



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 <http://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**".

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September 2, 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'
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Note From Us to You

Dave & I hope you had a great summer and wish you a successful month of September. I've been re-reading "Sacred Hoops" by Phil Jackson and came across a passage I'd like to share with you.

"The prevailing myth in sports, and the business world, is that managing from the top down and keeping your charges constantly guessing about their status within the organization is an effective way to stimulate creativity. A friend of mine who works for a large corporation told me about a meeting...

His company had been losing some of its best performers to the competition... A young female executive... suggested being more nurturing and compassionate to the worker bees, to encourage them to be more productive. She was roundly attacked...

The solution, as top management saw it, was to hire a bunch of 'superstars' from the outside and give everybody else the message that if they didn't improve dramatically, they would soon be history... the boss instituted that policy, and, not surprisingly, productivity declined even further.

In his book, *Leading Change*, management consultant James O'Toole talks about a different style of leadership, known as 'value-based' management, that closely resembles my approach... What O'Toole is talking about essentially is compassionate leadership...

In terms of leadership, this means treating everyone with the same care and respect you give yourself – trying to understand their reality without judgment. When we can do that, we begin to see that we all share basic human struggles, desires, and dreams.

With awareness, the barriers between people gently give way, and we begin to understand... that we're part of something larger than ourselves."

I thought this was a powerful passage and something we all need to keep in mind. Especially when dealing with youth sports. Many kids come from some crazy home situations and need a coach that understands them without judgment.

All the Best,

Matt Zavadil

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

"Be strong in body, clean in mind, lofty in ideals."

- Dr. James Naismith, the father of basketball

Feature Article #1 (Player Focused)

Dribbling – Control The Ball, Control The Game!

Erving "Magic" Johnson, John Stockton, Jason Kidd, and "Pistol" Pete Maravich. What do these guys have in common? They are among the most elite ball handlers in NBA history. They understood the universal rule that **if you control the ball then you control the game**. So how did these superstars rise above the rest? They mastered the art of **dribbling!**

This fundamental is a crucial part of your game. Used properly it can help you get out of jams on the court, it can get you into position to take a shot or it can help you free up a teammate to receive a pass.

The **problem** today is that this secret weapon is misused and abused. All too often players try to get too flashy and fancy with their "Harlem Globe Trotter", "Show Time" style of dribbling. Most often this only wrecks the morale and the pace of the game for your teammates.

This is why I mentioned the NBA stars that I did. There are a ton players with "skills" and "tricks" up their sleeves, but only a few, like Magic or John Stockton were **real ball handlers**.

A real ball handler must not only be able to control the ball well, he must also be a great, alert passer who always has his head up and can get the pass off in a fraction of a second. He must have wide vision, see the whole floor and not be looking at the ball. As with anything, if you just **master the fundamentals**, you could join the elite and become a **Real Ball Handler!**

The Fundamentals of Ball Handling

1. Stick to the fundamentals, too much "flash" only hurts team play and morale of your teammates.
2. Don't be quick to dribble. Look first, dribble last. Pass first whenever possible.
3. Always dribble with a purpose. Whether you're driving, setting up a play or trying to get free for a shot, never be guilty of receiving a pass and dribbling without a purpose.
4. Don't pound the ball. Push it away firmly and quickly with your wrist and fingers.
5. Keep the ball close to your body and your head up at all times.
6. Your body should be crouched with your knees bent and your head directly over the midpoint of your two feet.
7. Don't get caught on the sidelines or the corners. Pivot away from these areas and get the pass away quickly.
8. Always dribble to a spot where you can conclude the dribble with either a good pass or shot. Get rid of the ball quickly, but don't force it either.
9. Keep the ball on the opposite side of the defender. Keep it low, close to your body, with your forearm almost parallel to the floor and your elbow in close to your body. When in the open court, achieve speed by dribbling waist high and pushing the ball out in front of you.
10. Master change of direction and change of pace, these are valuable skills.
11. Learn to dribble with either hand and master the cross over dribble. But use your best hand whenever you can.

We all know that shooting is important. Passing is also important to a team's success. But dribbling is a **pure individual skill** that when developed not only **builds confidence** but will help you develop your other skills more quickly. Thus making you a **valuable player** to any team.

So, when you're out on the playground or in your backyard, don't just focus on your shot. Incorporate some dribbling drills into your shoot around and I guarantee you'll see your game **explode** to a whole new level!

- David Huizar

Feature Article #2 (Coach Focused)

6 Winning Strategies Guaranteed to Improve Your Coaching Skills

Are you sure you're doing everything you can to be the best coach possible? Absolutely sure?

I've been a coach and I've had a lot of coaches. You know what I've found? Some coaches put all the pieces together and some just don't invest time developing the coaching skills that make a difference.

I can't turn you into a coaching superstar overnight but I can get you started with these six powerful communication skills. I'll break them into two groups: Verbal and Non-verbal.

Three verbal communication skills you must master:

1) **Consistency**

Don't send your players mixed messages by telling your team something today and then two days from now completely contradicting yourself. Your players must be able to trust the words that come out of your mouth.

Also, keep your tone consistent with what your words are intending to get across. I had a coach once who, when one of us messed up, would say, "That was great" in a dripping wet sarcastic tone. Talk about sending us a negative message and beating team morale into the ground!

2) **Honesty**

Be honest with your team and always in a positive way. Your team knows when mistakes are made so don't try to ignore them. If you try to gloss over them, you'll lose your team's respect. Just be sure to correct mistakes in a positive way that helps a player see what was done correctly but also feel good about fixing the mistake.

When pointing out a mistake, first say what was good, then say "and if you follow through properly, you'll get the proper spin on the ball", rather than "but if you follow through properly, you'll get the proper spin on the ball".

3) **Be Concise**

Don't speak to your team unclearly. Think through what you want to get across ahead of time and deliver your thoughts in a clear, concise manner. Come right out and say it. Don't go off on tangents and bore your players with unnecessary talk. Get to the point and then get the troops moving.

Three non-verbal communication skills you must master:

4) **Facial Expressions**

Be aware of how closely your team pays attention to what your face is "saying". Don't be a phony by trying to hide what you really feel with a fake smile or a serious blank stare.

Realize, also, that just a simple smile can do wonders for a struggling player or a player unsure of what they're doing. Show them that you're behind them, glad to be with them and there to help.

Don't overdo this, though. Your players will pick up on that. Be genuine in your coaching efforts.

5) **Body Language**

If you're standing on the sideline in a way that shows you are happy to be there and confident, how will your players respond as opposed to you scowling around all hunched over and looking angry? Remember to present body language that represents enthusiasm, class and character.

Body language can also be used in the form of physical contact such as a pat, a handshake or an arm around the shoulder. Stay ethical, of course, but physical contact can show your players the many emotions you feel about them - happiness, concern, affection, approval, etc.

6) **Listen**

This one's huge! You need to pay attention to your players. You've got to focus on really seeing and hearing your players' verbal and non-verbal signals.

If your players keep hearing you say, "What was that?" or "Did you say something?", you're in trouble and you need to work on your listening skills big time.

Start practicing this coaching skill and watch how much more you instantly start to learn about your team. You'll see a player is upset over something even though he's trying hard to hide it. You'll see how each player reacts to not only you but to one another.

Master these six coaching strategies and watch your coaching skills skyrocket. Your players must know you care way before they'll care about what you have to say. Remember this because too many coaches don't.

- Matt Zavadil

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? [Watch this short video.](#)

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Basketball Plays and Tips Recommends

**1) 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](#)**

2) Reach Your Peak with [Peaksports.com](#) Membership

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