

BASKETBALL PLAYS AND TIPS

Our Mission in bringing you Basketball Tips Newsletter is to bring you the resources to help you realize all your basketball goals. It is, and always will be, a "work in progress", as we continue to seek out the plays, drills, tips, books, videos and products that are worth your time and consideration. We believe anyone, with the correct work ethic and desire (especially desire), can elevate themselves to elite coaching or player status. Why not you?

If you like this e-zine, please do a friend and us a big favor and "pay it forward."

If a friend DID forward this to you and if you like what you read, please subscribe by visiting basketball-plays-and-tips.com/basketball-newsletter. You'll also receive our three FREE Special Reports: "**How To Fly High With Plyometrics**", "**5 Keys to Discovering the Successful Coach Inside You**" and "**The Nanotechnology Patch Revolution**".

WE NEVER RENT, SELL OR GIVE AWAY YOUR PERSONAL INFO-SIMPLE AS THAT!

August 1, 2005

What Will You Find In This Issue?

Hmmmm, let's see...

- Genious** (just kidding) Note From Dave & Matt
 - Today's "**Mind Altering**" Quote
 - 1 **Tantalizing** Feature Article for Players
 - 1 **Turbo-Charged** Feature Article for Coaches
 - Exciting** Nanotechnology (Energy) Patch Stuff
 - Basketball Plays and Tips "**Recommends**", or 'How to **Skyrocket** Your Game to the Next Level'
-

Note From Us to You

Well, we got moved up to the next level in our basketball league. The competition is greater and more challenging now. Our team didn't handle it well in the first game out, but we killed the next team big!

We have a bye this week and we'll see what happens next. Hope you are all working on your plays, drills, fundamentals and exercises and having fun in whatever summer games you're participating in.

Here's to a great month of August!

All the Best,

Matt & Dave

www.basketball-plays-and-tips.com

Like This Ezine? Please Tell Us (and Have the Chance to **WIN**)

If you find the info in this issue helpful, please share it with us. We're looking for a few super testimonials for our website -- especially any to do with our advice helping you to improve your coaching or basketball skills. If your testimonial is chosen, we'll give you a free sample of the Energy Patches you'll read about later in this issue.

Don't delay -- send us your testimonial right now! (100 words or less, please)

Just use our "Contact Us" page on our site to send us your testimonial.

*(After a couple of months or so, we'll pick the best ones and add them to our site. **Thanks for last month's testimonials.** We hope you enjoy your patches! Let us know the difference you see in your game after wearing them! Just use the "Contact Us" page on our site to let us know)*

Quote of the Month

"The most important single ingredient in the formula of success is knowing how to get along with people."

- Theodore Roosevelt

Feature Article #1 (Player Focused)

4 Steps to Sure-Fire Free Throws

NBA Finals, Game 7...Your team is down one point...One second left... A foul and two free throws coming... **Who do you want at the charity stripe?** Of course, we'd like to have a Reggie Miller or a Larry Bird or even better Michael Jordan at the line to sink those crucial shots. Chances are, though, they're not on your team. So now what? It's up to you!

So how do you build the skill and confidence needed to win the big games at the charity stripe? 4 simple steps: **Ritualize – Visualize – Optimize – Capitalize.** Free throws are an important part of your game. How many times have we seen games come down to the final seconds and either be won or lost at the free throw line? All the time! So learn these 4 timeless secrets and join the ranks of John Stockton and become a **Great** free throw shooter!

1. Ritualize

Ritualize means you create a specific repeating pattern of behavior prior to performance, a regular pre-task routine, which sharpens your focus, concentration and attention. Reggie Miller would step up to the line holding the ball on his hip with his left hand and place his feet about 12-14 inches apart with his right foot slightly forward. He then would raise his arm straight up towards the basket with his hand bent as if he had just released the ball. Then he would take three consecutive dribbles, sit back into a slight crouch and let it fly. Every free throw was exactly the same. Karl Malone could be seen mouthing something to himself (I have no idea what he was saying) right before he shot the ball. Whatever ritual you develop for yourself, know that it's the most effective device for delivering yourself into the mindset you must be in to sink every free throw.

"Repetition brings familiarity, and familiarity is the opposite of the unknown." – Steven Levenkron

2. Visualize

Visualize means mentally rehearsing or "seeing" in your mind what you intend to do before you do it. When you visualize perfect form and a flawless shot that draws nothing but the bottom of the net, it becomes exponentially more likely to happen. You've heard the saying, "What you see is what you get", haven't you? Focus on the process and see perfection. You'll find that visualization is a powerful tool.

"I see a mental movie before I hit every shot." – Jack Nicklaus

3. Optimize

Optimize means allowing yourself to trust in you and your capabilities, to have the self-confidence to pull the ripcord, knowing the parachute will open. Simply put don't hesitate! Delay does damage. Nike said it best with their million dollar slogan: "Just Do It!" This is when shooting free throws just becomes automatic.

"You must seek to have control and then act with abandon!" – Anonymous

4. Capitalize

Capitalize means celebrate your success as well as the success of your teammates. Pat yourself on the back with each success at the line. When you make your free throws savor the success, nourish it, grow it, use it – capitalize on it. Allow it to build your confidence in other aspect of your game - defense, offense or whatever. Let this positive energy ooze out all over you and your team.

"What I do best is share my enthusiasm." – Bill Gates

With these easy-to-follow principles you can become the elite free throw shooter of your team. Actually, you can apply these principles to every part of your game. Whatever you do, keep on shooting!

Feature Article #2 (Coach Focused)

How To Increase Your Coaching Record By At Least 25%

"How can I become a **better** and **more effective coach**?" We hear this question frequently and there's obviously more than one answer. Today, let's explore one aspect of better coaching.

You need to **identify** one or two players on your team you think can develop into leaders. You see, mediocre coaches just have a bunch of followers. **Superior coaches** take the time to develop leaders that in turn aid the coach in leading the team to a winning tradition.

In his book, "[Developing the Leaders Around You](#)", John Maxwell says, "The greatest leadership principle that I have learned...is that those closest to the leader will determine the success level of that leader. ...the people closest to me 'make me or break me'. ...My goal is not to draw a following that results in a crowd. My goal is to develop leaders who become a movement."

Isn't that what you want as the coach of your team? A couple players that can help you create a "**movement**" of winning attitudes, winning work ethics - a **winning synergy**.

*(By the way, if you haven't read the Special Report, "**5 Keys to Discovering the Successful Coach Inside You**" that we gave you when you subscribed to our newsletter, you'll find more ideas on creating **Synergy** on your team on page 4 of the report)*

Think about this for a minute. How far do you think Phil Jackson would have gone without the leadership roles filled by Michael Jordan, Scottie Pippen, Shaq and Kobe? How about how the leadership of the "Triplets" helped Jimmy Johnson with the Dallas Cowboys?

How much do you think Brian Billick appreciated the leadership of Ray Lewis in 2000 when the Baltimore Ravens won it all? Do you think Gregg Popovich would be as successful without Tim Duncan & Manu Ginobili providing further leadership roles?

By **empowering** one or two of your players to stand up and become leaders, you create a **powerful** extension of yourself. Now, these leaders free you up in certain situations where leadership is needed.

If some players are "doggin' it", sometimes a "push" from a "**player leader**" is more effective than when it comes from you. There are some cases where only your leadership can make the difference. But there are others where the leaders you develop can step in and provide the needed words or action.

The **end result** of surrounding yourself with a couple of quality leaders is it **makes you a more effective coach and leader**. Which is exactly what you're looking for, isn't it?

(If you'd like to learn exactly how to develop leaders, we highly recommend you read Maxwell's book, "[Developing the Leaders Around You](#)". In the book, he teaches you how to Create a Climate for Potential Leaders and then how to Identify, Nurture, Equip and Develop Potential Leaders, plus much more)

The Wonders of the Nanotechnology Patch

Are you using the "[Energy Patches](#)" to enhance your game? **Why not?** Energy Patches are like small band-aids that are worn in strategic areas on your body and are designed to increase stamina, increase energy and improve performance. **If your opponents are wearing them, shouldn't you be?** Want to know more? then go to basketball-plays-and-tips.com/energy-patch.html.

Don't forget to watch the short video on this unique product and technology located near the top of the page.

IMPORTANT - If you find that you have a small red circle with a white horizontal line near the bottom right corner of this page, your browser is probably blocking the site's cookies. You won't be able to navigate the site if this is the case. To learn how to fix this, [Click Here](#)

Basketball Plays and Tips Recommends

1) Double Your Vertical Leap with "[The Ultimate Vertical Leap Super Package](#)"

**2) Would you like to become the best shooter on your team?
Are you looking for a more effective way to coach shooting?
Check out the [Swish Video](#)**

3) ["Five-Star Basketball Drills"](#), by Howard Garfinkle & Will Klein

By the way, if you'd like to use your love of basketball as a way to earn extra income, email us at thebestbizopp@aweber.com for our Free Special Report,
"The Best Biz Opportunity You Can Find: How To Live The Life You Deserve!"