



Special points of interest:

- Academy has boys & girls from 48 different high school programs
- Academy Fall dates are out!!!
- Academy Winter dates will be out soon!!!
- We will be working with at least 20 High School programs this fall!

Inside this issue:

Jay Bilas	2
Academy	2
Joe Engles	3
Vandy 2 Cone Sprint	3
Shooting	4
Thank you Campers	5

ELEVATE YOUR GAME

BRIAN BUTCH BASKETBALL



BE A SUPER HERO: NO CAPE REQUIRED

When Superman took off his Superman outfit who was he?

When I ask audiences this question most people say Clark Kent but the answer is, he was still Superman. It didn't matter what clothes he was wearing. He was still Superman on the inside. His strength came not from the uniform he wore but from the power within.

The same goes for you and me.

Your power does not come from your job, uniform, career, status, circumstance, fame or label people give you. Your power comes from your heart, soul, spirit, passion and love that exists inside you and you are more powerful than you think.

You are not just human. You are super human.

If you don't feel powerful it's because you have come to believe the illusion and lie that outside circumstances have power over you. You have forgotten the truth that you create your world from the inside-out.

You don't realize the power you possess. It's as if you have been given the power of superman or wonder woman but are living the life of Clark Kent or Diana Prince instead.

But deep down you know the truth. It's why these words resonate with you. It's why so many love super hero movies. You know you were made for more and there is more within you.

You have been given super human power and you are meant to use it. Not just to create your life but also to help others.

Like all super heroes you have been given the greatest power in the universe. The power to make a difference in the life of another human being. You were made with a super power to empower others.

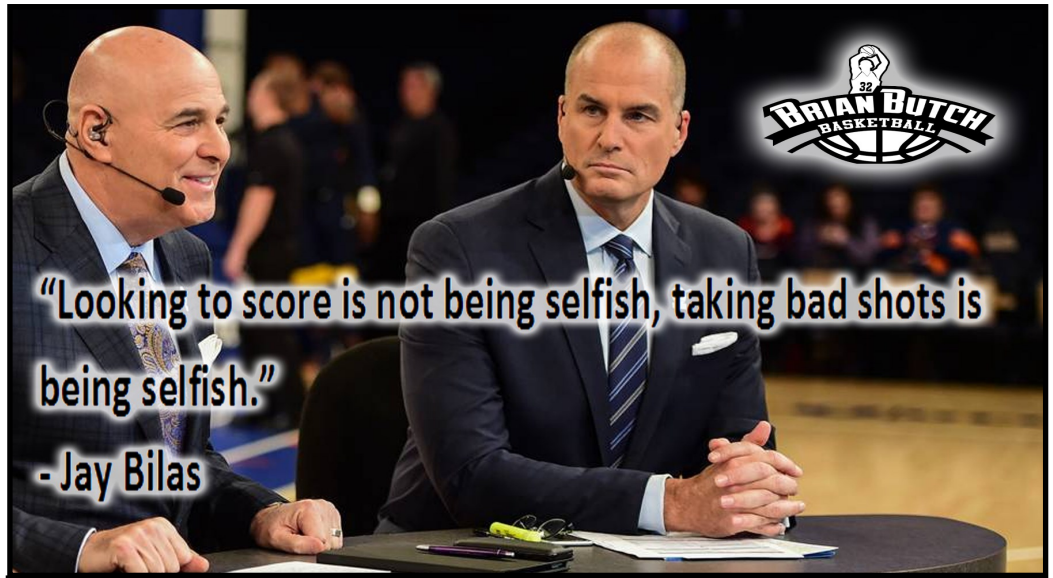
You don't need a special suit, a title or a super hero name. You just need to tap into the love, spirit, passion, soul and purpose inside you to create your life and a better world today.

No cape required!

-Jon Gordon



*Talented athletes
put up statistics.
Committed
athletes put up*



"Looking to score is not being selfish, taking bad shots is being selfish."

- Jay Bilas



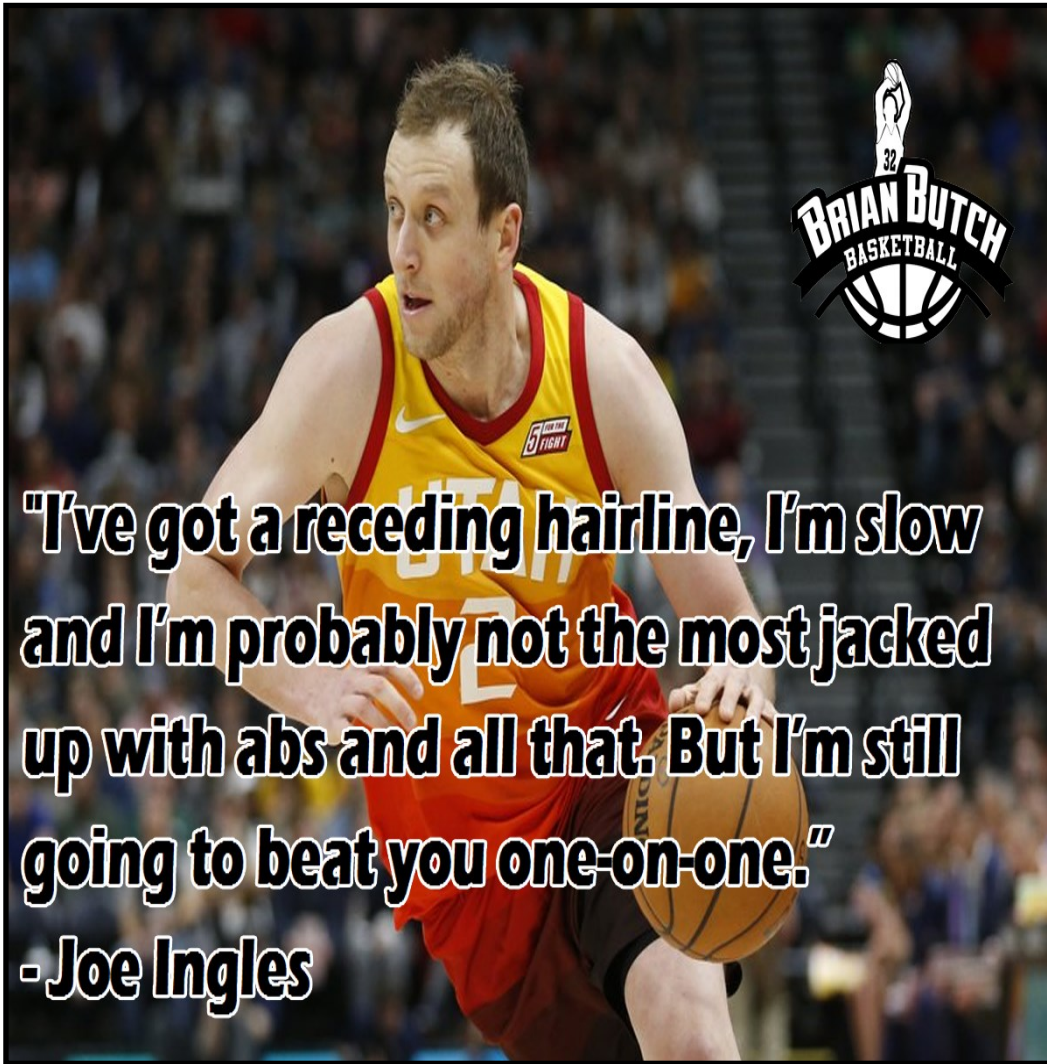
Brian Butch Basketball is offering a year round skill development basketball academy that is working with current & future boys & girls from 48 different high school programs. The purpose of this academy is to help you grow as a player and a person whether it is in your off-season or during your current season. At the Academy, players will work on shooting, ball handling, footwork, creating space, passing, pivoting, post play, attacking off the dribble and the pass as well as understanding **why** we work on these skills and much more. The Academy is for both boys and girls in grades 3 and up. Can join at anytime and you have 1 year from purchase to use your sessions. Contact for times, dates , price & location.

Ripon College MBB Asst. Coach Logan Flora at

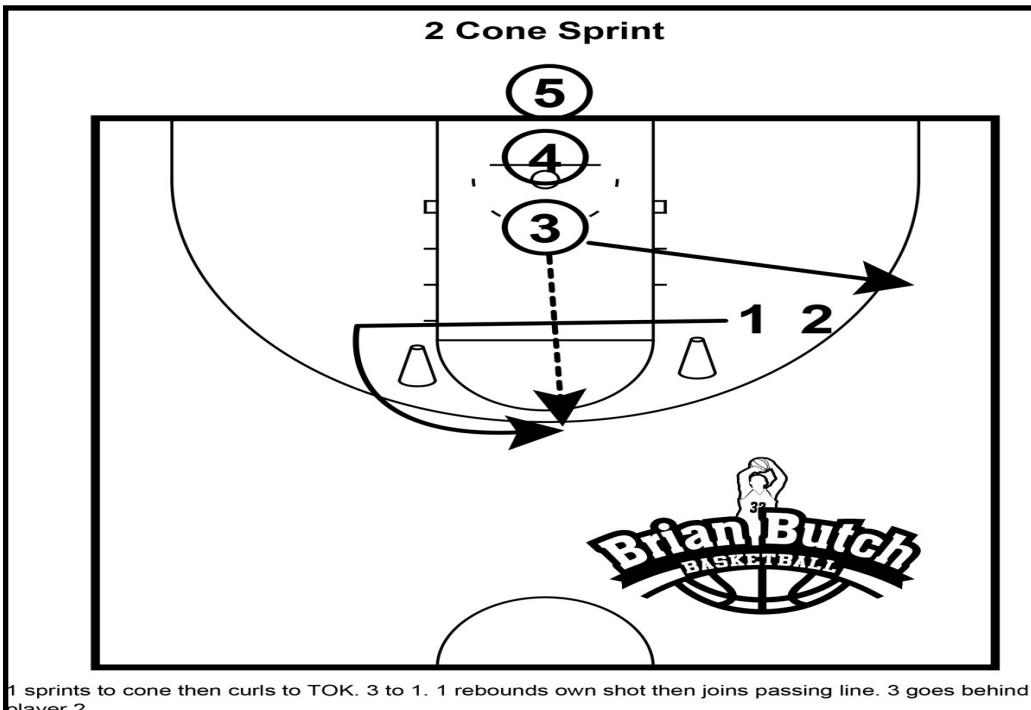
920-284 1658 /coachflora@gmail.com

Brian Butch at 920-858-1241 / brianbutchbasketball@gmail.com

#ELEVATE YOUR GAME!!!



"You cannot feed someone who is not hungry!"



ELBOW THEN WRIST



“Let the light that shines in you be brighter than the light that shines on you.”



Poor arc can happen for a number of different reasons ranging from positions the player is in at their set point, or directions of moves with certain parts of the body.

The shooting hand can end up on the back of the ball at the set point, the ball can get onto the palm, the shoulders can lean back. These will all create a flat shot to varying degrees.

But one of the most common will be the elbow of the shooting hand.

Two different things can happen with the elbow that would cause a flat shot.

First, the elbow can get above the eyes before the player even starts the shooting motion. If they do this, the ball usually goes over their head, and the shooting motion tends to pivot around the elbow, causing a forward/downward release.

Second, the shooting hand elbow can stall and not get over the eye level until the ball is already out of the shooters hand. A lot of coaches will talk about “get your elbow above the eyes” but WHEN that occurs is critical. The elbow needs to get above the eyes as the ball is leaving the shooters hand, not before or after. To make this happen, players need to get to their set point (whether they are a one or two motion shooter) and make sure the elbow is lifting up before the hand starts moving forward. The two motions are really close together, and you won’t be able to see it with the naked eye without a lot of practice, but if you look on slow motion video, I would hope the elbow would start lifting out of the set point about 2 frames of video (or 2/30th of a second) before the hand starts moving forward.

Young players do this poorly (not really their fault, its just the reality of playing basketball when you aren’t very strong) and if you watch video of most young players shooting from the side, you’ll see them pushing the ball forward well before the elbow starts to lift. Sometimes the elbow only starts to lift after that ball leaves their hand.

So I end up cuing players by telling them to lift their “elbow, then wrist”. You’ll hear me say that a lot. “Hand under ball, elbow then wrist.”

