



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

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Fun Activities for Boys and Girls

SPRING Skill Sessions - Click here for more information.

Sundays - April 15—May 27, 2012

{4-5pm Boys and Girls 5-8, Boys and Girls 9-11}

{5:00-6:00pm Boys 12-14, Girls 11-14}

TO REGISTER ONLINE CLICK HERE OR

EMAIL: Meredith@attackBBall.com to register

REGISTER NOW FOR SUMMER CAMPS STARTING IN MAY

May 29-31—Boys/girls 12-14 years

@ Lovers Lane United Methodist Church 9am-12pm

June 4-6 Boys/Girls 9-11 years

@ Lovers Lane United Methodist Church, 1-4pm

August 14-16—Boys/Girls 5-8 years

@ Lovers Lane United Methodist Church 9am-12pm

Check out our latest YouTube Skill Videos at ATTACKBBALL

Visit ATTACKBBALL ON FACEBOOK

A Message From Coach Charlie



HOW TO ALWAYS BE A WINNER

The secret to winning every time is to always be learning and focus on continuous improvement. The score at the end of the game is only the outcome of everyone's efforts: yours, your team mates and the other team's. The score does not make you a winner or a loser if you carry a "Winners Attitude." You are a Winner all the time when you learn from your mistakes and the mistakes of others, continuously work to improve your skills and use them on the court. As long as you are doing your "personal best" then you will be a Winner even when the other team has outscored you. Your personal best means practicing and training yourself to be the best possible you that you can be. It is a never-ending process. We begin learning even before we leave our Mother's womb and we continue to learn every day of our life. Winners know this and they know that tomorrow they will be better because they are improving today. Learning to accept a lost game as a learning opportunity is part of building a "Winners Attitude."

INDIVIDUAL LESSONS NOW AVAILABLE

**Individual focus,
customized drills,
personal coaching,
expert assistance**

"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

[Click below for info...](#)

Individual/Small

Group Training

Great Gift Idea!

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.](#)



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



Ten Tips to Improve Your Passing Skills with SMART PASSES

- 1) Practice passing at various distances. Start short and gradually increase the distance so you are training yourself to know how much power you will need to pass the ball accurately and with enough momentum to get there. Always have a specific target area in mind, don't just pass toward the receiver. You are pitching toward the receivers chest even on a bounce pass.
- 2) Take a short step toward the receiver when you pass and aim for an area above the waist and below the shoulders of your team mate.
- 3) Make sure the ball is on your fingertips and not your palms. Using both hands, snap your wrists at the end of the passing motion to give it extra momentum. Never wind-up to pass as it tells the defender what happens next.
- 4) Pass the ball away from where the defender is located and ahead of an open player to give them a chance to do something with it.
- 5) Passes should not be too soft or too hard, you want the receiver to be able to handle them easily. Quick, straight and accurate is best.
- 6) A single, quick deception may be helpful but don't get carried away. Your pass will need to follow through quickly or the deception will have been wasted.
- 7) Practice quickly passing the ball so your defender does not have time to react.
- 8) Always keep both hands on the ball until it is released.
- 9) Follow through on your passes.
- 10) Practice proper timing by making sure your passes arrive when your teammate is open.

COACHES CORNER - PLAYER SPOTLIGHT JOHN STILLMAN - Player of the Month

My favorite Pro Player is Derek Rose. I play because it is so much fun! I enjoy basketball because shooting is fun - especially when you make a goal. I would like to improve my ball handling skills and shooting skills. I would like to make the High School basketball team in the future.

LAUGHTER IS GREAT MEDECINE:

The Psychology Professor asked his class, "What would you call a person who was screaming at the top of their lungs one minute, then laughing and cheering the next, and a few seconds later weeping uncontrollably?"

A student at the back of the room raised his hand and said, "A Basketball Coach?"

**Visit ATTACK! Basketball Academy on YOUTUBE
Like Us On FACEBOOK**

BASKETBALL FACT



Tyrone Bogues is the shortest man to ever play in the NBA. Despite being only **5'3"**, he used his height to his advantage by becoming known as a player who was a **great passer, ball-stealer**, and definitely one of the **fastest on the court**.

CPR TRAINING & BASKETBALL CLINIC

June 2nd 1-4:30pm

\$40 includes 1 Adult admission to CPR class and one FREE Child Admission to the Basketball Clinic.



\$30 for each child admission to the Basketball Clinic ONLY. CPR Class will be limited to the first 15 adults and the basketball clinic is limited to the first 30 children. CPR Class is for adults only and the Clinic is for boys or girls 5-14 years of age.

Email: Meredith@attackbball.com to reserve your spot(s).

Location:

Lovers Lane United Methodist Church—9200 Inwood Road, Dallas, TX 75220.

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