

Welcome to this months ATTACK Basketball Academy Newsletter. We hope you will enjoy our new format and provide us some feedback.

To remove your name from our mailing list please [click here](#) and type **UNSUBSCRIBE** on the subject line and send. Thank you.

Questions or Comments please email us:

Newsletter@attackbball.com or CALL 214-223-7865



*Coaching Players to Success  
on the Basketball Court  
. . . and in life.*

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**Fun basketball training for boys & girls**

***In This Issue***

***Page 1-Play and Training  
Schedules***

***Page 2 - Message from Coach  
Charlie.***

***Page 3 - Life Skills Develop-  
ment and Coach Sheba Butler***

***Page 4 - Attack Basketball  
Store Specials and Other An-  
nouncements***

***Page 5 - Attack Basketball  
FUNdamentals Homework  
Sheet.***

**REGISTRATION FOR  
WINTER SKILLS**

**Sign-up for Sessions**

**Sunday—Dec. 16th**

**Resume Jan.—6 to March 3**

**Merry Christmas!**

**BASKETBALL TRAINING  
SPORTS CONDITIONING  
ADULTS OR CHILDREN  
CERTIFIED PERSONAL  
TRAINER AND FORMER PRO-  
FESSIONAL BASKETBALL  
PLAYER  
CHARLIE MILLER  
AVAILABLE NOW FOR INDI-  
VIDUAL SESSIONS  
Individual focus, weight,  
strength, and skill goals  
Personal attention and  
customized plans,  
personal coaching and  
expert assistance**





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**Coach Charlie's Corner**

**New Years Goals and Resolutions -**

A resolution is something you are resolved to do. Resolve means **"to make a firm decision."** To become a much better player you must have resolve or be resolved to become that better player. You must make a firm decision to make it happen and that requires a plan to turn your dream into reality.



We are launching a new program within ATTACK! to help our players improve their game and launch them past their competition. This document, our **ATTACK Basketball FUNDamentals Homework Sheet** is for you and your children to read and fill out on a daily basis. It will help them improve their fundamental basketball skills and give them a daily plan for practicing without a coach present. Most athletes and people who are really interested in reaching their goals track their progress towards their goals and this is exactly how our program works.

To See an example of a **completed ATTACK Basketball FUNDamentals Homework Sheet** look at **page 5** below or [click here to see a completed .pdf version](#).

You can also [click here to download a blank form](#) so you can use them every week and [click here to download the instructions](#).

***A good, solid basketball workout plan is essential for success on the court. The key word is "Plan"...you must have a plan.***

***"My son has gotten so much better already since he has been working individually with Charlie. At his last game he was on fire because he had done Charlie's drills. "***

***... Sabrina***

**Individual or Small Group Training is available.**



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***Time Management Tips  
(How to always have time to practice.)  
and introducing Coach Sheba Butler***

Most people always seem to be in a hurry, you can see them rushing around the house, speeding down the streets, etc. Part of the reason we always seem to be trying to catch up is that we fail to establish priorities for our limited time and end up trying to squeeze too many things into each day; often because we have not learned how to say "no" or learned how to negotiate our time. There are numerous books available to help you live smarter. I strongly recommend **"The Seven Habits of Highly Effective People"**. To summarize the book in one short paragraph: "You must first know where you wish to go in life by setting goals and objectives, then you can formulate plans to take you there, but more importantly, you can take responsibility for your life, your decisions and the outcomes of decisions and learn to say yes or no in relation to those goals and objectives. When you learn to prioritize your time based on what is really important to you, not important to someone else, and to manage your life around your goals, objectives and plans; then you will find that you have all the time you need to accomplish those things that are important to you, like having time to practice your basketball skills on a daily basis in order to become a good player. If becoming a good player is important to you then you will make time to practice. So is it?"

**Sheba Butler**



Graduated from Lander University in South Carolina with a B.S. degree in mass communication in April 2011.

Played basketball all 4 years in school and during that time, won 3 conference championships, was team captain for 2 years and was one of the most athletic players on the team.

Sheba has been told she is a great basketball player with the natural ability to lead.

***"I am very excited to be coaching with ATTACK! Basketball. My goal is to be a great role model for all of the kids in our program."***

**Coach Sheba will have an increasing role as one of our Coaches and brings a variety of great skills and experience with her.**

Learn more [at this link.](#)

**Check out our latest YouTube Skill Videos at [ATTACKBBALL](#)**

**Visit ATTACKBBALL ON [FACEBOOK](#)**





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**PERSONALIZED ATTACK GEAR AVAILABLE**

**ATTACK BBALL  
HOODIES!  
AVAILABLE  
NOW  
GREAT  
CHRISTMAS  
PRESENT  
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bags, water bottles, hoodies,  
T-shirts and more.**

**CONTACT**

**Meredith@attackbball.com  
for pricing or size questions.**

**Chuckles:**

**What do you Cheerleaders drink before the game? A Root Beer.  
Why do basketball players love cookies? Because they can dunk them.  
Why was the basketball court so wet? The players dribbled all over it.**

**ATTACK S.T.A.R.S.**



FRONT  
12" wide



**SINCERITY +  
TENACITY +  
ACTION +  
RESPONSIBILITY  
= SUCCESS**

**DRI-FIT SHIRTS  
AVAILABLE FOR  
\$30 EACH  
AT ATTACK GEAR**

**BASKETBALL  
FACTS**



**Early baskets were peach baskets  
and the referee used a ladder to get  
the ball after every score.**

**Backboards were added because  
the audience in the balcony used to  
interfere in the game by handling  
the ball.**

**In 1967, slam dunks were made  
illegal because glass backboards  
kept breaking (raining glass on the  
court and fans); nine years later it  
was legalized again when modern  
rims and boards were made.**



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**ATTACK Basketball FUNDamental Homework Sheet  
(Completed Example)**

**Work Wins, Wishing Won't!**

**No One Will Out Work Me Today!**

	Free Throws		Jump Shots (Game Speed & Shots)		Dribbling Number of Minutes		Lay- Ups	
	Makes	Total Shots	Makes Shots	Total	1 Ball	2 Balls	Makes	Total Shots
Monday	16	30	33	80	RT- 5 Left- 10	RT- 5 Left- 10	RT- 16 Left- 11	RT- 20 Left- 20
Tuesday	18	30	39	80	RT- 5 Left- 10	RT- 5 Left- 10	RT- 17 Left- 10	RT- 20 Left- 20
Wednesday	20	30	46	80	RT- 5 Left- 10	RT- 5 Left- 10	RT- 17 Left- 12	RT- 20 Left- 20
Thursday	21	30	44	80	RT- 5 Left- 10	RT- 5 Left- 10	RT- 18 Left- 14	RT- 20 Left- 20
Friday	26	30	53	80	RT- 5 Left- 10	RT- 5 Left- 10	RT- 20 Left- 12	RT- 20 Left- 20
Saturday	21	30	49	80	RT- 5 Left- 10	RT- 5 Left- 10	RT- 19 Left- 13	RT- 20 Left- 20
Sunday	22	30	61	80	RT- 5 Left- 10	RT- 5 Left- 10	RT- 19 Left- 16	RT- 20 Left- 20

**ATTACK Basketball FUNDamentals Homework Sheet**

[Click here to download a larger sample of the completed page above.](#)

[Click here to download the instructions for the FUNDamentals Homework Sheet.](#)

[Click here to download a blank ATTACK FUNDamentals Homework Sheet.](#)



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