

Basketball Tips Newsletter

Hi Everyone,

We're sending this issue out again because we received a lot of emails regarding the link that didn't work in the "The Wonders of the Nanotechnology Patch" section below.

The link is fixed and we hope you enjoy the info on the patches.

Hoops - We Love It

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... [Join Basketball Tips Newsletter](#)

July 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

-**Tantalizing** Feature Article

-**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

Here it is! After many starts and technical difficulties we're releasing the **first issue** of the Basketball Tips Newsletter. Look for it **once a month** from this point forward.

We want to thank you all for signing up for our newsletter. We've been blown away from all the requests. We deeply apologize that some of you waited some time for your first issue. But the wait is over and we're on our way.

By the way, we may be changing email servers soon. If we do, you'll have to **re-subscribe** to our newsletter. Be on the look-out for an email about this soon. Don't worry, we'll make it effortless for you!

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 reply to this email to respond.

Quote of the Month

"I've had a lot of worries in my life, most of which never happened."

- Mark Twain

Feature Article

Can You Really Develop An Outstanding Basketball Shot?

Struggling with your basketball shooting? We're going to begin fixing that right now!

First, let's look at some general tips as you're striving to reach your full **basketball shooting potential**:

1) **Focus**: This is absolutely necessary to have any real success in basketball. Focus on delivering your best.

2) **Confidence**: You can know all the basketball tips, plays or drills in the world, but if you don't have a powerful self-image, you're in for a tough haul.

The good news? You'll develop more confidence as you practice.

3) **Desire:** Put simply, you gotta want it more than the next guy!

4) **Positive Attitude:** No one likes a crybaby, right? If you put out a negative vibe, it's gonna affect everything from your team to all your fundamentals and skills. Develop a child-like enthusiasm in what you do.

5) **Never Give Up**

Basketball shooting is what everyone gets the most excited about. It's **thrilling** when the ball makes it through the hoop and more points are piled on.

Realize that becoming great at basketball shooting (free throws, layups, 3-pointers, etc.) means putting in tons of **practice time**. Shooting is a skill. Whether or not you become better or worse depends on whether or not you're practicing correctly.

Let's dig into the **fundamentals** of the "*One-Handed Set Shot*".

Shot Set-Up

Get your basic set-up right. Feet shoulder width apart, weight spread evenly on the balls of your feet with the knees bent slightly. If you're right-handed, place your right foot slightly ahead of the left and stick your butt out slightly. Remember, your power comes from the legs, not arms. The shot begins from the floor up.

Ball Placement

Hold the ball close to your chest, just below your chin. Your shooting hand should be positioned a little under the ball and a little more toward the back. Non-shooting hand should be cupped, slightly under the ball and a little more toward the front.

Load the Gun

Lock your wrist and cock it back. If the ball is cocked correctly, you'll see wrinkles on the back of your wrist.

Elbow and Head Placement

Your hand, forearm, elbow, knee and foot should be in a straight line. Don't let your elbows stick out at your side. This will change the ball's rotation and might make it curve. Keep the elbow pointed at the basket.

Keep your head up and directly above the midpoint between your feet. Focus on the front of the rim before, during, and after your shot.

The Shot

Your weight should roll up onto the toes of your forward foot. Be sure you're releasing upward and toward the basket and not reaching forward as you release.

It's OK to leave your feet a bit as your back foot gives you a quick, upward push. Throw your head up and through and then land just ahead of the position from where you began.

As the ball leaves your hand, the fingers and thumbs on each hand should be well spread with the palms almost facing one another. Snap your wrist to release the ball off your fingers and achieve the correct back spin necessary for a soft shot.

Follow Through

In your follow through, the forefinger should be the last finger to touch the ball. Your palm turns out a bit as the ball is released. Visualize putting your hand into the basket as this will help you get complete elbow extension and wrist flexion during the follow through.

For fundamentals on more types of shots, go to [Basketball Shooting](#)

For specific drills to improve your basketball shooting skills, go to [Shooting Drills](#)

Coaches - Looking to improve your coaching skills? Check this out - [Coach Basketball Better](#)

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 [visit here](#)

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, [visit here](#)

Basketball Plays and Tips Recommends

How to Skyrocket Your Game to the Next Level

Have you checked out Jumpsoles? With Jumpsoles you can increase your vertical leap 5 to 10 inches or decrease your 40 yard dash time greatly. Jumpsoles are the worlds most popular speed and jumping training system. Take your game to another level with these amazing [Basketball Strength Shoes](#)

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http://www.basketball-plays-and-tips.com/Basketball_Tips_Newsletter-backissues.html

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