#### BRIAN BUTCH BASKETBALL

Volume 1, Issue 5 March 1, 2017



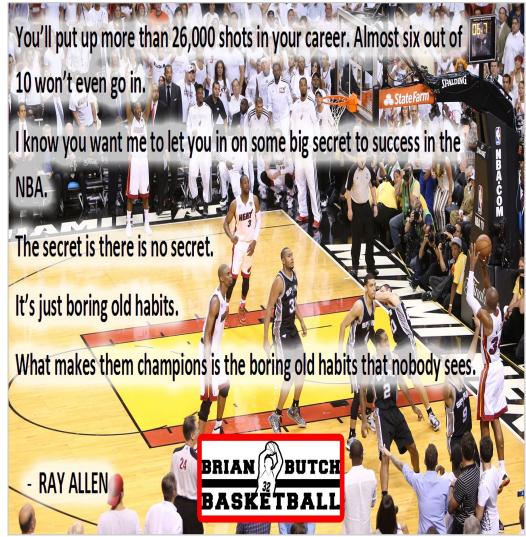
#### Special points of interest:

- We are offering 2 new camps this summer!
- Camp registration is open online!
- Brian's team in Japan is 24-3
- Don't forget to look into our Academy to work on your game with the offseason basically here!

#### Inside this issue:

| Washington Ball<br>Handling | 2 |
|-----------------------------|---|
| Abe Lincoln                 | 2 |
| New Mexico Shooting         | 3 |
| Edge is in the Mind         | 3 |
| PG play                     | 4 |
| 2017 Camp Details           | 4 |

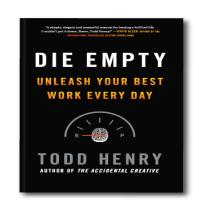




#### **BOOK RECOMMENDATION**

**Die Empty** 

**By: Todd Henry** 



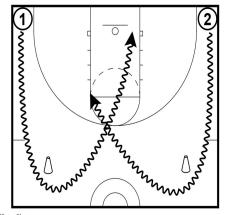
Page 2 Campers Newsletter



# Failure waits for all who stay on some success made yesterday.



# **WASHINGTON BALL HANDLING**

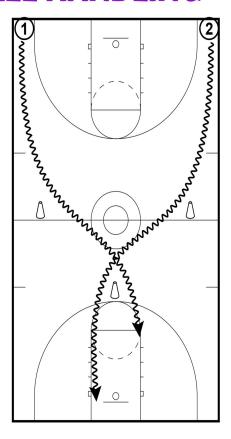


Ballhandling

Two lines each with a ball. Both lines dribble around cone and then into shot. One side is doing layups while the other is doing elbow jumpshots. Rebound your own shot, outlet and go to back of other line. Reverse directions.







Ballhandling

Fullcourt version of drill where players make a crossover move at half court line and then drive to the middle for their shot on other side of the court.

## ANYTIME YOU FEEL LIKE QUITTING...

Whenever the going gets tough, encourage yourself with the following example of persistence:

- He failed in business in '32.
- He ran for the state legislature in '32 and lost.
- He tried business again in '33 and failed.
- His sweetheart died in '35
- He had a nervous breakdown in '36
- He ran for state elector in '40, after regained his health. Congress in '48, defeated when he ran for the Senate in '55, and defeated for vice president of the United States in '56.
- He ran for the Senate again in '58 and lost.

Even after all his failures, this man refused to quit. He kept trying, until in 1860 he was elected president of the United State. By now you know that this man was Abraham Lincoln

## THE EDGE IS IN THE MIND

The better you think you are doing, the greater should be your cause for concern; the more self-satisfied you are with your accomplishments, your past achievements, your "right moves," the less you should be.

The champion's true edge exists solely in the mind, and over the years I have observed three attitudinal characteristics which are common to every superstar I have ever known. They are just as applicable in business as they are in the athletic arena. I have, in fact, adapted them to my own business career and they are the source from which I derive most of my drive and determination.

The first is the champions' profound sense of dissatisfaction with their own accomplishments. They use any success, and victory, as a spur to greater ambition. Any goal that is attained immediately becomes the next step toward a greater more "unreachable" one.

The second is an ability to peak their performances, to get themselves up for major tournaments and events. No one can operate consistently at his or her highest level, yet the legends of any sports era always seem to perform at their best when the stakes are the greatest. This is particularly true in tennis and golf, perhaps the most mentally demanding of all the major sports, and why the major tournaments in both have always been dominated by a handful of players.

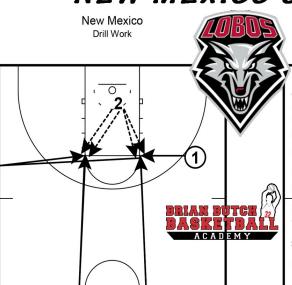
Finally is their ability to put their opponents away. This is referred to as "the killer instinct," but that tells you more about the result than of what is going on mentally.

In the champion's mind he is never ahead. He distorts reality to serve his competitive purpose. He is always coming from behind, even when the score indicates he is destroying his opponents. He never believes he is performing as well as he actually is.

Taken from:

What They Don't Teach You at Harvard Business School by Mark McCormack

### NEW MEXICO SHOOTING



New Mexico Drill Work

1 cuts to elbow and receives pass from 2 for a shot. Then 1 sprints to half court and back to elbow area for another shot. Next sprints to opposite sideline and back to closest elbow for a shot. Then sprints to half court and back to same elbow area for another shot. Then patterns continues. Can go for # of makes, a certain time or a certain # of shots



Post Play: Get more of the Defense!







ELEVATE YOUR GAME

WWW.BRIANBUTCHBASKETBALL.COM

It always seems impossible until it's done.



#### POINT GUARDS: WHAT A QUALITY PG MUST HAVE

- High Skill Level ability to string skills together
- Stamina physical and mental
- Courage- step up and rise to the occasion; don't be afraid to make the play
- Intensity playing hard, mental intensity, focus
- ◆ Communication a coach on the floor / keep emotions under control / posture of confidence & strength
- ◆ Awareness paying attention to the details of the game. Study & analyze the game, ask questions why? how?
- Timing know what teammates can do and where
- Deception be unpredictable. Use your eyes to disguise your intentions. Every move you make should look the same until last second



## 2017 Camp Dates

All Fox Valley area camps will be hosted at:

Lawrence University at Alexander Gym, 1100 East South River St., Appleton, WI 54915

| Youth Skills         | June 19 <sup>th</sup> -20 <sup>th</sup> | 9:00am - 11:00am | K-5 <sup>th</sup>                  | \$45 |
|----------------------|---|------------------|------------------------------------|------|
| Shooting Camp        | June 19 <sup>th</sup> -20 <sup>th</sup> | 12:00pm - 3:00pm | 3 <sup>rd</sup> - 12 <sup>th</sup> | \$75 |
| * Shooting Lab       | June 27 <sup>th</sup> -28 <sup>th</sup> | 9:00am - 11:30am | $5^{th}$ - $12^{th}$               | \$65 |
| NBA Dynamic Scoring  | June 27 <sup>th</sup> -28 <sup>th</sup> | 12:30pm - 3:30pm | 5 <sup>th</sup> - 12 <sup>th</sup> | \$75 |
| Post Camp            | July 10 <sup>th</sup>                   | 9:00am- 12:00pm  | $5^{th}$ - $12^{th}$               | \$40 |
| Ball Handling        | July 10 <sup>th</sup>                   | 1:00pm - 4:00pm  | 3 <sup>rd</sup> - 12 <sup>th</sup> | \$40 |
| Competition Camp     | July 13 <sup>th</sup>                   | 9:00am - 12:00pm | $3^{rd}-8^{th}$                    | \$40 |
| Perimeter Skills     | July 13 <sup>th</sup>                   | 1:00pm - 4:00pm  | $4^{th}$ - $12^{th}$               | \$40 |
| Competitive Shooting | July 19th-20th                          | 9:00am - 11:30am | 5th-12th                           | \$65 |
| Shooting off Screens | July 19th-20th                          | 12:00pm - 3:00pm | 5th-12th                           | \$75 |

\*Means Limited Numbers Available (Max 64)

\$10 discount for each additional camp registration

\*Family Discount \$5 per kid but must be mailed in

Make Checks Payable to: Brian Butch Basketball Camps 2169 W. Sophia Ln., Appleton, WI 54913