

MAXIMUM PERFORMANCE BASKETBALL

**In-Season Workout Book
For Players 7th Grade–12th Grade
Who Want to Produce Consistency During the
Basketball Season.**

JAMES E. BROWN

Maximum Performance Basketball: In-Season Workout Book For Players 7th Grade–12th Grade

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Maximum Performance Basketball: In-Season Workout Book For Players 7th Grade–12th Grade

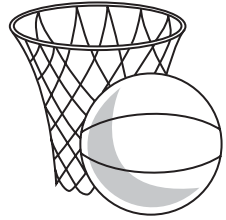
James E. Brown

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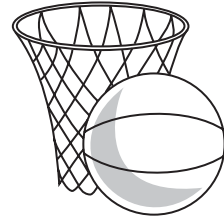
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Dedication

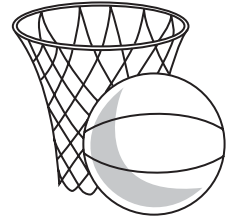
These ideas have come, not only from my personal experiences as a player and coach, but also from a study of the best players and coaches in the world. I owe appreciation to all the authors of the basketball books and articles that I've read, such as John Wooden. To those who have shared their time and talents with me, such as Roger Thompson, Lewis Orr, and Bob Flickner, I want to express my sincere gratitude.

I would also like to thank my parents Earl Brown Jr. and Mattie Brown who have always been there when I needed them. Special thanks to Milli Brown, Kathryn Grant, Sara Bailey, and Alyson Alexander of Brown Books, for making my dream of writing my first book come true.



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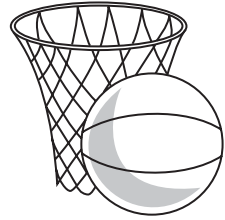
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Introduction

The competition in basketball is fierce. Overnight successes do not exist. The athlete who has been working harder and smarter becomes the star. This guide, which has helped many find and keep that edge, will also help you achieve your hoop dreams.

Sincerely,
James E. Brown
James E. Brown Basketball School



Mission Statement

MAXIMUM PERFORMANCE BASKETBALL SCHOOL, INC.

Maximum Performance Basketball School exists to provide young student athletes the exciting opportunity to develop fundamental skills, as well as life skills, in a well-supervised, organized, and enthusiastic environment. The school operates under the simple philosophy of giving each participant the finest basketball instruction in an atmosphere of fun.

We believe the junior high or high school reserve player can develop into the star of tomorrow. It has happened thousands of times in the past and is happening every day, even today, right now. The story of the overnight successes are exaggerated and often appear as luck. The truth of the matter is that the star player has been working harder and smarter than the average player. A player can make tremendous strides when he or she works diligently a few months. But total improvement occurs from season to season and more over the course of a whole career.

What this takes is not a few weeks of frenzied workouts, before the season, but a systematic workout plan that you stick to from one season to the next and from year to year. We believe when a player decides to follow an individual improvement program and follow it loyally, he or she should expect great dividends in improvement, recognition, self satisfaction, a college scholarship, and maybe a pro contract. We believe and teach that persistence is the key. Talent is a factor but is not as important.

**Maximum Performance Basketball School, Inc.
James E. Brown, President
1463 Norfolk Court
Allen, TX 75002
Letter to Parents**

Dear Parent of Prospective MPBS Students:

Maximum Performance Basketball School, Inc. ("MPBS") is known as one of the best skills development programs in the country. Key successes of this program are building fundamental athletic skills, boosting self-confidence and increasing the motivation to succeed that develops long-lasting life skills. Our seventeen year track record of successfully preparing players for junior high, high school and college basketball integrates skills development, college preparation and leadership training.

James E. Brown, Founder/President developed the *Maximum Performance Basketball* book to elevate athletic performance as it enhances motivation, builds self-esteem and boosts player confidence. As an industry expert, his training curriculum is based on the premise that the best way to learn a skill is to practice the skill until it is perfected. This workout model has helped more than 10,000 students to develop a positive self-image while improving their basketball skills.

MPBS offers one-on-one, group and team training programs. Sessions are located at the McKinney Salvation Army, 600 Wilson Creek Parkway, McKinney, Texas 75069. For additional information, please feel free to contact our office at (972) 359-7209, visit our website at www.jebbasketballschool.com or email us at: jamesbrown6718@sbcglobal.net.

Sincerely,

Coach James Brown

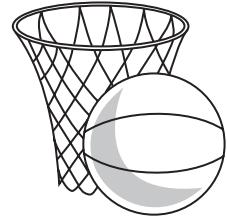





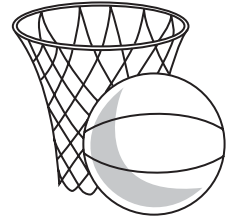


Diagram Key

	DRIBBLE
	CUT
	SHOT
	PASS
	SELF-PASS

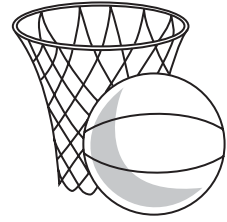


The Benefits

IN-SEASON INDIVIDUAL VERSATILITY WORKOUT

Once basketball season starts, coaches focus on team preparation during practice. Therefore, during the season there is less time to work on your individual game. If you are not working out individually, apart from practice, you will not be able to perform consistently throughout the season. This Versatility Workout Guide provides an effective training session that will help you improve and become more consistent throughout the entire basketball season.

If you have desire, dedication, and determination this guide will assist you in achieving your maximum potential every time you step onto the court.



Organizing Your Individual Workout

Your individual workout is your path to becoming a consistent productive player.

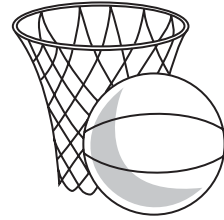
The basketball calendar season, November-February, is when you become team oriented with practice and games. You should discuss with your coach the best time for you to work on your individual training sessions.

Time management is a critical skill for student-athletes. Managing time efficiently may be the hardest task you face in junior high, high school and college. It is a task that will remain difficult as long as you combine athletic and academic pursuits. All students need to understand how to coordinate school with other activities; however, athletes need to coordinate academic with athletic responsibilities, which can be as stressful as two full-time jobs. Therefore, proper time management is essential.

Effective time management will make your life far more calm, organized, and profitable. The best way to manage your time is to prepare a weekly activities calendar and follow it religiously. I recommend the use of two calendars—a master calendar for home and a portable calendar for school. Remember, making good use of your time requires effort, practice, and vigilance.

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The first items to fill in on your weekly calendar are class sessions. Next, fill in team practices, games, travel, and individual workouts. These are the commitments around which everything else in your week will revolve. Don't forget to allow time for sleeping and eating. They should appear before you schedule studying and personal chores. Although these may be flexible, they take up significant blocks of time each day. Socializing is a necessary part of being a young adult. To be efficient at work, study, and chores, you need to relax and spend time with friends and family. You'll be able to enjoy this time without feeling guilty about having fun if you include it as part of your schedule. Finally, make the effort to adjust and revise your schedule so that it's an accurate reflection of your week's activities. A sample week's schedule follows.



In-Season Individual Workout November-February Sample Weekly Calendar

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00 a.m.	J. B. Exercise Program	J. B. Exercise Program	Sleep	J. B. Exercise Program	J. B. Exercise Program	Sleep	Sleep
7:00 a.m.	Shower Breakfast	Shower Breakfast	Shower Breakfast	Shower Breakfast	Shower Breakfast	Sleep	Sleep
8:00 a.m.	School	School	School	School	School	Sleep	Church
9:00 a.m.						Sleep	Church
10:00 a.m.						Team Practice	Church
11:00 a.m.						Weights	Church
12:00 p.m.	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Church
1:00 p.m.						Social	Lunch
2:00 p.m.						Social	Social
3:00 p.m.	Practice	GDIW	Practice	Practice	GDIW*	Social	Social
4:00 p.m.	Practice		Practice	Practice		Social	Social

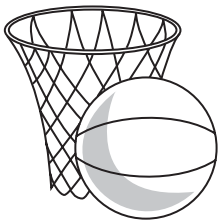
MAXIMUM PERFORMANCE BASKETBALL

	MON	TUE	WED	THU	FRI	SAT	SUN
5:00 p.m.	Practice DBGIW	Game Prep	Practice Lift Weights	Practice DBGIW*	Game Prep	Social	I. Workout *
6:00 p.m.	Dinner	Game	Dinner	Dinner	Game	Dinner	Dinner
7:00 p.m.	Home-work Study	Game	Home-work Study	Home-work Study	Game	Social	Home-work
8:00 p.m.	Study	Game	Study	Study	Game	Social	Study
9:00 p.m.	Study Phone	Game	Study	Study Phone	Game Social	Social	Study
10:00 p.m. 10:30 p.m.	Rest for Game Sleep	Shower Study	Social, etc. Sleep	Rest for Game Sleep	Social	Social	Social
11:00 p.m.					Social	Social	Sleep
12:00 p.m.					Sleep		

* DBGIW - Day Before Game Individual Workout

* I Workout - Individual Workout

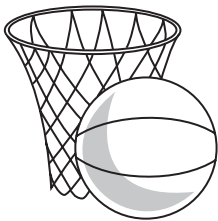
* GDIW - Game Day Individual Workout



In-Season Individual Exercise Program

EXERCISE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Regular Push-Ups	5	10	15	20
Fingertip Push-Ups	3	5	8	10
Jump Rope	5 Min. a Day	5 Min. a Day	5 Min. a Day	5 Min. a Day
Sit-Ups	20	20	40	50
Squats	10	20	30	40

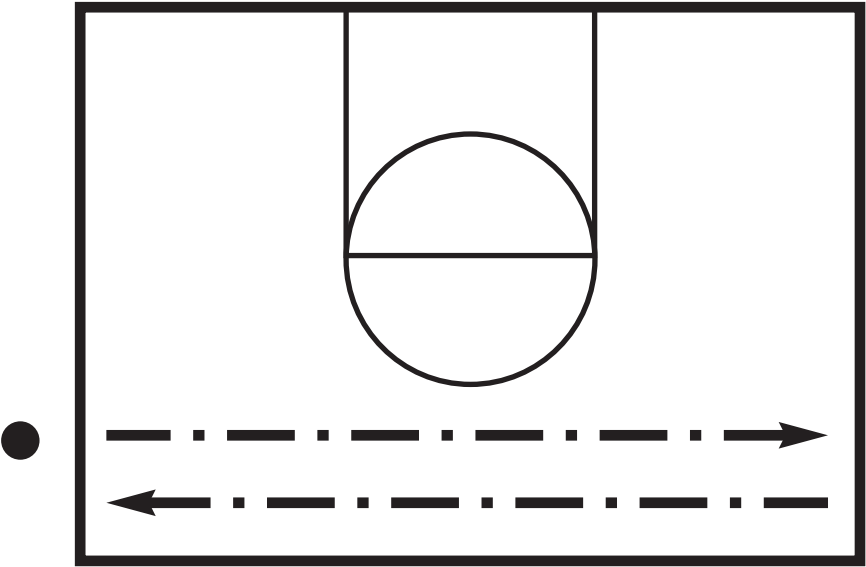
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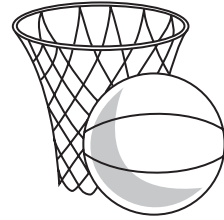


Workout 1

DAY BEFORE GAME: VERSATILITY WORKOUT
(GAME DAY WORKOUTS ARE THE SAME AS WORKOUT 1 AND 2 WITH HALF THE REPETITIONS.)

1. DRIBBLING



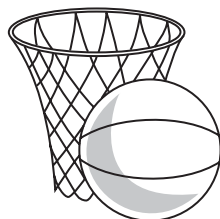


JAMES BROWN'S DRILL: DRIBBLING

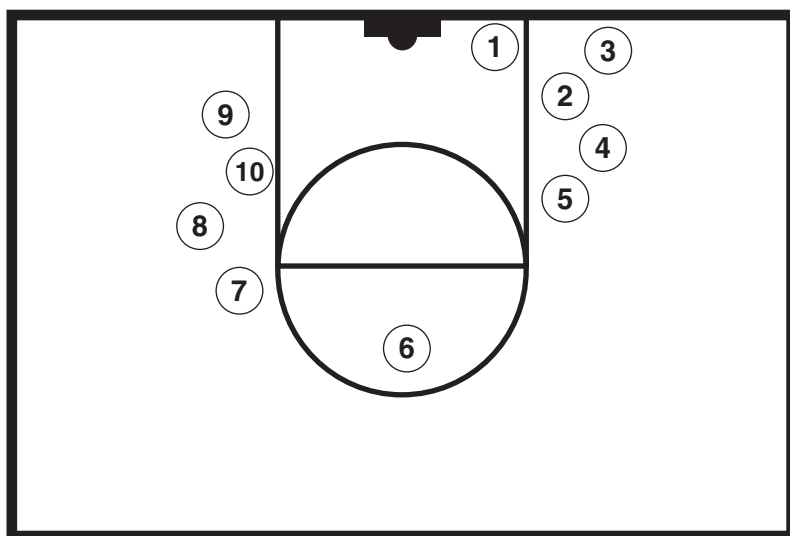
1. Start with ball on sideline. Walk sideline, bouncing ball 200 times with weak hand, 100 times with strong hand.
2. Speed dribble over with the RT hand, back with the LT hand, twice.
3. Zig-zag by dribbling four steps with the RT hand, switch and dribble four steps with the LT hand, RT hand, LT hand, etc.
4. Still zig-zagging switch hands by passing the ball between the legs.
5. Switch hands this time behind the back.
6. Dribble with RT hand. Dip RT shoulder in, then out, then back in, and continue dribbling. (Inside out.) Repeat same drill with LT hand.

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7. Speed dribble, slow up, then speed dribble again.
(Hesitation.)
8. Dribble, pivot with LT foot, reverse dribble.
9. Dribble, pivot with RT foot, reverse dribble.
10. Fake Reverse

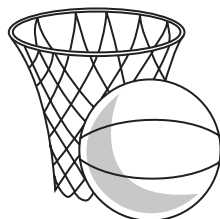


2. SHOOTING

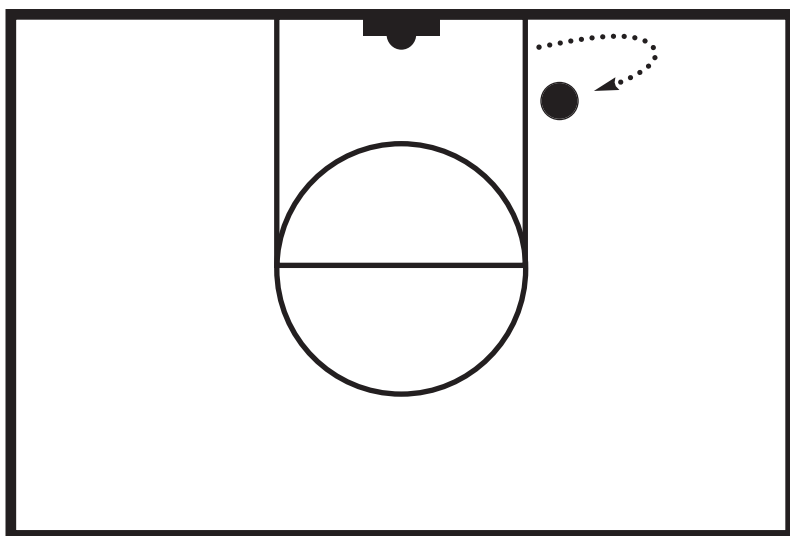


SHOOTING WARM-UP TOUCH SHOOTING

1. Shoot 10 shots from each spot.
2. Work on correct form and touch, not speed.
3. Work on consistency, not speed.
4. Execute each shot properly.
5. Hold your follow through.

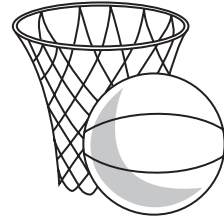


3. POST MOVES

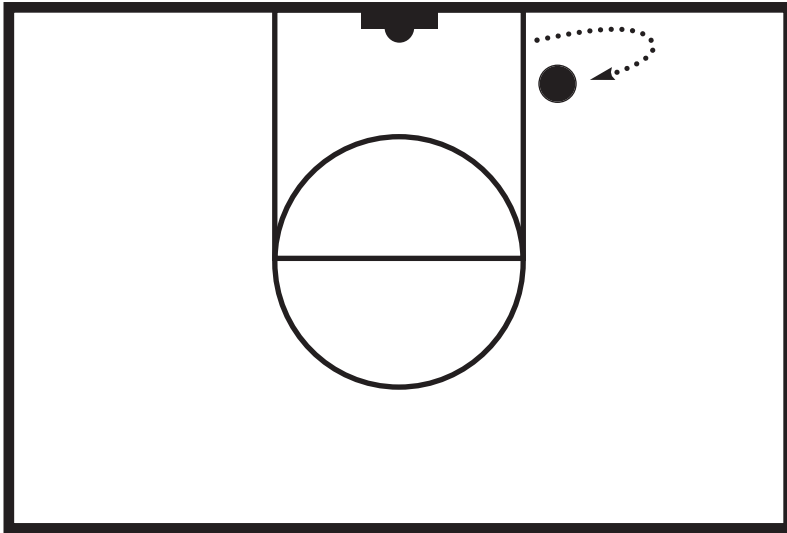


POST MOVES A.

1. Start above the block (the rectangle on the floor, one edge is the free throw line) with the ball.
2. Self pass (throw ball in the air, let bounce, and catch it).
3. Bring the ball to your chin with elbows out.
4. Drop step with legs and shoulders square to the back board and shoot a power layup 5 times.



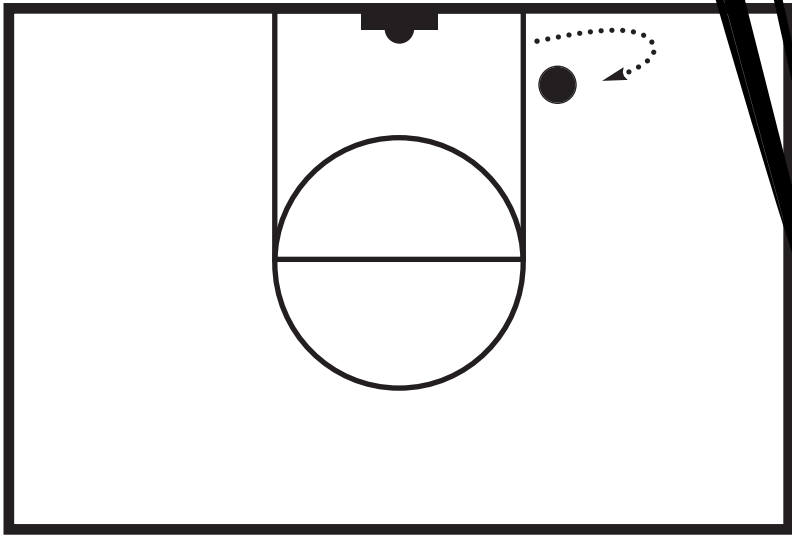
4. POST MOVES



POST MOVES B.

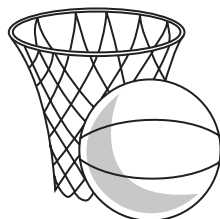
1. Start above the block with the ball.
2. Self pass.
3. Bring the ball to your chin with elbows out.
4. Pivot LT foot square shoulders to back board. Shoot the turnaround jump shot 5 times. Repeat same drill with RT foot pivot turnaround jump shot 5 times.

5. UP AND UNDER

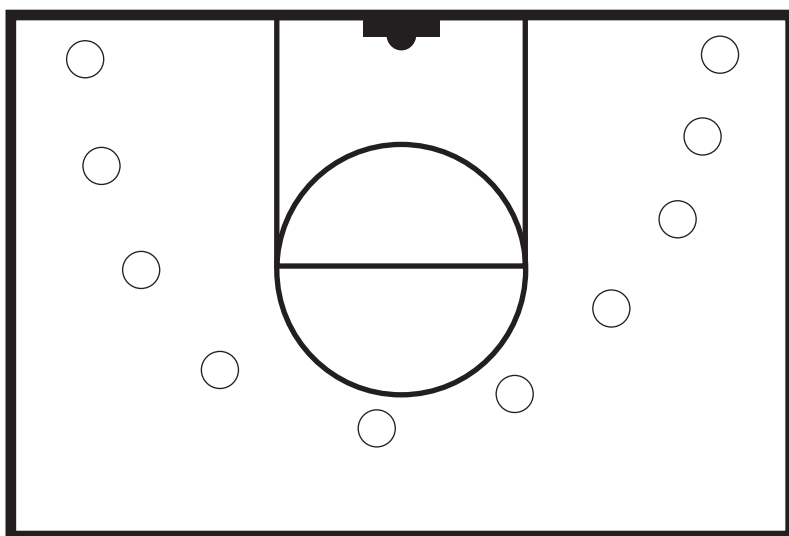


UP AND UNDER

1. Self pass.
2. Pivot on RT foot, fake shot.
3. Protect ball as you pivot.
4. Step through with LT leg and shoot 5 times.

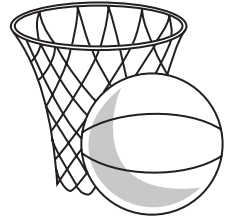


7. PERIMETER SHOOTING



JUMP SHOTS AND FREE THROWS **PERIMETER AND FREE THROW SHOOTING**

1. From each of the 10 marked spots, shoot 5 jump shots, 50 total. The jump shots should be from the 12-15 foot range.
2. Shoot 5 free throws after each set of jump shots.
3. Repeat the same drill, shooting 3 point shots from each spot, alternating free throws with jump shots, 200 total.



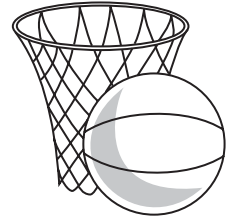
Workout 2

DAY BEFORE GAME: VERSATILITY WORKOUT

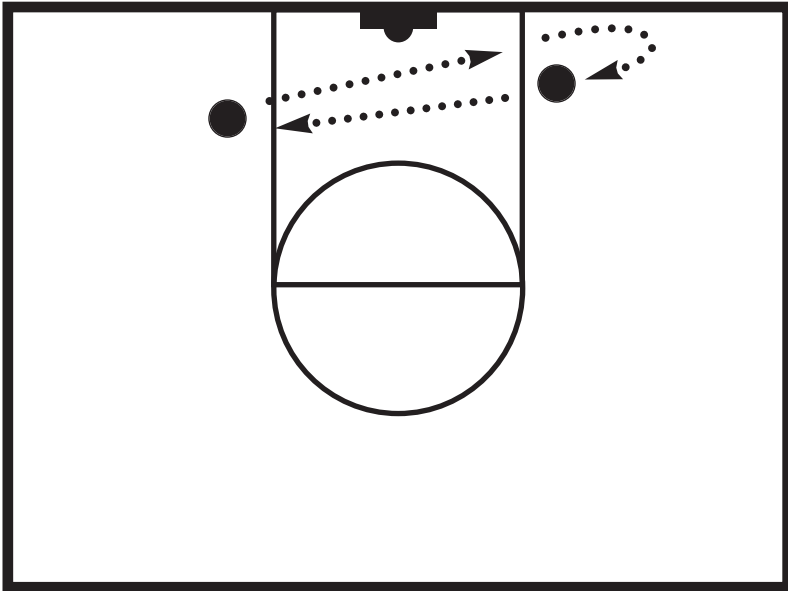
Workout 2 is similar to Workout 1. The main difference is that the shots attempted need to be successful. This workout can be substituted for Workout 1 to break the monotony.

DRIBBLING WARM-UP

200 bounces weak hand, 100 bounces strong hand Zig-zag crosscourt – crossover (LT hand/RT hand), between legs, behind back and reverse, 2 times each.

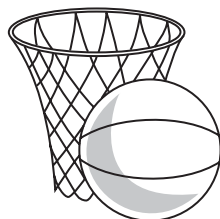


1. POST MOVES

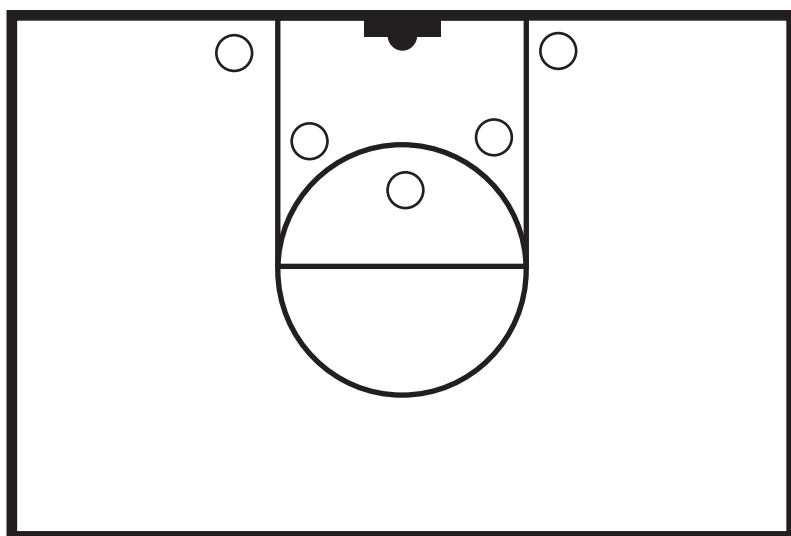


POST MOVES

1. Execute specific post moves from Workout 1, going block to block (one side of the court to the other), score 10 times.
2. Five sets, using different post moves each set.
3. Make 5 free throws after each set.

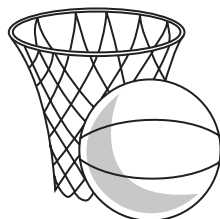


2. SHOOTING

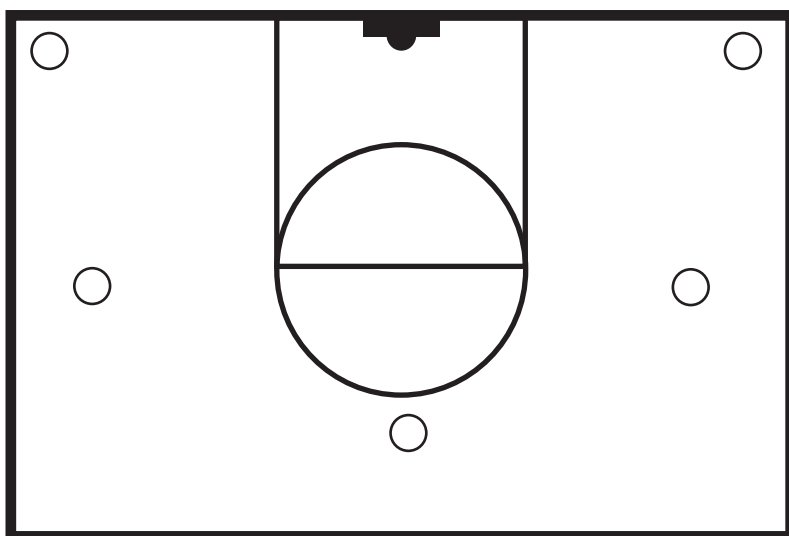


SHOOTING

1. Make five shots at each spot, 25 shots, shooting 5 feet from the basket.
2. Self pass.
3. Make 5 free throws.



3. JUMP SHOTS

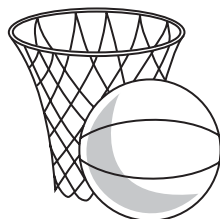


JUMP SHOTS

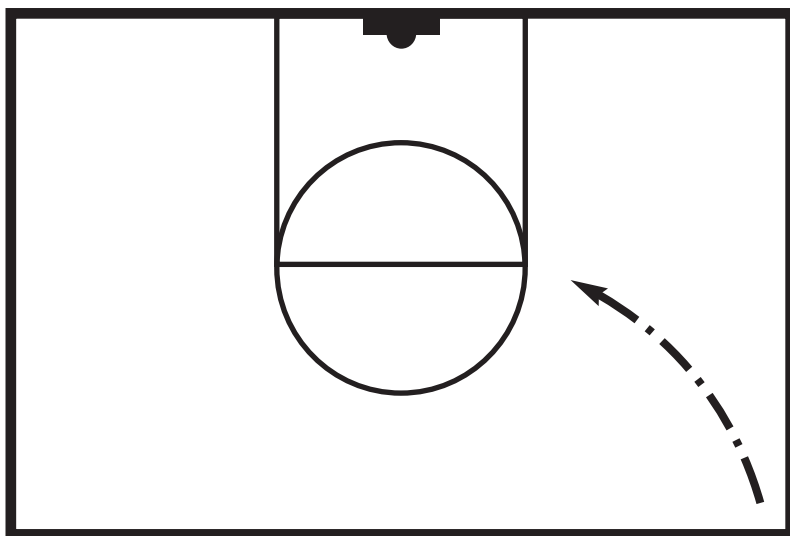
1. Make 15-20 jump shots on each spot. This equals one set.
2. Make 10 free throws.
3. Shot fake, one dribble, pass defense going LT, square up, shoot jump shot. Make 15-20 shots.

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4. Shot fake, one dribble, pass defense, going RT, square up, shoot jump shot. Make 15-20 shots.
5. Make 10 free throws.
6. Fake RT, go LT, square up, shoot jump shot. Make 15-20 shots.
7. Fake LT, go RT. Make 10 free throws.



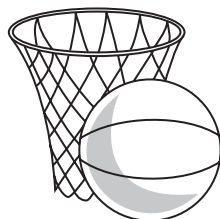
4. PULL UP JUMP SHOTS



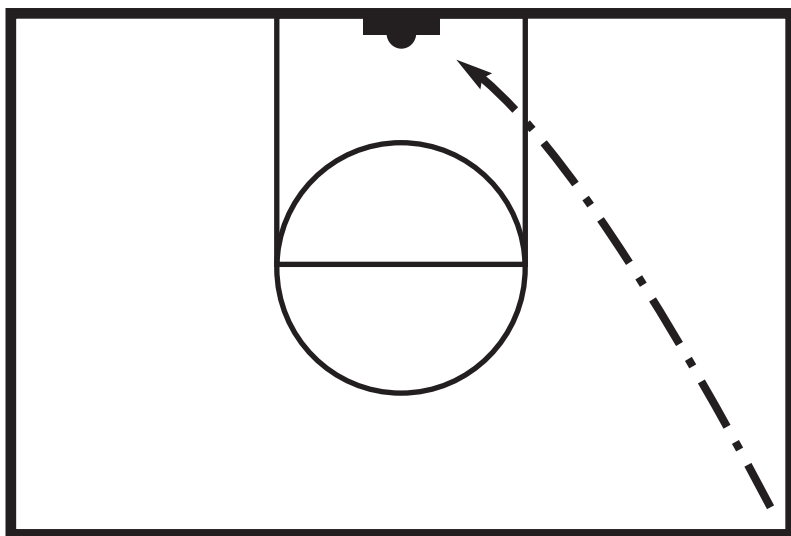
PULL UP JUMP SHOTS

1. Start at half court, dribble RT hand, pull up on free throw line and attempt jump shots. Make 10. Start again this time with the LT hand, make 10.

Shoot and make 10 free throws.



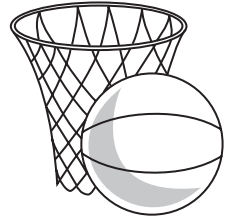
5. LAYUPS



LAYUPS

1. Start half court.
2. Layups, make 15-20 right and left hand.

Shoot and make 10 free throws.



Student Special Achievements

Featured Alumni

Nicole Alexander

2004 Xavier University Graduate

Attended University of Texas Southwestern Medical School

Maceo Baston

University of Michigan Graduate

Drafted by Chicago Bulls

Currently playing professional basketball in Israel

Faith Boyd-Thompson

2002 West Texas A&M University Graduate

Currently working as a Sonographer

Sea Longergan

Dartmouth College Graduate

Became an M.D. in 2006

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Tausha Mills

University of Alabama

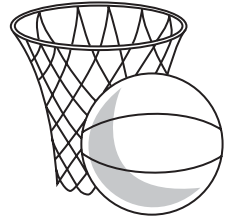
2000 1st Round Draft Pick – Washington Mystics

Chris Owens

University of Texas Graduate

Drafted by Milwaukee Bucks

Currently playing professional basketball in Germany



Students

Allen High School

Adrienne Barnhill (2004)

2006 Eastern Oklahoma State Junior College Graduate
All Regional, 1st Team All Conference, 1st Team Conference
Champions
Scholarship to Northeastern Oklahoma State University

Randi Cameron (2005)

Defensive Player of the Year
Scholarship to Cal State – Long Beach

Alice Severin (2006)

1st Team All District
Scholarship to SMU

Taylor Wencis (2006)

Scholarship to Northwood University (Florida)

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Frisco High School

Angelei Aguirre

Transfer from New York High School
Player to Watch/College Prospect

Jazmyn Reynolds Dorsett

Made Varsity as a Freshman

Kendall Schwantz

Made Varsity as a Freshman

Lake Highlands High School

Ashley Davis

Weatherford College
2004 Region Champions

Jennifer Hawthorne

Weatherford College
2004 Region Champions

Josh Carter

Scholarship to Texas A&M University

Warren Carter

Scholarship to University of Illinois

Plano Senior High School

Shantel Pointer (2007)

1st Team All-District, 4-yr. Varsity Player

Simone Williams (Sophomore)

Player to Watch

STUDENT SPECIAL ACHIEVEMENTS

Plano West Senior High School

Micah Garoutte (2007)

Scholarship to Texas Christian University

Kathleen Nash (2007)

2006 Girls 5A State Champions

Scholarship to University of Texas

Kristen Nash (2006)

2006 Girls 5A State Champions

Scholarship to University of Texas

The Colony

Breaunna Ellison (2007)

3 Year Varsity Player

College Prospect

Mardray Wynn (2007)

3 Year Varsity Player

Academic Scholarship to Grambling State University

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Teams

Allen High School Freshman Girls A Team (2006) – District Champions

Allen High School Freshman Girls B Team (2006) – Undefeated

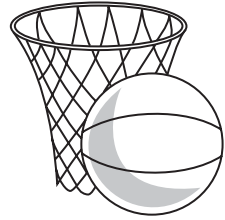
Lake Highlands High School Girls Varsity (2003) – 9-5A District Champions

Princeton 7th Grade Girls (2006) District Champions

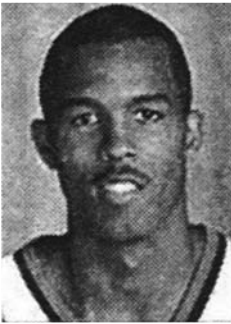
2005-2006 Exemplary MPBS Students of the Year

Bryson Gresham, Jr. – Dallas Christian College

Ashley Norris (Sr.) – Forney High School



Achieving Goals



Chris Owens

- NBA DRAFT 2002 Milwaukee Bucks.
- One of fifty preseason candidates for the Wooden Award.
- A great-nephew of Olympic star Jesse Owens.
- A Parade All-American who was a top-20 recruit for Tulane following a high school senior season in which he was named Area Player of the Year by the Dallas Morning News.
- Averaged 26.9 points and 11.8 rebounds as a high school senior at Duncanville.

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- As a junior, named Second Team All-Big 12 by conference coaches and media.
 - Named to the Big 12 All-Defensive Team.
 - Named to Big 12 All-Tournament Team and Preseason NIT All-Tournament Team.
 - As a sophomore, was inserted into starting lineup in mid-February.
-

ALLISON NELSON

Allison began weekly one-hour, one-one-one sessions with Coach Brown in January 2000 as her 7th grade basketball season was underway. We found this an ideal time for a young athlete to focus on developing the proper fundamentals. In a remarkably short time others were noticing her improved skills as her school team won their district championship. While she was a competent post player and better-than-average shooter for her age, it was Coach Brown's skilled guidance that played a significant role in developing her overall versatility. She learned to play more effectively close to the basket as well as away from it. Thanks to his program of well thought-out drills and repetition, her free throw and field goal percentages improved, she perfected the left hand layup, developed her jump shot and increased the number of points scored per game. All this brought her improved confidence on the court, which served her well in her first season of AAU league play. Surprisingly, her start-up team won nearly two-thirds of their games.

Continuing in Coach Brown's personal development program as her 8th grade year began, Allison then joined his skills development clinic. In this intensive group training she learned

how to effectively apply the skills she had developed in her private training into a competitive situation. She improved her defensive footwork and gained a better understanding of team defense and offense. In school play she was reading the court better, anticipating moves, and positioning herself to be more powerful and efficient.

Allison was fortunate to have the opportunity to participate in competitive league play on Coach Brown's MPBS select team, which played against girls a year or two older. This helped prepare her for making the varsity team as a freshman at Winnsboro High School.

"Coach Brown always encouraged us to push ourselves, to work hard at improving ourselves," Allison says. "We learned that we could succeed if we put forth the effort."

"We have no doubt that Allison's ability to earn a starting spot on a team (ranked first in state in its class) is directly related to Coach Brown's tutelage. We give him our highest recommendation." —**Jenna & W. D. Nelson**

MAXIMUM PERFORMANCE BASKETBALL



MACEO BASTON

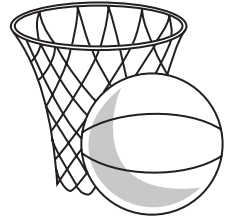
- McDonald's All American.
- Starred at H. Grady Spruce High School.
- Texas Basketball Player of the Year.
- Two-time All State Selection.
- University of Michigan Wolverines all-time leader in field goal percentage.
- Named the Big Ten's Defensive Player of the Year.
- Selected in the 2nd Round by the Chicago Bulls.
- Defensive Player of the Year in 2000.
- Picked by the Milwaukee Bucks.
- Led Montecatini to the Italian Playoffs.

BRYSON GRESHAM

- Private School Student at Canyon Creek Christian Academy,
- Richardson, Texas.
- Made varsity as a freshman, 1999-2000.
- Sophomore year averaged 23 points per game.
- 1st Team All District, 2000-2001.
- Cougar Classic MVP, 2000-2001.
- PCC All Tournament Team–Top Scorer, 2000-2001.
- 30-point plus (7), 2000-2001.
- Junior year–led all of north Texas in scoring with 27.7 pts. per game, 2001-2002.
- 40-point plus (5), 2001-2002.
- 30-point plus (7), 2001-2002.
- 1st Team All District, 2001-2002.
- All State, 2001-2002.
- Cougar Classic All Tournament, 2001-2002.
- Dallas Academy All Tournament, 2001-2002.
- Trinidad High School All Tournament, 2001-2002.

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- Trinidad 3-Point Shoot Out Champion, 2001-2002.
- Cougar Classic 3-Point Shoot Out Champion, 2001-2002.
- All Area Team, 2001-2002.



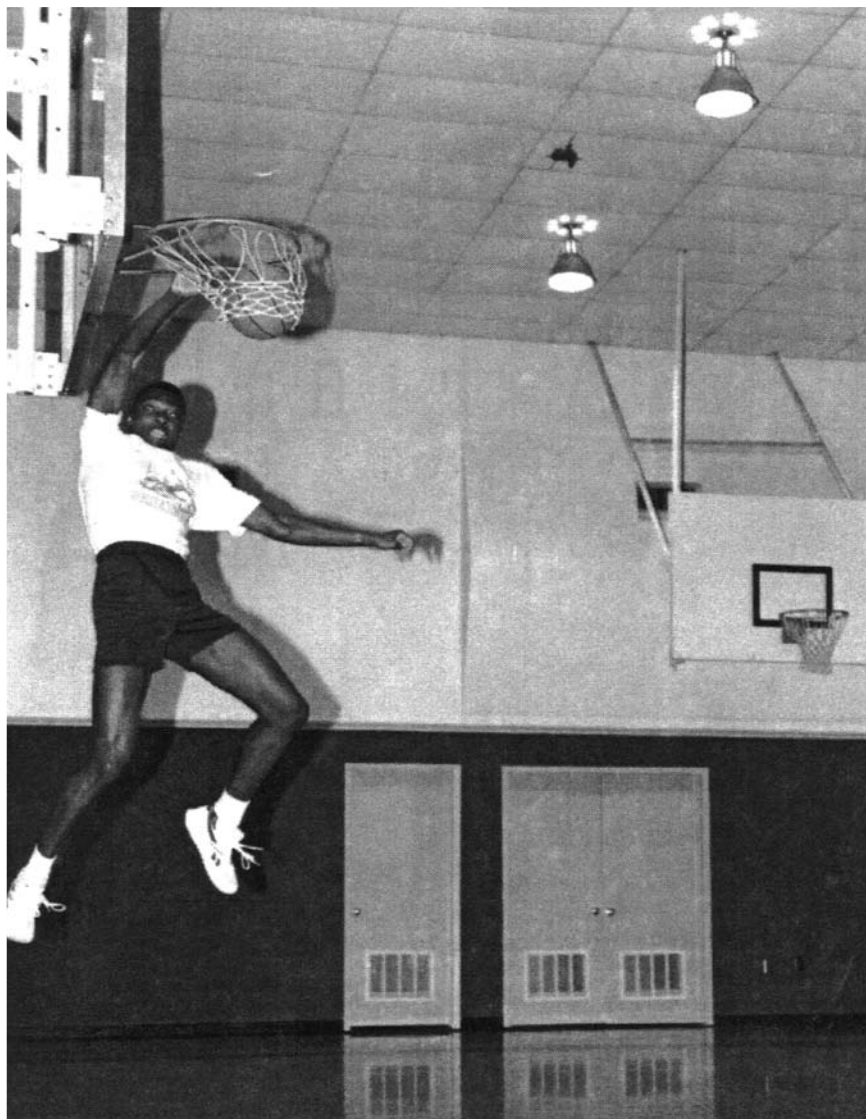
A Final Word: My Faith

I love the sport of basketball as a game and because of all the life lessons it teaches. Apart from winning and achievements there are also setbacks and disappointments. Your basketball career will eventually come to an end like mine did.

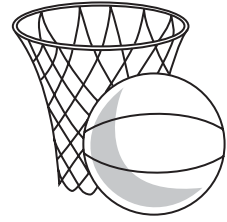
My personal relationship with Jesus helps me to keep things in perspective. He provides me with the strength to handle whatever comes my way. I've learned that everlasting joy and peace can only be found in Jesus. I encourage all who have not trusted Jesus as their personal savior to turn to the risen Lord Jesus Christ in faith, trusting in Him alone, apart from any human merit, to deliver them from their sins and bring them to a relationship with God. (Romans 10:9-10)

Coach Brown

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James E. Brown, during his high-flying days



Testimonials

Since 1988, Mr. Brown has utilized basketball as a vehicle to offer athletic and life skill training, ACT and SAT college entrance exam preparation, college campus visits, and mentoring opportunities.

—**CHARLES W. DANIELS, Assistant Dallas City Manager**

We all agree Mr. Brown seems to be very dedicated to this endeavor. Understanding that crime reduction is not the purpose of MPBS, root causes of crime may be impacted.

—**FLOYD SIMPSON, Dallas Deputy Chief of Police**

His work at the National Camp surpassed my expectations, based on such reports. James is sincere, diligent, hardworking, and possesses a very effective teaching style, which commands instant rapport with young people. In short, I rank James very highly, both as a person and a worker.

—**PAUL RYAN, National Camp Administrator for the Irish Basketball Association.**

You are an EXCELLENT basketball coach! Your practices are well structured and organized. There is a purpose to every drill that you do. The kids are not bored, standing in lines during practice.

—**GREG SMITH, Parent of student basketball player.**

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Tayla thoroughly enjoyed playing there (camp). She was so happy to go every day. You didn't know this, but the mere fact that she was so excited was in itself a great compliment to you and your staff. She is a very shy child and has had a reluctance to meet new people, much less spend the kind of time she did there. I'm sure you can understand how nice it was for me to have my child in good spirits all week.

—TAYLA'S MOM

Dear Coach Brown,

Thanks for being my coach. I have had fun playing on the team. Love, Kristen Nash/6th grade Lady Comets PSA League and Tournament Champions 1998-99. 2006 Plano West H.S. 5A State Champions/2006 University Of Texas

Dear Coach Brown,

I appreciate your time and effort you have put into our team. I've enjoyed being on the team. Love, Kathleen Nash/6th grade Lady Comets PSA League and Tournament Champions 1998-99. 2006 Plano West H.S. 5A State Champions/2007 University Of Texas

Dear Coach Brown,

Thank you so much for helping me become a better player and a better person. You have taught me so much that nobody else could. And you are a wonderful person, and a wonderful coach.

Always,

Randi Cameron/Allen H.S./Long Beach State

“He taught Randi more than basketball; he taught her how to be a champion. He is a man of high integrity and morals, a Christian, and that comes out everyday”

(Jo Cameron, mother of Randi Cameron)

Dear Coach Brown,

Thank you so much for all your help with my situation. I am so lucky to have a friend and coach like you. You are such an inspiration and role model for me. Although you only coached me for one summer, I can confidently say that you are the best coach I've ever had. Not only because of your basketball knowledge, but because of your Christian faith, and the fact that you really cared about me. The workouts were fun, but the best times were when we sat and talked about life. Thanks so much for being there when I need you. You are such an inspiration to me. Love In Christ, Emily Nash/Carrollton Christian Academy/Oklahoma City University Graduate/Current Law school student.

Coach Brown,

Thank you for all that you've done for me. I am so blessed to have you come into my life, because no telling where my basketball career would be without you. Thank you very much. God Bless, Adrienne Barnhill, Allen HS, Northeastern Oklahoma State University

Hey C. Brown!

I just want to thank you for everything you done for me! Without you I wouldn't be the player I am today. Thank you! Savannah Thompson/Lake Highlands H.S. Texas Womens University.

Dear Coach Brown,

I just want to say thank you. You have done so much for me in the last four years. Words can't express the love and dedication you have shown to me and others. Thank you, Tejana Elmore Lake Highlands H.S./Southern Nazarene University.

About the Author



James E. Brown

Born: Bossier City, Louisiana

Resident: Allen, TX

Occupation: CEO JEBBS, Ordained Minister

Education: Spruce H.S., Navarro College, Eastfield College, Hardin Simmons, Tyndale Theological Seminary

James served as assistant coach at Eastfield and Navarro College for four years. During his tenure at Navarro from 1990 through 1991, the team went on to set the highest scoring record in junior college history. His first year at Eastfield he helped recruit players that moved the team to second place in the 1991- 92 national tournament.

James' experience includes playing pro ball in Europe, coaching college men's and women's European basketball, youth boy's and girls select teams, career and academic counseling, community liaison at North Lake Elementary and Richardson School district.

He now serves full time as president/CEO of JEBBS, Inc.

