

WCSS Girls' Varsity Scoring Camp

Sunday

9:30-10:30 a.m.	Staff Meeting
10:30-11:30	Camper Registration
11:45-12:30	Lunch (Pick up sub sandwiches in Heidelberg Registration Area)
12:30	Gym is open for campers
12:45	Coaches meet at the gym
1:00-1:20	Everyone Meets in Gym! Introduction of Staff and announcements for campers
1:20-1:30	Warm-up & Stretching
1:30-1:35	Separate players into groups for 3-3 evaluation
1:35-1:50	3-3 games at the 3 main areas
1:50-1:55	Water Break
1:55-2:20	Warm up Drills: 11 Man & 4 on 4 on 4—make it take it
2:20	Water Break- Make Groups / Athletic Area Tours
2:35-2:45	Players meet with coaches **Check 1) Attendance, 2) Room #'s, and 3) Jersey #'s (Note any changes and give your roster back to Stacey)
2:50-2:55	Main Hoop: Intro to Pivoting Tough (<i>Permanent Pivot Foot, Rips and Sweeps w/ Attack foot forward</i>)
2:55-3:05	Go to baskets to work on Partner Tough Pivots (<i>Clean catch, Clean pivot, AFF!</i>)
3:05-3:10 & Sweep)	Main Hoop: Intro to Getting Open (<i>V-Cut</i>) and 10 toe square-ups (<i>Catch, Face,</i>
3:10-3:20	Go to baskets to work on V-cuts and 10 Toe Square-ups (<i>AFF-Attack Foot Forward!</i>)
3:20-3:25	Water Break
3:25-3:30	Main Hoop: Demonstrate Passing & Tough drill (Jump 2 the catch, 2 feet-hands-eyes)
3:30-3:40	Go to baskets to work on passing drills w/ rips & sweeps (Pass through the “windows”)
3:40-3:50	Main Hoop: Intro to Transition Drills *5 man weave series *Rebound Outlet
3:50-3:55	Water Break
3:55-4:05	Main Hoop: Intro to Power Box (<i>Jump Stop & Pump Fake to Finish Tough</i>) PB-(10 toes to baseline, land low & wide “sit in the box”, ball to outside shoulder, inside elbow up, stay BENT on the pump fake, “Power Up” on the finish- Explode vertically!)
4:05-4:20	Go to baskets to work on finishing tough in the Power Box ***add Blast & Crossover Moves w/ KO dribble
4:20-4:30	Main Hoop: Intro to Transition Drills *Long Pass (both sides) run the lanes, stay wide add 2 nd guard *Show CUW Transition (counselors)
4:30	Afternoon Announcements
4:30-5:15	Dinner

Sunday Evening

- 6:00-6:15 Announcements / Warm-up & Stretching
- 6:15-6:20 Warm Up: 11 Man
- 6:25-6:50 CUW Transition:
1st Option-ball side post, 2nd Option-Fade Screen on top, 3rd Option-back screen (lob)
- 6:50-6:55 Get H2O and be ready to GO!
- 6:55-7:05 Lay-Ups & Reverse Lay-Ups at home basket
- 7:05-7:35 **Offensive Stations** (6 minutes)
1. Dribble Attack: Crossover dribble & Between the Legs w/ JS/PF finish Power Box & Jumpers
 2. Pivot Attack: Blast move w/ JS/PF finish in Power Box & Jumpers
 3. Pivot Attack: Crossover move w/ JS/PF finish in Power Box & Jumpers
 4. Pivot Attack: Reggie Miller Pop back
 5. ABC Shooting Technique
- 7:35-7:40 Get H2O and be ready to GO!
- 7:40-7:45 **1 on 1 Pivot Attack** at baskets from FT line (2-3 dr. max/ must be a 2 Foot Finish!)
- 7:45-7:55 **Main Hoop:** CUW Defensive Philosophy
*On the Line Up the Line *Force Baseline *Front the Post *On ball pressure
- 7:55-8:00 ***(Demonstrate 1 ball and 2 ball Mikan contests)***
- 8:00-8:30 Defensive Skill Drills
1. Shell Drill
 2. Close-Out Drills
 - a. line drill
 - b. weakside close-outs
 - c. around the world close-outs
- 8:30-8:35 Get H2O and Wardrobe Challenge
- 8:35-8:45 **1 on 1 Defensive Attack** at all main baskets (1 point for a defensive stops ONLY)
(campers rotate baskets when they lose)
- 8:45-9:05 Defensive Skill Drills
3. Zig Zag
 4. 4 on 4 Catch Up
- 9:05 Meet in the bleachers for evening announcements
- 9:10 Coaches meeting
- 10:00 Assigned Coaches back to dorms
- 10:15 1st call for Lights out
- 10:30 p.m. Lights Out and NO noise!**

Monday Morning

- 7:30-8:15 a.m. Breakfast
- 8:30-8:45 Announcements / Warm-up & Stretching
- 8:45-9:00 Warm Up Lay-up Drill/Ball Handling
- 9:00-9:20 Review Tough Drills: Permanent Pivot Foot, Rips & Sweeps, Jump to the catch
*Go to main basket & drill
- 9:20-9:30 3 on 3 no dribble-make it take it
- 9:30-9:35 Water Break
- 9:35-9:45 **Main Hoop:** Setting, Using, & Reading SCREENS
- 9:45-10:25 Screen Attack Stations: (7 minutes)
(everyone starts w/ a V-Cut to get open---reps w/ no defense, add def. when applicable)
1. Straight Cuts
 2. Fade Cuts
 3. Curl Cuts
 4. On ball screens-pick n' roll
 5. On ball screens-pick n' pop
- 10:25-10:35 Water Break
- 10:35-10:45 Conditioning: Blood & Guts, Relays w/ Dribbling
- 10:45-11:05 3 on 3 Series: cuts, spacing, screens, limited dribbles
(will demo each one on main basket first)
- 11:05-11:20 **Ask the College Athletes:** What does it takes to be a college basketball player?
- 11:20-11:30 **1 Ball Mikan Contest**
- 11:20-11:30 Meets in the bleachers (**Demo Free Throw & Team 21 Contests**)
- 11:30 Lunch

Monday Afternoon

- 1:00-1:10 Announcements / Warm-up & Stretching
- 1:10-1:20 4 Corner Passing (start w/ 2 balls)
- 1:20-1:30 **2 Ball Mikán Contest**
- 1:30-1:35 **Main Hoop:** Intro to Post Play
- 1:35-2:15 Post Attack Stations: (6 minutes)
1. Drop Step from Left & Right Block (Catch, Step, Dibble-Hop Chin)
 2. Turn & Shoot to the Middle both Blocks
 3. Mikán Move both Blocks
 4. Duck Under both Blocks (Catch, Step, Dibble-Hop Chin)
 5. Getting Open & Catching in the post-can go live if ready
 6. Short Corner Rip Move
- 2:15-2:20 Water Break
- 2:20-2:50 **Ask Coach Brunner:** “What does it take to play at the next level?”
- 2:50-3:20 **Main Basket:** Intro to Rebounding
Rebounding Drills:
- 1) Technique
 - 2) Tennessee Rebounding Drill
 - 3) Offensive Rebounding Drill
 - 4) 3 Line Close Out/Box Out Drill
- 3:20-3:25 Water Break
- 3:25-4:00 4 on 4 on 4 Full Crt. (use all 3 courts)
- 4:00-4:20 Team 21 Contest
- 4:20-4:30 Afternoon Announcements/ Dinner

Monday Evening

- 6:00-6:10 Announcements / Warm-up & Stretching
- 6:10-6:20 11 Man
- 6:20-6:30 Main Basket: Shooting Series (Review ABC Shooting)
- 6:30-7:05 Shooting Series Stations: 6 Rounds (5 minutes)***Coaches Choice
- 7:05-7:10 Water Break
- 7:10-7:15 Set up for 4 on 4 Tournament (6 baskets)
- 7:15-8:15 4 on 4 Tourney
- 8:15-8:20 Water Break
- 8:20-9:00 CUW Women’s Basketball Highlight Video

Tuesday Morning

7:30-8:15	Breakfast
8:20	Coaches Meeting in the Gym
8:30-8:40	Announcements / Warm-up & Stretching (Explain awards ceremony)
8:40-8:50	Shooting Warm Up—Coach Pass Shooting Drill
9:10-9:20	3 Point Contest (8 finalists)
9:20-9:30	Review of Moves and Concepts/ Explanation of WCSS “Make 5” Workout sheet
9:30-9:35	Set up and warm-up for 3 on 3 Showcase Tourney
9:35-10:20	Showcase 3 on 3 Tourney (<i>Parents Invited to Watch!</i>) (6 teams/ basket, 8 baskets, 2:30 minute games with 15 sec. change time)

**Reminder to coaches to record scores and circle the winning team each round*

Rd 1	1 v. 2	Rd 9	3 v. 5
Rd 2	3 v. 4	Rd 10	2 v. 6
Rd 3	5 v. 6	Rd 11	1 v. 3
Rd 4	1 v. 4	Rd 12	4 v. 5
Rd 5	2 v. 5	Rd 13	2 v. 3
Rd 6	3 v. 6	Rd 14	1 v. 5
Rd 7	2 v. 4	Rd 15	4 v. 6
Rd 8	1 v. 6		

10:20-10:25	H2O
10:25-10:30	Set up for awards ceremony

AWARDS CEREMONY

10:30-10:45	<i><u>Introduction of Staff</u></i> and Explanation of <i><u>Checkout Procedure</u></i>
10:45-10:50	Championship games & Championship teams recognized
10:50-11:25	<u>Contest Finals</u> <ol style="list-style-type: none">1. Three Point Contest2. Team 21 Contest3. Free Throws4. Mikan Drill5. Two ball Mikan drill

11:30	Check Out <ol style="list-style-type: none">A. All trash needs to be bagged up and put out in the hallwayB. Please vacuum your room and put any furniture that was moved back to the way you found itC. Have a WCSS staff member check your roomD. Turn in your room key down in the lobby where you registered on Sunday
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Enjoy the rest of your summer and best of luck next season!