = 25 T = 85 A = 65 R = 65
 Sup: Ratings: S = 4 T = 1 A = 2 R = 3

John Wooden is a TECHNICIAN His record: 664-162 .804 W-L%

The TECHNICIAN:
 Is disciplined and methodical
 Believes in tried and proven methods
 Straight forward and to the point
 Tenacious and attentive to detail
 Emphasizes techniques and execution

ASSETS
 Pays close attention to the task
 Focuses on details
 Very well organized
 Detailed, efficient, and practical
 Speaks directly and to the point

LIABILITIES
 Can be unaware of other needs at hand
 But may miss the big picture
 Inflexible to change
 Uncomfortable with ambiguity
 Often overlooks feelings of others

His Supportive styles tied as an ANALYZER and RELATOR which strikes as an excellent balance for his style flex.

The ANALYZER is a systems maker; has a real feeling for organization and detail; sets standards for himself, as well as setting standards for others.

The RELATOR knows how to take a group of individuals and build them into a cooperative team. He is interested in his athletes as people and will act on their behalf. His concern and caring for his players inspires their loyalty.

Below are excerpts that represent his coaching style from: *They Call Me Coach*, Wooden, J with Tobin, J, Contemporary Books, Inc. Chicago, IL, 1988.

One of his coaching concepts... "I never could accept trying to fire a team up emotionally for a game. I never believed in it, and I still don't"... He learned early in his career... "you must outthink, outmaneuver, and out condition your opponent"... "You must love your boys to get the most out of them and do the most for them.".... Steve Patterson writes about his former head coach..... "His philosophy is very much the same as Vince Lombardi" (a TECHNICIAN). "He says you have to be unselfish, that you have to play for the good of the team, that you have to be disciplined and do what he wants you to do as a team, that he will tolerate no individuality within that team. He wants you to play as a unit"... "The best teacher is repetition, day after day throughout the season"... "In game play my philosophy that patience would win out. By that I meant patience to follow our game plan. If we believed in it, we would wear the opposition down and would eventually get them."... "An important ingredient of patience is perseverance. I tried to instill in our players the desire to do everything correctly...not give up on something but to persevere until it was mastered"... "It is the sum total of the entire unit that counts, not the total of any one part."..... AND finally the TECHNICIAN in him: "I was always more of a practice coach than a game coach. This is because of my conviction that a.... PLAYER WHO PRACTICES WELL....PLAYS WELL."