



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

Vol. II, Issue 3, March 2012

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## Fun Activities for Boys and Girls

**SPRING Skill Sessions - Click here for more information.**

**Sundays - March 25—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**

## **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



**You Exude Your Attitude.** Exude means "to ooze forth or to exhibit in abundance" and most of us exude our attitudes. If we have a positive or a negative attitude it oozes forth into everything we do and everyone can see it. However, your attitude is yours alone. You own it. You create it. You can change it. Your attitude reflects how you think about things, what you think about yourself, the world and other people. What this means is that your attitude and most of your feelings are entirely within your control.

They do not depend on what others say or do but on how we think. They result from how we think about ourselves and react to others. For example, one of our teams went into a championship missing a key player and the attitude was voiced "Oh, no, we're going to lose." A more positive attitude might be, "We are going to have to work harder to make up for our missing team member but we will win today. We are going to play smarter, harder, faster and better. We will rise to the occasion. We are Champions at heart and will be Champions on the Court!" Choose the attitudes you want to exude and show others who you want to be. **Do you want to be seen as a Winner?**

**Professional  
Photographer Jay  
Davis has partnered  
with  
ATTACK! Basketball to  
take pictures at**



**games.**

**You can buy Action  
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As worn at  
practices and games by  
Head Coach Charlie.



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## "BEING PRESENT" FOR BALL HANDLING. 3 TIPS FOR YOUR GAME!

It doesn't matter what level of experience you have when it comes to basketball, you can still miss simple passes. The problem comes from players looking down the court and thinking about their next move instead of being present in the moment.

1) Focus on "NOW". Keep your eye on the ball until it is in your hands. If you have practiced enough and know your plays well enough you will automatically move to the next step in the process. Keep track what you are doing now. ***Don't get ahead of yourself.***

2) Follow the ball into the basket with your eyes; even if you miss you will get valuable feedback for the next time you try the same shot. Same with passes, know that your teammate will receive the pass and watch it fly into their hands. You might be anticipating your next move, but what someone else does with the ball may determine your next move, especially if he or she drops or misses a pass. **"Stay on your toes" so you can react quickly to changes on a "moment's notice".**

3) You also may have heard some players talk about "FLOW." What this refers to is when you are completely present in each moment so much that they all seem to be strung together as you flow from one moment to the next. This allows you to be in complete harmony with all that is happening around you and comes from practice, concentration and having constant court awareness. **"Experience flow by staying aware each moment."**

## COACHES CORNER - PLAYER SPOTLIGHT

### MATTHEW SMITH - Player of the Month

- I play because I love basketball and I want to get better and to compete and win.
- What I like most about basketball is getting to work on a team and after playing for awhile having a big improvement, where you can win almost every game you play because you know how everyone on your team plays together.
- I want to improve my ball handling because with that I will be able to go to the basket without losing the ball.
- My goals are to make the school team next year, become a better leader and keep improving my fundamentals.
- My favorite NBA player is either Blake Griffin or Carmelo Anthony. They are my favorites because they each play such dynamic ways and control the court wherever they are.

## LAUGHTER IS GREAT MEDECINE:

"He's great on the court," a sportswriter said of a college basketball player in an interview with his coach. "But how is his scholastic work?" "Why, he makes straight A's," replied the coach. "Wonderful!" said the sportswriter. "Yes," agreed the coach, "but his B's are a little crooked."

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## BASKETBALL FACTS



**The first college level men's basketball game** featured the University of Iowa and the University of Chicago. Held on January 18, 1896, the final score was 15-12. **Women played their first college basketball game** the same year. On April 4, 1896, Stanford beat California with a score of 2-1. **Nine players took the floor for each team.** Women couldn't steal the ball. It was considered unladylike!

**CONGRATULATIONS!** To the recent tournament champions. The First grade team won all of their games except one, and lost that by only one point. The Fourth and Seventh Grade White Teams placed in the tournament finals. The Fourth graders took Second Place and the Seventh Graders took third place. Congratulations to all the players, parents, coaches and fans who supported these winning athletes. Below: Some of the 4th Graders with their trophies.



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