

Volume 4, Issue 10

August 21, 2020



**Special points of interest:**

- Academy has boys & girls from 49 different high school programs
- Academy Summer dates are available
- Camp Registration is open and not many spaces remaining for all of the camps so don't miss out!!!

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**ELEVATE YOUR GAME**

**BRIAN BUTCH  
BASKETBALL**



**Good article on Ja Morant and getting ready to play in the bubble**

<https://theundefeated.com/features/ja-morant-putting-in-the-work-before-nba-restart/>

**TO BE A**

**GOOD LEADER**

**YOU HAVE TO WANT OTHER GUYS  
TO HAVE SUCCESS.**

**YOU HAVE TO WANT TO**

**WIN**

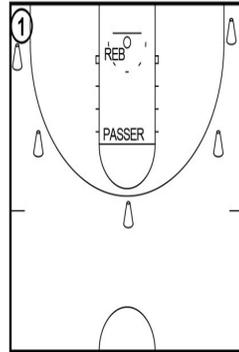
**MORE THAN YOU WANT  
TO SHINE YOURSELF.**

**- JOHN STOCKTON**

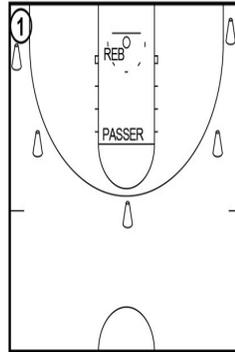
**My Camp & Academy Director Logan Flora from Ripon College(MBB asst coach) was on a podcast a couple weeks ago. Lots of good nuggets and stories from his coaching journey from High School to D1 with everything in between! Give it a listen!!!!**

<https://twitter.com/firedcoachespod/status/1288543960325148673>

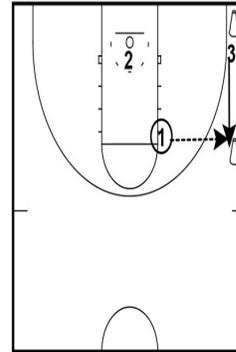
# 3 MAN 2 BALL SHOOTING



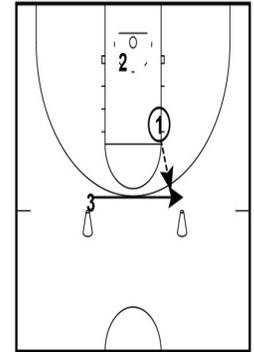
**2 MINUTE DRILL**  
5 SHOTS FROM 5 SPOTS IN 2 MINUTES  
2 BALLS REBOUNDER AND PASSER



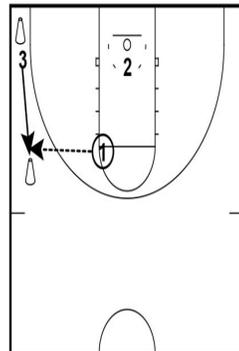
**BIRD SHOOTING**  
AROUND AND BACK/ MAKE 2 IN A ROW  
2 MINUTES FROM 5 SPOTS  
FINISH TOP OF KEY WITH A STREAK



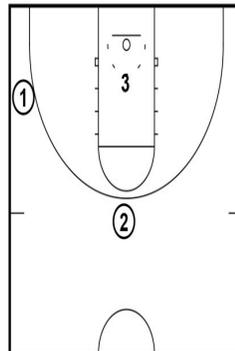
**3 MINUTE SHOOTING**  
1 MINUTE CORNER WING...GET STATIONARY



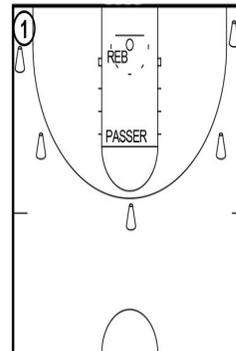
**3 MINUTE SHOOTING**  
1 MINUTE GUARD TO GUARD



**3 MINUTE SHOOTING**  
1 MINUTE CORNER TO WING



**3 IN 2 MINUTES**  
2 BALLS 3 SHOOTERS  
COMMUNICATE  
SPOT UP BEHIND 3 PT LINE  
THROW STRIKES



**PANCAKE SHOOTING**  
3 IN A ROW FROM 5 SPOTS IN 90 SEC  
2 BALLS REBOUNDER AND PASSER



*Practice isn't the thing you do once you're good. It's the thing you do that makes you good.*



**ELEVATE YOUR GAME**

**BRIAN BUTCH BASKETBALL**

**ACADEMY**



**FALL ACADEMY DATES ARE AVAILABLE!!!**

## “Dame Vegas Workout” Summer 2017

Written by Tyler Ojanen (current assistant at NAU)

Phil,  
I am sending this to our team.  
And was going to send to Lillard as well...

### *Some simple truths reaffirmed from a Damian Lillard workout:*

Men,  
I think if you asked every college player in America these two questions, everyone would answer them with a resounding yes:

1. Do you want to win next season?
2. Do you want to get paid to play basketball?

What always separates the winners from the losers, and the ones who make it vs those who don't is that they don't talk about it, they are it.

And last night I got to witness this simple truth in its finest form.

One of my best friends happens to be close with Damian Lillard and trains him whenever it's possible. Last night I had the privilege to watch Damian Lillard do an individual workout at 10:30pm, in maybe the hottest gym I have ever been in. Aaron Afflalo owns a gym in Vegas, and he let Damian use his facility. Afflalo's trainer said they like to keep it hot (picture hot yoga)

The workout went until midnight and these are the 5 simple but hard truths that were reinforced to me last night.

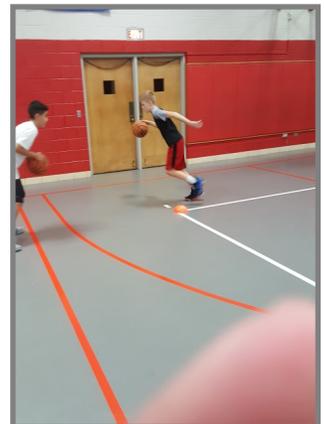
1. **No Excuses:** Lillard had every reason not to workout last night. Adidas had one of their biggest parties of the year and he had meetings- interviews and other engagements from 4pm until 10pm. He could have easily decided not to work out and instead hang out and get his ego stroked. But instead, he walked away knowing hard work is the only way to pay the bills. He walked away from all the distractions that never help and invested in his craft. He also could have stopped the workout since it was so hot. Or not go as hard. Not once did he complain or mention how hot it was. He instead embraced the challenge- worked on his mental toughness, knowing not too many people in the world were doing what he was doing. (Question: what are your excuses? what are your distractions? How can you add a simple 15 minutes to invest in your game?)



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*“ Many times in life,  
what’s invisible is the  
most important!”*

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*When you lose track of time, you are either living your best life or wasting it."*

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2. **Entrust yourself to someone:** you have often heard me say this: "even a sniper needs a spotter" Damian being one of the best in the world has entrusted his game with someone.

He has entrusted him to speak truth into his life and call him out. No one can make this journey on their own. All the great ones have entrusted themselves to someone to help get them where they want to go. (Question: who have you entrusted yourself to help you grow as a man and player?)

3. **Humble and Wise:** this is one of the best players in the world, but he is humble enough to take coaching from a college assistant coach. There was no talking back or even a comment when a correction was made. He is wise enough to listen and receive the coaching. (Question: are you humble and wise enough to know you don't know everything? Are you wise enough to take coaching? Or do you talk back- fight it and have all the answers?)

4. **No Secret Drill or Coaching:** I think everyone is in search for this secret drill or coaching tidbit. But it's not there. There is no secret pill. It was hard simple truths. Hold your follow through- stay on balance- use your legs etc... The drill is only as good as the person doing it. If they go hard and listen the drill works. If you don't listen or go hard it doesn't matter what you do.

5. **You must go hard:** lastly, to get the most out of your God given ability you must go hard. How hard and violent he attacked each move and drill blew me away. If you have the ability and work hard you will do great things. If you have no ability, but go hard, you can overachieve. (Question: how hard do you attack each drill or workout?)

This workout reinforced two of my favorite quotes:

1. "Hard work doesn't guarantee success, but without it you don't stand a chance"- John Wooden.

Damian is giving himself his best chance to succeed by his work ethic and habits.

2. "Pain of Discipline or the Pain of Regret. You choose."

I'm pretty sure Damian doesn't look back on his life with many regrets and "what ifs."

He has chosen to work and let the chips fall where they may.

The main thought that keeps sticking with me is this: *Success is not convenient.*

**Success never fits into your daily schedule; it takes intentional and diligent planning of your day. Maybe more importantly it takes the courage to say no to all the distractions you will face.**

***Success doesn't have options. It has requirements. And Damian Lillard is exceeding those requirements.***