



Special points of interest:

- 2018 Summer Camp Dates being released soon!!!
- Will worked with 20 groups this fall!
- Academy has boys & girls from 42 different high school programs!
- Academy will be on Sunday evenings during the winter
- **Clinic in Oshkosh on March 21st**

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ELEVATE YOUR GAME

BRIAN BUTCH

BASKETBALL



GREAT ARTICLE ON SHOOTING BY ONE OF THE BEST IN THE NBA. HE POINTS OUT HOW NONE OF THE BEST IN THE LEAGUE SHOOT THE SAME WAY AND THIS IS SOMETHING WE STRESS AT CAMP & THE ACADEMY! ITS ABOUT GETTING UP COUNTLESS REPS!!!

Phoenix Suns' Troy Daniels talks about the art of shooting

LOS ANGELES – Suns guard Troy Daniels can shoot the ball.

Daniels ranks 12th in the NBA in 3-point shooting percentage (44.1) and for his career is a 41.3 percent shooter from 3-point range. This season, among bench players, only Cleveland's Kyle Korver and Miami's Wayne Ellington have made more 3s than Daniels (67).

That singular talent is why the Suns acquired Daniels from the Memphis Grizzlies in late September.

Daniels talked to azcentral sports Wednesday about the art of shooting:

Q: Who taught you how to shoot?

A: I'd say my father and my mom. In our backyard, I used to shoot from below my chin as a little kid. Say, 5 of 6 years old. I tried to master a form when I first started out, and I air-balled every time. But I ended up mastering it as time went on and just fell in love with shooting. I played in a rec league when I was, I want to say, 10 or 11, and I had 22 points. I'll never forget it. I hit every shot. I think that's when I wanted to be a shooter because I always wanted to make shots.



Q: How many hours does it take to perfect the shooting form?

A: Wow. It's tough to say. As a kid, you have a ton of energy. I was always trying to be around basketball. I have no clue, but if I had to say, at least five to six hours a day, just playing around, shooting.

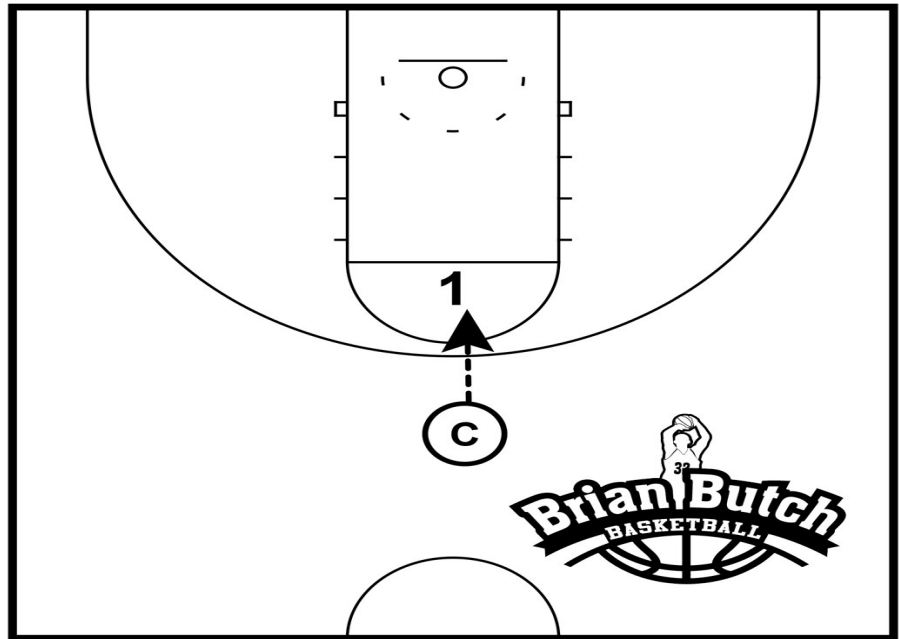
Q: When, through high school and college, did you finally master your stroke?

A: To be honest, I would say once I got to middle school. I could always shoot the ball. It's just something that kind of came natural to me over the years. Even to this day, nobody has ever touched my shot. Ever.

Q: That's interesting that nobody tried to change your form.

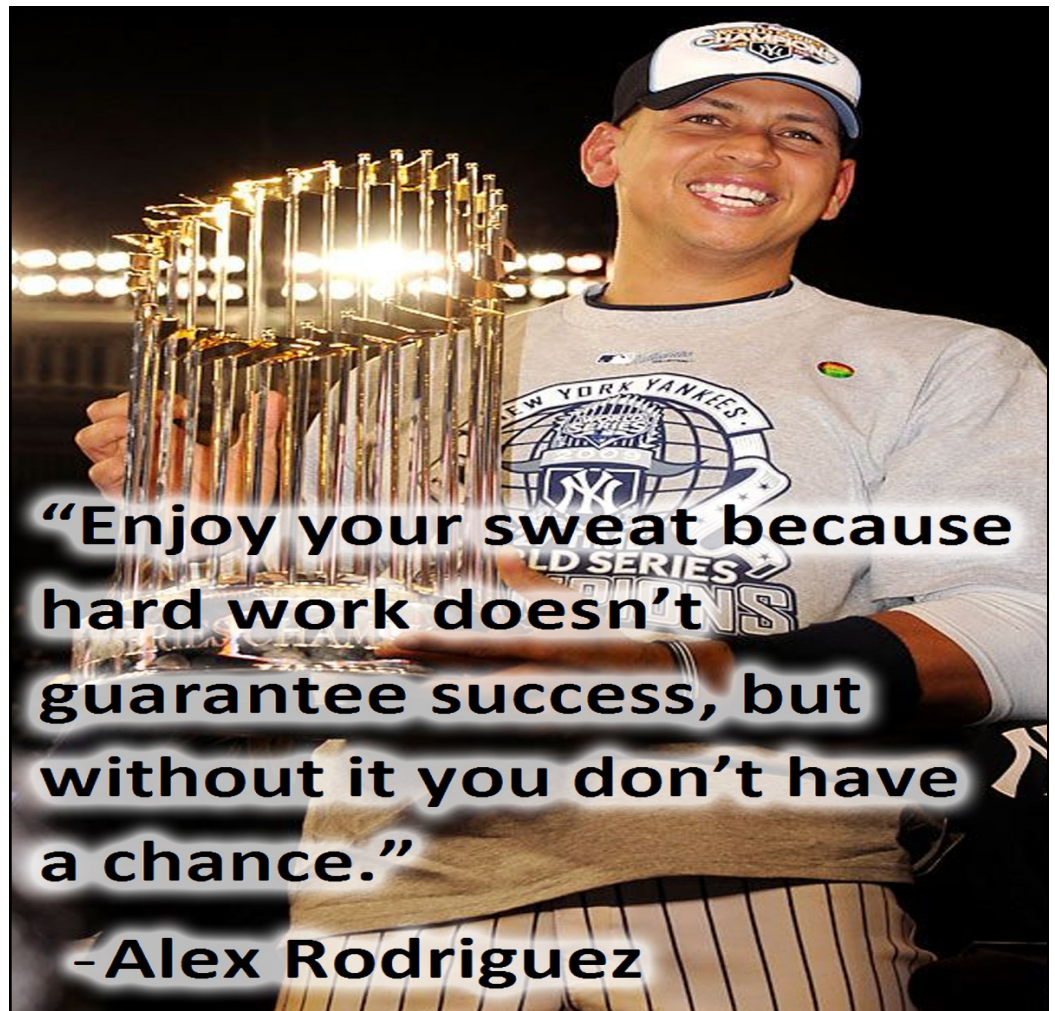
A: I guess just because when I was in high school, I made a lot of 3s. There wasn't any point to changing my shot, especially when it works. I think once you get past high school, there's no point in trying to change anyone's shot. I always say you can master whatever shot you can shoot. You just have to get the repetitions in. But when

PIVOT SHOOTING



1 has back to the basket. Coach or teammate passes to player 1. Coach yells which foot and which pivot player 1 must make then take a shot.

*Prepare so you
don't have to
repair*



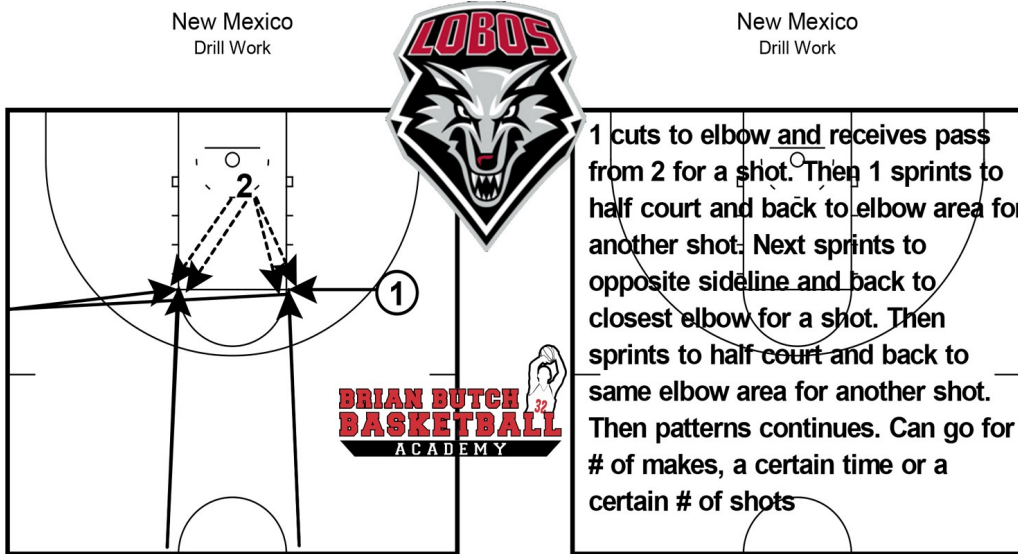
“Enjoy your sweat because hard work doesn't guarantee success, but without it you don't have a chance.”

- Alex Rodriguez

NEW MEXICO SHOOTING

New Mexico
Drill Work

New Mexico
Drill Work



Be The One: Serve

In life, it's not what happens to you, but what happens in you and through you that counts. When adversity visits your life, you have two choices: to be a victim or to be a victor. Victims allow life circumstances to get them down, and they spend their lives asking others to redress the grievances life has dealt them. Victims are needy and demand to be served. Victors, on the other hand, rise above the challenges they encounter. They rebound from life's hardships with newfound strength, and they use their strength in service of those around them.

A Train of Tragedy

Juliette Magill Kinzie Gordon was born in 1860 to a wealthy family in Savannah, Georgia. Far from the typical Southern belle, Juliette was willful and tomboyish, always in search of adventure. She was the type of person never to be caught sitting still; she enjoyed trying new things and traveling new places.

In her mid-twenties, the first of a series of misfortunes struck Juliette. Suffering from chronic earaches, she sought medical care, but doctors mistreated her. As a consequence, Juliette lost the majority of her hearing in one ear. The following year, Juliette was married, but as she and the groom exited the ceremony a grain of rice, tossed by a well-wisher, lodged in her good ear. While attempting to remove the grain, a doctor punctured her eardrum, and Juliette lost hearing in her second ear.

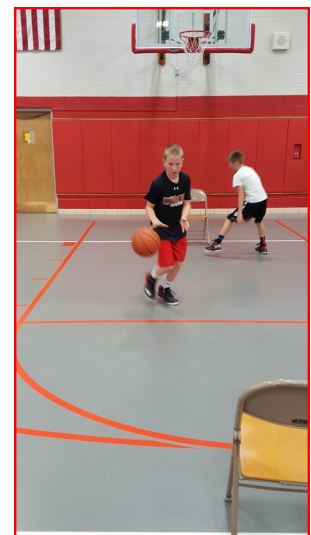
For someone who enjoyed an active lifestyle, deafness could have been devastating, but Juliette persevered. She moved to her husband's estate in England where she became a favorite in social circles. Her humor and vivacity made her a sought-after guest and celebrated hostess.

However, Juliette soon crossed paths with tragedy again. Her husband's alcohol abuse and infidelity contributed to the gradual decline of their relationship, and in the middle of divorce proceedings, Juliette's husband died from a stroke. To make matters worse, he bequeathed his substantial estate to his mistress rather than giving it to Juliette.

Choosing to Get Up Rather Than Give Up

Having lost her hearing, her husband, and her home, you would have expected Juliette

"Positivity is much more than just a state of mind; it is a state of action."





Comparison is the Thief of Joy



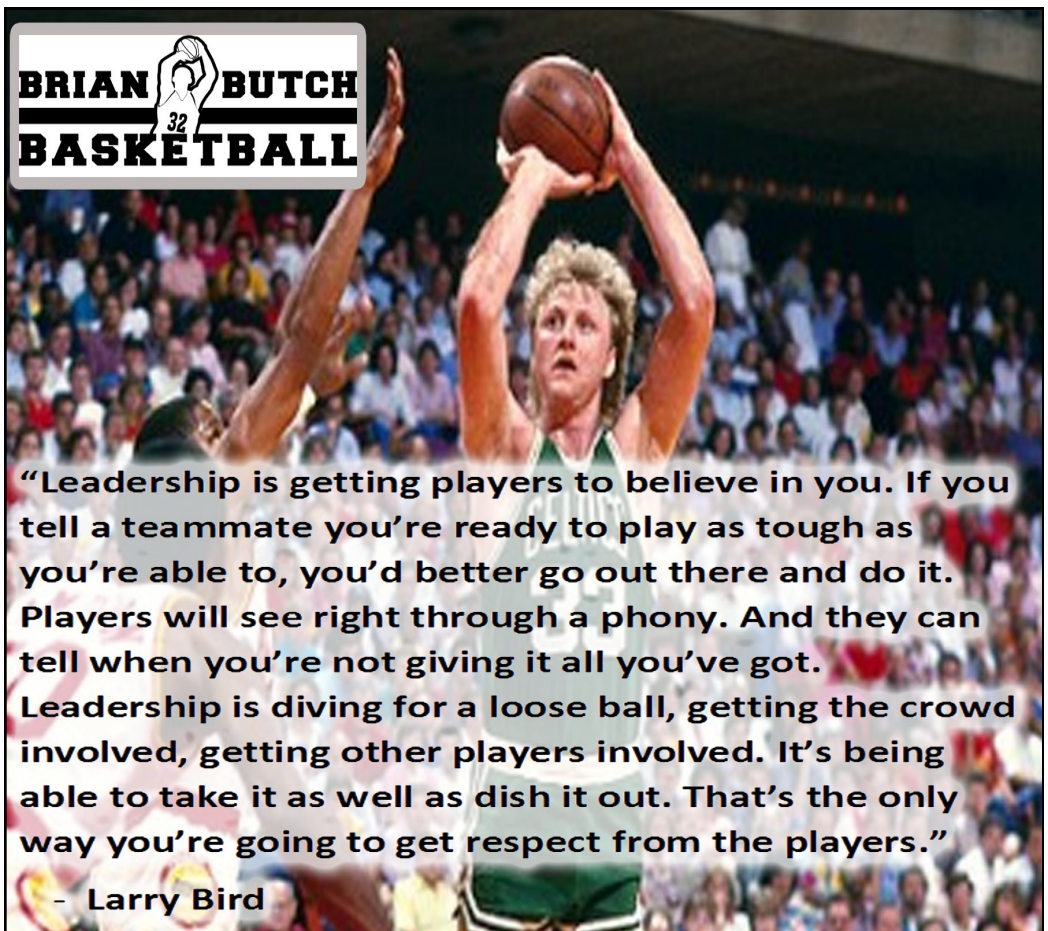
to feel bitter and victimized. However, at this very point in her life, she chose to serve. Somehow, she moved past her own tragic circumstances to see the good she could do for others.

Having befriended Sir Robin Baden-Powell, founder of the Boy Scouts, Juliette became intrigued by the Girl Guides, Britain's sister organization to the Boy Scouts. The Girl Guides program awakened passion in Juliette, reminding her of youthful adventures from days gone by. With the help of Sir Baden-Powell, Juliette returned to the United States with a notion to launch the Girl Scouts.

Over the next 15 years, Juliette devoted her life to pioneering the Girl Scouts of the USA. She founded its inaugural troop, authored its bylaws and handbooks, and solicited its startup funds. Thanks to her tireless recruiting and relentless campaigning, the Girl Scouts program blossomed. The organization was such a source of joy for Juliette that, when diagnosed with cancer, she hid the illness as long as possible in order to continue advancing the scouting movement. While she never had children of her own, by the time of her death Juliette had an "adopted family" of more than 160,000 girl scouts. Her legacy lives on today in the 3.4 million young ladies who belong to local Girl Scout troops in America.

Questions for Reflection

Where do you focus the majority of your time, on self or on service? When the hardships of life show up at your door, do you back down or rise to the challenge? On your journey through life, will you allow yourself to be victimized, or will you be the one who claims victory over adversity and serves others out of your strength?



I was in college (at Virginia Commonwealth), we had this like 5-by-6 board and (coach Shaka Smart) had the top shooters in the nation on the board. I had a thing when I leaned back a lot when I shot, so every shoot around or whatever we had he had an assistant hold the board against my back so I wouldn't fade back. He did that, and it helped me out tremendously.

Q: There are certain things good golfers have to do with their swings. Are there certain things good shooters have to do with their stroke?

A: I'm a firm believer that I don't really think it matters what shot you shoot. If you shoot your shot, if you work on it every single day, literally get up 1,000 to 1,500 shots a day, you'll master that shot. I really think that, honestly. I don't think there's a certain way to make a lot of shots. (Stephen) Curry shoots a different shot, Klay (Thompson) shoots a different shot, J.J. Reddick, they all shoot different shots and come from different places. Their stance and their balance, everything is different. So I think if you just master what you do, I think the sky is the limit.

Q: Is there a certain place on the basketball you like to have your hand when you're shooting?

A: Obviously, every shooter wants the laces lined up with your hand.

Q: Is that because of the spin you're trying to impart on the basketball?

A: It just feels comfortable for me. I think it's one of the reasons the laces are on the ball, so it feels comfortable coming off the hand. If you shoot without the laces, it's a different feel. Sometimes in the course of a game you're not going to catch the ball with the laces. But I think that's a skill you also develop as a shooter. As soon as you catch it, you quickly rotate it in your hand. You feel it and think, OK, now it's comfortable, shoot it. That's almost a split second thing.

Q: Do you know as soon as the ball leaves your hand whether it's good or not?

A: I do. Every single time. I should get a lot more offensive rebounds because I know exactly if I miss left or right, if it's going to come off hard or an airball. I know every time it comes off my hand. I mean, we shoot thousands of shots every month of every year. It's like a golfer. He knows as soon as he makes his swing. He knows.

Q: So what's it like for a shooter to be in the zone?

A: The rim feels a lot bigger, honestly. The confidence plays a huge part. When you're in that zone, you feel like you can do anything. When I'm in that zone, I feel like I can (do a windmill dunk). It just gives you that confidence in your mind that nobody can stop you. If I get it up, it's going in. That's how it really feels.

Q: Do you study other shooters?

A: I don't study shooting but I do study how shooters play. I've watched a lot of film on J.J. Reddick, how he moves without the ball. I watched a lot of film on Kyle Korver. Everybody watches Steph, but you can't be like Steph because he's different. I think as a shooter, 75 to 80 percent of it is confidence. It's all mind, all mind.

Q: Final question. What's the most important shot you ever made?

A: The most important shot for me which catapulted me in the league was my rookie year when I played for the Rockets and hit the game-winner in the playoffs in Portland (Game 3 of 2014 Western Conference first-round series). Shot it, made a 3. That was the biggest 3 of my career so far. It was unbelievable, absolutely unbelievable.