

## ATTACK! BASKETBALL HOWLER

### New Classes Forming & Workshops Scheduled

**Skill Sessions**— Five Weekly 75min. Sessions—Ages 5-11 \$60 or \$15 per session attended. 12 years and up \$75 or \$20 per session attended.

**Basketball Camps**— July 27-29 Boys 9-11 Years; August 16-18 Boys 12-14 Years.

**Girls Teams Forming**— Girls entering 4th-6th grades, First Practice late August. Season runs from Sept thru mid-November. **Call 214.223.7865** to sign up or for more info .

### Basketball Fun Facts



The game of Basketball was invented in 1891 by **Dr. James Naismith** in Canada using soccer balls and peach baskets for the goal. Each time they made a goal they had to stop to get the ball back out of the basket.

It wasn't until 1903 that using a net became popular which speeded up the game and replaced a "klunk" with the "**swish**".

A U.S. patent was granted to **G.L. Pierce** on June 25, 1929, 38 years after the game was invented, for the "basketball" we use today. (Wikipedia)



### A Message From Coach Charlie

**"Practice makes perfect."** The more you practice the better you will become at anything. **Project 90** is our way of helping players learn the self-discipline necessary to make them successful throughout life. Learning to practice and becoming good at something takes determination, perseverance and self-discipline but the rewards are enormous. Michael Jordan did not just walk onto a basketball court and start leaping through the air, slam-dunking

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### "First master the fundamentals."--Larry Bird



Notice how he passes with both hands and wrists outward. Making a good pass is half of a good catch. A good pass makes a good catch easier and is harder for a defender to capture.

**Practice passing & catching until you are good at Across, Bounce and Overhead Passes.**

### 15 PASSING TIPS - A KEY FUNDAMENTAL SKILL

1. Players should always know where their teammates are on the court and where they are cutting to. This helps them make more accurate passes.
2. Players should use the pivot to avoid the defender and improve their passing angle.
3. Players should step toward their teammate when passing.
4. Players should extend their wrists and fingers outward on the pass.
5. Players should pass to their teammate's chest or extended hand.
6. Players should pass the basketball quickly. This will make it more difficult for the defense to react to the ball.
7. Players should make short, quick passes as often as possible. These passes are harder for a defender to steal and follow.

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Questions/Comments email us: [Newsletter@attackbball.com](mailto:Newsletter@attackbball.com) or CALL 214-223-7865



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## What about a YearRound Basketball League?

- Includes play in all 4 (Spring, Summer, Fall & Winter) leagues at Plano Sports Authority.
- Each basketball league consists of 6-8 games, depending on grade.
- No more than 9 children are assigned to a team to guarantee maximum playing time for each child.
- Includes two practices per week, 1 hour each – each is a mix of team practice and fundamental basketball skills.
- Pricing includes: ALL practices over the periods the leagues are played, ALL coaching and registration fees and insurance, entrance into ANY mini-camps, camps, or additional skills sessions up to 1 year from your sign-up date.
- 1 year commitment required.
- Fee will be automatically withdrawn from a credit or debit card each month. (\$200/mo)

## A Message From Coach Charlie (continued)

basketballs and he did not miss practices. He practiced fundamental skills and a lot of moves long before he became successful. **Project 90** asks players to practice 90 minutes each week outside of class without parents or Coach Charlie having to remind them. They are also asked to keep a log of their time to help them work it into their schedule. By doing this they are learning powerful habits that will help them succeed in basketball and everything they do for the rest of their lives.

### Project 90—It's a slam-dunk!

## 15 Passing Tips (Continued)

8. Players should pass to their teammate's side that is away from the defender. This makes it more difficult for the defender to steal the ball.
9. Players should pass the ball just as their teammate is getting open. Passes should be made to an open space. Bad timing leads to bad passes.
10. Players should make a fake before passing the basketball. Eye fakes and ball fakes work well.
11. Players should always try to pass and catch the basketball with two hands.
12. Players should use chest and bounce passes when running their team offense. These passes tend to be more accurate and are more difficult to steal.
13. Players should use overhead passes after a rebound and to get the basketball over the defender's head.
14. Players should use the baseball pass to throw the basketball far down the court.
15. Quickly Picture the pass in your mind before you make it. This practice will help tell your body what you want it to do.

**Visit ATTACK! Basketball Academy on YOUTUBE**

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AEMpact Foundation

BASKETBALL ACADEMY

**ATTACK! Basketball Academy** is proud to host and sponsor this foundation as another way we can give back to the community.

Founded in 2008, the Andre Emmett Foundation is a non-profit mentoring outreach organization dedicated to uplifting and empowering children and teens to lead productive and fulfilling lives, through cultural awareness, education, community service, and mentorship. The purpose of the foundation is to provide tangible role models, innovative programs, and instilling key fundamental values and principles that will foster creativity, integrity, and self-worth in youth. Visit us at:

[www.aempact.org](http://www.aempact.org)