

Volume 4, Issue 11

September 8, 2020



#### Special points of interest:

- Academy has boys & girls from 52 different high school programs
- Academy fall dates are available
- Camp Registration is be out in January
- Academy Winter dates will be out in October

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# ELEVATE YOUR GAME

# BRIAN BUTCH BASKETBALL



If you are looking for a place to work on your game Brian Butch Basketball is offering a year-round skill development basketball academy. Logan Flora is our Academy director and he coaches at Ripon College. He has coached at D1,D2 and D3. He has coached 27 players that have played professionally. 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, passing, pivoting, post play, attacking off the dribble and the pass as well as understanding why we work on these skills. The Academy is for both boys and girls of all skill levels in grades 3 through College. We work with over 300 boys & girls from 52 different high school programs. Can join at any time and have 1 year to use the sessions you purchase. If you would like to try a session out please let me know. We would love to work with your child! We do also offer family pricing which is not on the registration form.

#### Fall Dates:

Sept.

3, 7,10,13,14,17,20,21,24,27,28

Oct.

1,4, 5,6,8,11,12,15,18,19,22,23,26,29

If you have any questions please let us know

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# ELEVATE YOUR GAME

# BRIAN BUTCH BASKETBALL

# ACADEMY






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

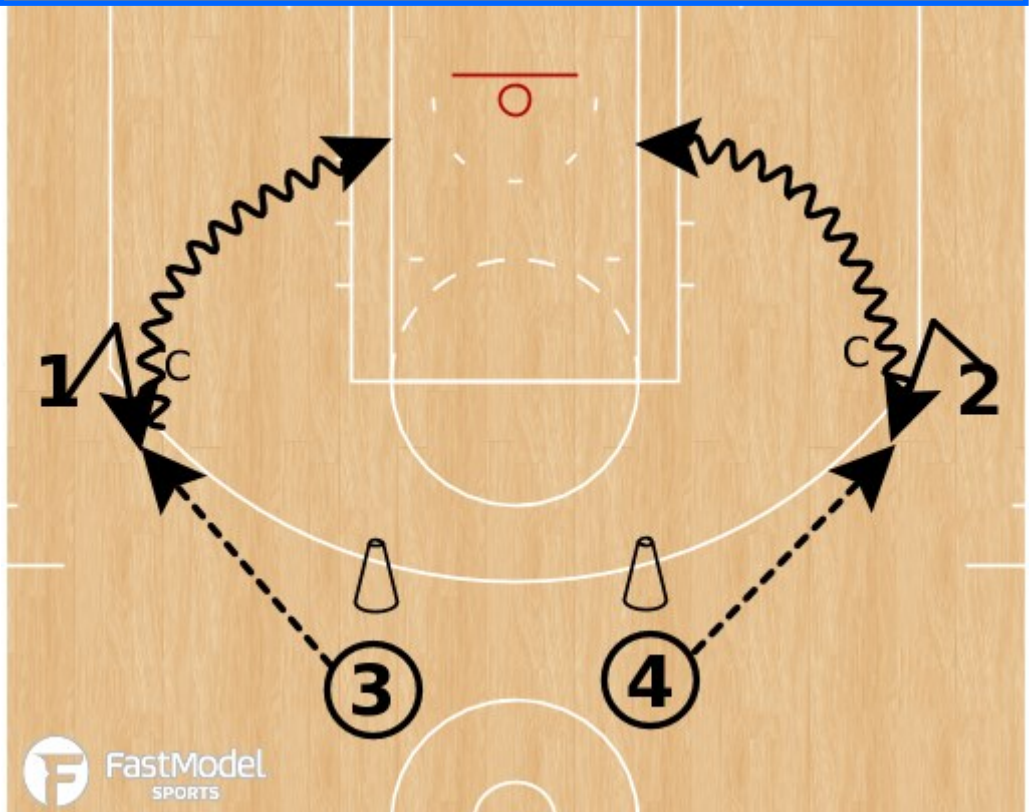
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## "3 things that help habits stick:

- 1) Repetition. Habits form based on frequency, not time.
- 2) Stable context. If the context is always changing, so is the behavior. You need a reliable environment.
- 3) Positive emotions. If it feels good, you’ll want to repeat it."

## VILLANOVA V-CUTS



## I DO HAVE FAVORITES

Someone might accuse me of having favorites on our team. You're right. I do have favorites. My favorites are those athletes who most fervently do what I ask of them. To those that do, I give more attention. I talk to them more. I spend more time teaching them. I also expect more of them.

The implication is made that my favorites improve more than others do because they are my favorites, that is somehow unfair. Don't mistake cause for effort.

Fact is that the athletes who come to me ready to learn, ready to listen, ready to act on what they learn, and try it my way even if it is more challenging and difficult than they imagine, are ready to get more out of our program. They are my favorites.

As a coach, I have only one thing to offer an athlete. What I can offer is my attention. This means I attend to their needs. The reward for good behavior should be attention - attending to their needs. The consequence of inattention, lack of effort, unwillingness or not ready to learn, or just plain offensive or disruptive behavior, is my inattention to that athlete.

As a coach, I want athletes that are eager to learn, eager to experiment, to improve, and eager to work hard. I want athletes who come to me for help in developing their mental and physical skills and are willing to accept what I have to offer. Otherwise, why do they come to me? I am going to reward that athlete with my attention. In doing so, I encourage others to become like the athlete above. If I spend my time with the unwilling, and/or disruptive player, I would only be encouraging undesirable behavior.

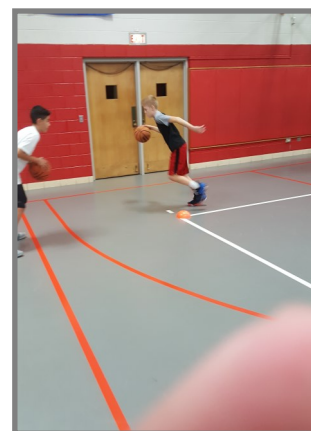
Over time, this makes it appear that my "favorites" are the better basketball players. This is not so at all. The better basketball players are those who pay attention. Thus, they become my favorites.




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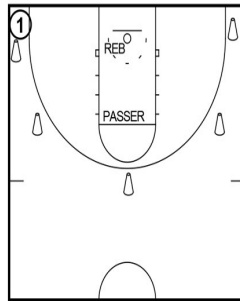
*First do what is necessary,  
then do what is possible  
and before long you will  
find yourself doing the  
impossible  
~Francis of Assisi~*

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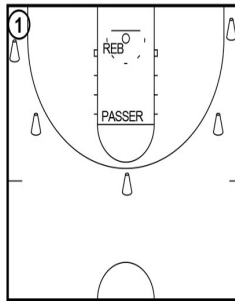




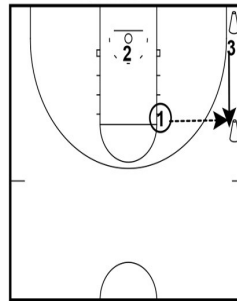
# 3 MAN 2 BALL SHOOTING



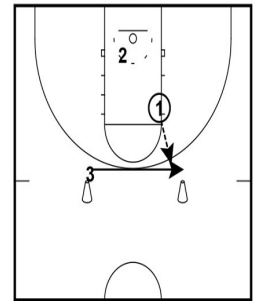
**2 MINUTE DRILL**  
5 SHOTS FROM 5 SPOTS IN 2 MINUTES  
2 BALLS REBOUNDER AND PASSER



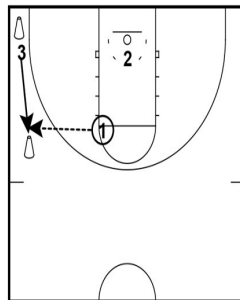
**BIRD SHOOTING**  
AROUND AND BACK/ MAKE 2 IN A ROW  
2 MINUTES FROM 5 SPOTS  
FINISH TOP OF KEY WITH A STREAK



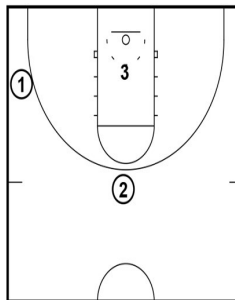
**3 MINUTE SHOOTING**  
1 MINUTE CORNER WING...GET STATIONARY



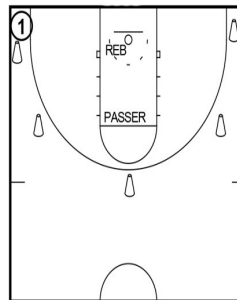
**3 MINUTE SHOOTING**  
1 MINUTE GUARD TO GUARD



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



**32 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



*It's all relative. When you're a competitor and you're in competition, the level doesn't matter.*

*The moment does."*

*- Chris Beard*



*"Some days you're tired. or your body hurts. or you have a headache. and nobody wants to hear that. You've got to fight through that. That's what I've really learned – That you've got to fight."*

*- Malik Monk (on what he has learned from being in the NBA)*

