



**YES! Newsletter Spring Season 03/04/18**

## **Coaches Corner:**



We at [YES!](#) are excited about the 2018 season. As the season is about to start, I want to let my players and their parents know that, while I am emphatic about the game of basketball and desire to make the best of all game situations and often demonstrate intensity on the sidelines, I also have a deep respect for my players abilities and always see the best in them as basketball players.

While I am passionate about our success as a team, my goal is for my players to realize that they each bring a unique quality to the game so they can reach their full individual potential. I try to push my players so they can continue to develop and grow individually and so we, as a team, can progress as well.

Anyone who has gone to a game with Coach Phillips at the helm knows that it is an experience!

# What Makes A Great Basketball Player?



A great basketball player is made by demonstrating a high level of commitment to practicing his or her skills and improving, their willingness to take instructions from capable coaches, and an extraordinary ability to perform at a high level during key pressure games. Even the most athletic player must practice, practice, practice. Few great players can make it to the top without dedication and commitment. As with any great athlete, its their parents who support them that often add an intangible component to a player's success.

## Some Characteristics Of A Great Basketball Player

- |                         |                                 |                   |
|-------------------------|---------------------------------|-------------------|
| 1. Desire to Get Better | 7. Teamwork                     | 13. Hard Worker   |
| 2. Energy               | 8. Control                      | 14. Good Teammate |
| 3. Focus                | 9. Practice. Practice. Practice | 15. Character     |
| 4. Attitude             | 10. Sportsmanship               | 16. Pride         |
| 5. Commitment           | 11. Respect                     | 17. Loyalty       |
| 6. Passion              | 12. Excellence                  | 18. Appreciation  |

**YES!** Understands the need to practice and offers weekly skills sessions that are crucial to a player's success through the [Basketball Academy Skills & Drills program](#).

## The Basketball Academy Skills & Drills

The Basketball Academy is an intensive skills training program for the serious basketball athlete. Players can expect dynamic drills to help improve their ball handling and shooting skills. The Skills Academy strives to develop skilled players who can excel and perform at a high level at the high school and college level. Becoming a skilled basketball player starts now. To be a great player, each player should strive to participate in at least two skills sessions weekly. Sign up at: <http://www.yestoyouth.org/yes-basketball-skills-academy/>



While some players can get by on his or her natural physical ability, in order to really excel at basketball, a player must be dedicated to practice the skills and drills on a daily basis. It's true that the sport of

basketball involves physical ability, however, also important is the mental component or IQ aspect of the game.

To excel, players should learn to mentally prepare for real game situations. While the benefit of weekly skills and drills may not be immediately obvious, mental preparation is inherently tied to the confidence a player feels handling and shooting the ball through the many hours of practice. This in turn helps the player be as ready as possible for game situations.

Remember to provide [YES!](#) with photos for us to consider on our sites and/or newsletter via your TeamSnap account. Just log in to your account and click on the media tab.

**Fun Fact:** The first basketball hoops were actually peach baskets and not netting. The balls were retrieved manually after each basket.

## YES! Basketball Player of the Week:



### **Poya Y.**

Poya is a 12 year old baller who has been playing with YES! since September 2017. Poya plays on Coach Phillips' 7<sup>th</sup> and 8<sup>th</sup> grade winter team as a shooting guard.

His favorite part of basketball is playing with his teammates and having fun. Poya feels that dedication to the sport is essential to his development as a young player. In fact, you can often find Poya working on his skills at the weekly skills and drills session where we caught up with him working on his ball handling development.

In addition to recognizing that dedication is important to any player's success, Poya recognizes the need to build confidence with his teammates. He understands that a successful team requires its teammates to trust one another to make the right play at the right time.

Keep up the good work Poya! YES!

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Don't forget about the YES! Apparel E-Store! It is a great way to support the program and make great gift ideas! <http://yesbasketball.bga-estore.com>



