

ATTACK!

BASKETBALL ACADEMY



Coaching Players to
Success on the
Basketball Court
...and in Life

Vol. 1, Issue 4, Oct. 2011

New Skills Sessions for Boys and Girls

Skill Sessions - Follow the links to sign-up or for more information.

Thursdays	- Oct 13-Nov 10	{ 4:30-5:30pm Boys 9-11, Boys 12-15 }
Sundays	- Oct 16-Nov 20	{ 4:00-5:00pm Boys 5-8, Boys 9-11 }
		{ 5:00-6:00pm Boys 12-14, Girls 11-14 }

REGISTER NOW for ATTACK! Basketball Winter League Play

- - 6th and 9th Grade Teams will play at [Sportsplex - Click Here for Winter League Dates & Deadlines.](#)
- - All Other Teams will play at [Plano Sports Authority—Click here for Winter league Dates and Deadlines.](#)

Fall 2011 Basketball Coaches' Clinic - Saturday November 12th from 12-2pm
Cross Timbers YMCA, 2021 Cross Timbers Rd., Flower Mound, TX 75028

Contact Meredith at **214-223-7865** or Meredith@attackBBall.com to register for any of these activities above. **[Check out our latest YouTube Skill Videos at ATTACKBball!](#)**

"Imagination has a great deal to do with winning."...Mike Krzyzewski

The Lay Up Shot

The lay-up shot uses the backboard to complete the shot. The goal is to drive towards the basket and score off the backboard.



- 1) Approach the basket by dribbling from either side of the court.
- 2) When you are two steps away from the rim you should be holding the ball. As you approach from the right and right-handed, take a half step with your right foot, then a long step with the left foot and use it as the base foot for your jump.
- 3) At the high point of your leap, roll the ball with your shooting hand when the arm and hand are at full length.
- 4) Gently lay the ball onto the backboard using a top corner of the rectangle as a target. The

Personalized Under Armour Available!

Order your very own personalized ATTACK! Basketball Under Armour

T-Shirt and/or **Compression Shirt** here. Shirts have ATTACK! on the front and the player's name or nickname on the back. As worn at practices and games by Head Coach Charlie.

- inertia of your jump and forward momentum should be enough to let the ball gently bounce into the basket without needing extra energy.
- 5) To practice this shot, alternate using either hand and approaching the basket from a different side until you become comfortable making lay ups from either side.

*** CONTEST ***
NAME OUR NEW MASCOT AND WIN FREE STUFF!



Go to our **Website Blog for details.**

The Winning name for the new Mascot will be selected by Coach Charlie and Meredith Miller. The Winner and 2nd and 3rd Place selections will win prizes.

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

email us: Newsletter@attackbball.com or CALL 214-223-7865



FACEBOOK

ATTACK! Basketball Howler

How about a Year-round Basketball League?

- Play in ALL 4 leagues (Spring, Summer, Fall and Winter). For a complete description of our leagues, please visit our [Leagues page](#).
- ALL practices over the periods the leagues are played.
- ALL coaching and registration fees.
- Entrance into ANY of our camps.
- Entrance into ANY of our skills sessions.
- Flexibility...if you are unable to attend any camps or skills sessions throughout the year, you can substitute 5 individual lessons as part of your year-round package.
- One year commitment required.
- Fee will be automatically withdrawn from a credit or debit card on the same day each month (you choose the day of the month your account will be debited at sign-up). Only \$200 per month

[Download Forms and Mail Registration \(Credit Card or Check\)](#)

A Message From Coach Charlie



It's Fall, the weather is cooler and it is a great time to get outside and practice basketball skills. When you do, remember to wear proper footwear. Cement & Asphalt surfaces are more solid than wood floors and may cause more damage to joints, are slippery when wet and may even be uneven or damaged surfaces. Enjoy but be careful. Also, be sure to keep a jacket handy for when it cools off in the evenings. Getting hot and sweaty and then quickly cooled is a good way to invite a cold or flu into your life. Stay healthy.

TOY DRIVE IN PROGRESS

ATTACK! Basketball Academy is proud to join David P. Smith of Edward Jones & Co. in collecting toys for the Christmas Holiday to be donated to five different charitable organizations. They prefer new, unwrapped toys suitable for any age child or toddler. Bring a toy to practice or a game or anytime and we will be happy to be sure they get to a good charity and into a child's hands for the Christmas holidays. Our goal is 500 toys and we are collecting until December 8th.



IMAGINE

Need a Scary Halloween Mask?



Watch a good example of a layup at 2'30" into this [YouTube Video](#) as well as lots of other great moves from Pro Games.

Michael Jordan breaks down crossover moves and how to read your defensive opponent. [YouTube Video](#)



Did you know? Learning basketball crossover moves is a lot like learning to dance. They both require you to use your feet, to step lightly, to be aware of your moves as well as how to quickly change direction & rhythm. You must be aware of what your partner or opponent is doing with their feet. Dancing is practiced in nearly every civilization on Earth.

[Visit ATTACK! Basketball Academy on YOUTUBE](#)

To remove your name from our mailing list please [click here](#), type UNSUBSCRIBE on the subject line and send. Thank you. Questions/Comments email us: Newsletter@attackball.com or CALL 214-223-7865



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