



## Episode 174

# The Path to the Competitive Buddha with Jerry Lynch

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**Guest:** Dr. Jerry Lynch

- Renowned sports psychologist
- Worked with numerous championship teams across levels and sports
- Author of [Win the Day](#) and [The Competitive Buddha](#), and more!

**Website:** [wayofchampions.com](http://wayofchampions.com)

**The Playing Time Culture System Online Course:** [buff.ly/2L8lrQM](http://buff.ly/2L8lrQM)

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**Competitive Cauldron Course:** Get it [HERE](#)

### Episode Notes

- **Steve Kerr on competition:**
  - They try to make EVERYTHING competitive in practice
  - It increases engagement and joy
- **The Competitive Buddha:**
  - The title in itself is an oxymoron, it feels contradictory
    - The Buddha competing?
  - The Buddha himself was one of the first student-athletes
    - His competitive days taught him all about himself and about life through competition
  - It was less about beating your opponent and more about working together for something bigger than both of you



- Competere - Latin word for competition
  - It means to seek together
  - It's all about both parties pushing each other to be at their absolute best
- Loss is our greatest teacher!
  - "Tell me why we are a better team after that loss on Sunday?"
  - The athletes reflected and learned from what went wrong
- Use meditation to grow
- **Jerry's experience with Anson Dorrance and the Competitive Cauldron:**
  - Jerry's strengths are observation and reading people
  - Jerry's observation:
    - Their practice looked like a national championship game
    - It kept the athletes motivated every single day
  - "When your practice is like a national championship game, then your team is going to go up a few notches" - Anson Dorrance
  - At the end of practice they all came together in a circle to acknowledge each others efforts and establish their connection to each other
  - At the end of the day they competed like crazy because they loved each other
    - I love you so much that I'm going to play my hardest to make you better
- **Would Michael Jordan have been better served to embrace some of the mindset of the competitive Buddha?**
  - Michael's crazy competitive mindset was like his hair was on fire
    - But his heartset may have been difference
  - His pushing and competitiveness with his teammates was a reflection of his love for them
    - He demanding a higher level from others, and he modeled it for them
  - He was intolerant of mediocrity



- **Nate's team winning the state championship:**
  - The team they beat in the championship, they lost to in the regular season by single digits in a game where his team missed 17 layups
  - When they were preparing to play them again they had to decide what story they were going to tell about those 17 layups
    - It became, "Look we got 17 layups, the best shots in basketball, against this team!"
  - The next year they meet again in January as the #1 and #2 teams and Nate's team has a come from behind win
  - They then meet again in the state championship game
  - They're up by 7 with 15 seconds left and Nate calls a timeout to get his seniors on the floor
    - In the timeout, he tells his players that before the horn goes off and they celebrate, they are going to honor the other team.
    - "They bring out the best in us!"
    - "We know what it feels like to stand and watch, so we're going to honor them before we have our moment"
  - It taught them the value of competition and the value of compassion
    - "How does it feel to be in their shoes?"