

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.html> 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!

October 9, 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

Last month I mentioned how I've been re-reading "Sacred Hoops" by Phil Jackson. I've come across another passage I'd like to share with you:

Fish Don't Fly

'When a fish swims in the ocean, there is no limit to the water, no matter how far it swims.

When a bird flies in the sky, there is no limit to the air, no matter how far it flies.

However, no fish or bird has ever left its element since the beginning.'

"This ancient Zen teaching holds great wisdom for anyone envisioning how to get the most out of a group. Just as fish don't fly and elephants don't play rock and roll, you can't expect a team to perform in a way that's out of tune with its basic abilities.

Though the eagle may soar and fly close to the heavens, its view of the earth is broad and unclouded. In other words, you can dream all you want, but, bottom line, you've got to work with what you've got. Otherwise, you're wasting your time.

The team won't buy your plan and everyone – most of all you – will end up frustrated and disappointed. But when your vision is based on a clear-sighted, realistic assessment of your resources, alchemy often mysteriously occurs and a team transforms into a force greater than the sum of its individual talents. Inevitably, paradoxically, the acceptance of boundaries and limits is the gateway to freedom."

I hope that passage gets you thinking about the best way to coach and utilize the talent you have at hand.

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

"There are really only two plays: Romeo and Juliet, and put the darn ball in the basket."

- Abe Lemons

Feature Article #1 (Player Focused)

The First Line Of Defense - Defending The Ball

What stands out most in the minds of basketball fans around the world is the flashy T-Mac drive, spin and dunk or the fierce dunk over three defenders by Shaq, but it has been said that **defense** wins games. The Detroit Pistons of two seasons ago were a prime example of that. Although they definitely could score, it was their **swarming defense** that won them the NBA title.

Defense is a state of mind, an attitude. Your **desire, hustle** and level of **energy** are as much important if not more than your skill. You should be a **proactive** player, not a reactive player. Your main focus is always an urgent "get that ball back". The attitude, concentration and teamwork you bring to the game are key elements to success. The skills of defense can be taught; **only you** can develop the desire to win.

Transition play is one of the essentials of defense. You must get back to your defensive assignment quickly. Avoid letting the offense beat you down court. All too often players get lazy or waste time arguing a no-call; don't let that happen to you. Hustle back down court and **get that ball back!**

Another essential is defending with a **purpose**. Mainly prevent easy shots and get that ball back (heard that somewhere?) through steals or rebounds. Make the offense earn their points. Make them score under pressure.

Always apply **pressure** and **stay low**. Usually your head will be level with the ball-handler's chest. Keep yourself positioned between the basket and the ball-handler. Wave your hands, make noises, anything to distract your opponent. You can even fake body movements such as pretending to charge the ball. The main thing is to stay low and apply pressure.

When guarding a player with the ball always be ready. You should have one foot forward, the foot opposite of the ball-handler's most dominant hand. If he is right handed, your left foot will be forward along with your left hand extended out, palm up. This will allow you to quickly flick at and **steal** the ball. Usually you will keep that lead hand at whatever level the ball is; if the ball is low, so is your lead hand. If the ball is being held high, turn your palm so it facing the ball. You should also be waving your off hand so you can prevent the passing lane.

Position yourself between the ball-handler and the basket at all times. Cut of his path by maintaining your position between him and the basket by sliding over and staying in front of him. Don't cross your feet. If the ball handler gets by you, **sprint** to reestablish your defensive position between the ball-handler and the basket. A player without the ball should be able to sprint faster than a player dribbling the ball. Keep a cushion between you and the ball-handler. If he tries a spin move or reverse and you are too close, you could end up with an unnecessary foul. Always prevent penetration first, then pressure the ball.

If he stops his dribble, **attack** the ball while staying in your defensive stance. Try to force a bad pass or you can back off a little if the ball handler is out of shooting range, but always avoid the unnecessary fouls.

There are a number of different defensive techniques and drills. Each position has its own special requirements, but the one common denominator is to prevent the offense from scoring easy or uncontested points. Always apply pressure by staying low and positioning yourself between the ball-handler and the basket. If you can master that you will be well on your way to earning a nickname like "**The Glove**" (Gary Payton) and winning defensive player of the year!

- David Huizar

Feature Article #2 (Coach Focused)

We subscribe to John Maxwell's "Leadership Wired" Newsletter and thought this article was a good one to pass on to you:

THE DIFFERENCE

By Dr. John C. Maxwell

Football season is barely underway, but it's never too soon to start speculating about which NFL team is going to win the coveted Vince Lombardi Trophy next February.

Will the New England Patriots continue their domination of the big game and win their third Super Bowl in a row? Or, come January, will some wildcard team that has received little recognition surge to the front of the pack and surprise everyone with a Super Bowl victory?

In the NFL, you just never know. That's because when it comes to parity, no other professional sport is as equal as pro football. On any given Sunday, any team can beat any other team. And although the Patriots have dominated recently, the fact that eight different teams have played in the last five Super Bowls is another indication that the better teams in the league are on fairly equal footing when it comes to talent.

So what sets one talented team apart from another equally gifted team? In a word, *leadership*.

All other things being equal, the team with the best leaders will always win. Or, as one of my 17 Laws of Teamwork states, the difference between two equally talented teams is leadership. It's the Law of the Edge, and it's an incredibly powerful concept. Whether the team is made up of professional football players, military personnel or business people, everything rises and falls on leadership.

We've spent the last several issues of *Leadership Wired* talking about various aspects of teamwork— putting the right players in the right places, what a good team does for a leader, how to transfer a vision to your team, the necessity of a strong set of values, etc. As you reflect on these issues and think about how you can lead your team better, here are some practical suggestions that will help pave your way—and your team's way—to success.

- 1. Make a decision to build a team.** Teams just don't build themselves. If you want to see your dream come to fruition, dedicate yourself to team building. Take care of the team, and it will take care of the dream.
- 2. Gather the best players possible.** The better the players on the team, the greater the team's potential for success. The bigger the dream, the better the team you need. Start well, and the rest of the process is much easier.
- 3. Pay the price to develop the team.** Team building has a price—it costs energy, money and time. And when you build a team, you pay with your life. But if you do, in return you receive a better life.
- 4. Do things together as a team.** Good team leaders know that you touch a heart before you ask for a hand. That's the Law of Connection. And the way you create that connection is by doing things together.
- 5. Empower team members with responsibility and authority.** A team can achieve only when its individual members are vested with responsibility and authority. Responsibility gives them the desire; authority gives them the means. Empowered team members accomplish more and help the team to continually improve.

6. Give credit for success to the team. Too many leaders steal their team's ego food. If you want your team to keep fighting for the dream, remember that nothing motivates a team like recognition. Put the credit where it belongs—with the people who get the job done.

7. Watch to see that the investment in the team is paying off. As a leader, you can never afford to stop investing in your people. Everyone doesn't naturally grow on his or her own. Activity does not always mean accomplishment, however. You need to measure your investment. Be sure that you're doing the right things to help your people. You can do that by paying attention to what's paying off.

8. Stop investing in players who do not grow. It's sad to say, but not every investment in people pays off. When that happens, you must stop giving your best attention to those who aren't growing. Life is short, and for every person who won't—or can't—grow, there is someone else who would love to benefit from what you have to give.

9. Create new opportunities for the team. One of the roles of team members is to help the team succeed. That means finding new opportunities for the team. No matter how long your team has been together or how successful you've been in the past, never let a day go by that you're not looking for ways to help your team keep moving forward.

10. Finally, give the team the best possible chance to succeed. In the end, the team fails or succeeds together, and the best way to serve the individuals on the team is to see that the whole team wins. Do that, and dreams can come true for everyone.

You can find out more about John's newsletter at <http://injoy.com>

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) ["Peak Sports" 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!**"