

WCSS Girls' Middle School @ Concordia

June 20-23, 2010

Sunday

- 1:00-2:15 Staff Meeting in Heidelberg lounge
2:15-???? WCSS Specialized Staff Session
2:30-4:00 Registration in Heidelberg lobby
3:30-4:30 Open Gym time in Fieldhouse (WCSS staff member must be present)
- 4:30-5:15 Dinner (*Gym will be open at 5:30*)
- 6:00-6:15 **Everyone meets in Gym!** Announcements Part I (10 min.) Intro of Staff (5 min.)
6:15-6:25 Players meet with coaches ****Check for 1) Attendance 2) Room #'s 3) Jersey #'s**
(Notify Stacey if there are any changes)
- 6:25-6:35 Warm-up and Stretching
- 6:35-6:50 **Main basket:** Intro to Tough Position w/ Permanent Pivot foot and demo of breakdown drills
*Teams go to baskets for "Tough Position" breakdown drills (8 minutes)
6:50-7:35 Stations (7 minutes)
- **Reminder to Coaches****
- (*Anytime you can, please emphasize Permanent Pivot foot, Attack foot forward, & Explosive stance*)
- Set One**
- A 15 1. Bent-Elbow Passes from Tough Position (3 person drill w/ coop. def. in the middle, 4 open windows)
B 1,2 2. "10 toes Tough" Square-ups (3 lines w/ back to baskets, roll the ball out under heavy pressure)
B 5,6 3. Right-handed lay-ups (1,2,3 reps w/ correct footwork before using baskets)
B 7,8 4. Left-handed lay-ups (1,2,3 reps w/ correct footwork before using baskets)
B 11-14 5. Intro to ABC form shooting (then add 3 line concentration drill if time)
B 9,10 6. Intro to the POWER BOX and how to Jump stop & Pump fake effectively for basket, foul, or both!
- 7:35-7:45 Waterbreak for 5 minutes, then Announcements Part II
7:45-7:55 **Main basket:** *Camp offense demonstration (Screen down, Screen away)*
7:55-8:15 Teams go with coaches to work on HC offense (*PATTERN before polish! No defense yet*)
Bk 10 – (1,12) Bk 9 – (2,11) Bk 8 – (3,10) Bk 1 – (4,9) Bk 2 – (5,8) Bk 7 – (6,7)
- 8:15-8:30 Half-Court controlled scrimmage against sister teams
- 8:30-8:40 **Main Court:** Conversion from defense to half-court offense (full court)
8:40-9:00 Teams go to courts to work on Offensive Conversion (5 min. rounds)
- | | | | |
|------|--------------------|--------------------|--------------------|
| Rd 1 | Ct. 1 – Teams 1,12 | Ct. 2 – Teams 2,11 | Ct. 3 – Teams 3,10 |
| Rd 2 | Ct. 1 – Teams 4,9 | Ct. 2 – Teams 5,8 | Ct. 3 – Teams 6,7 |
| Rd 3 | Ct. 1 – Teams 1,12 | Ct. 2 – Teams 2,11 | Ct. 3 – Teams 3,10 |
| Rd 4 | Ct. 1 – Teams 4,9 | Ct. 2 – Teams 5,8 | Ct. 3 – Teams 6,7 |
- 9:00-9:05 Everyone to bleachers for Evening Announcements (Part III)
- 9:05 Staff Meeting
10:00 Designated counselors back to dorms
10:15 Room Check and first call for lights out
10:30 Lights out, radios off, everyone is quiet and goes to sleep!

Monday Morning

7:30-8:15 Breakfast (The most important meal of the day!)
8:30-8:40 Warm-up & Stretching (Coaches greet players and take attendance)
8:40-8:50 Point of Emphasis at Main Basket: *Setting and Receiving Screens*
8:50-9:35 Stations (7 minutes)

****Reminder to Coaches****

(When possible, use a rotating cooperative defender in your drill with a lead foot that works for your move.)

Set Two

B 13,14 1. Tough Finish (from elbows or LL extended): Shot fake, 2 dr. attack to PB w/ a JS/PF finish
B 11,12 2. Setting and Receiving Block to Block screens w/ post entry pass (Contact before separation!)
B 9,10 3. Setting and Receiving Downscreens w/ pass to wing and then quick post entry pass (Contact before separation!)
B 1,2 4. Right hand lay-ups (full speed give and go drill but only if footwork is correct) may add reverse also
B 7,8 5. Left-hand lay-ups (full speed give and go drill but only if footwork is correct) may add reverse also
A 15 6. V-cutting to get open and squaring up w/ Attack foot forward (1 v. 0, then 1 v. 1 w/ coop. Def.)

9:35-9:40 Waterbreak

9:40-9:50 **Main Basket:** Half-Court Man-to-Man defense (Pressure & Contain, Deny, Front, Help)

9:50-10:10 Teams go to baskets with coaches for 5 v. 5 M-M shell defensive drill

COACHES: Please emphasize 1) Stance 2) Vision and 3) Beating the ball!

Bk 10 – (1,12) Bk 9 – (2,11) Bk 8 – (3,10) Bk 1 – (4,9) Bk 2 – (5,8) Bk 7 – (6,7)

10:10-10:25 Teams stay at baskets for Out of Bounds Plays

Bk 10 – (1,12) Bk 9 – (2,11) Bk 8 – (3,10) Bk 1 – (4,9) Bk 2 – (5,8) Bk 7 – (6,7)

10:25-10:40 **Main Basket:** *Intro to Post Play and Counselor demonstration of moves in game-like situations*

10:40-11:25 Stations (7 minutes)

****Reminder to Coaches****

(For post attack moves use mass demonstration to get at least 15-20 repetitions before going on baskets!)

Set Three

B 1,2 1. Post Attack Move: Rt. hand Drop Step from right block (Catch, Step, Dribble-hop-chin)
B 7,8 2. Post Attack Move: Lt. hand Drop Step from left block (Catch, Step, Dribble-hop-chin)
B 9,10 3. Post Attack Move: Turn and Shoot to the middle (forward pivot on foot closest to the FT line)
B 11,12 4. Post Attack Move: Power Hook to middle from left block (Catch, Step, Dribble-hop-chin)
B 13,14 5. Post Attack Move: Power Hook to middle from right block (Catch, Step, Dribble-hop-chin)
A 15 6. Dribble Attack moves: Crossover, Between the legs, Behind the back (3 straight lines of 6 cones or chairs)

11:25 Meet in bleachers

11:30 Lunch

Monday Afternoon

1:00-1:10 *Demonstrate 1 ball & 2 ball Mikan Contests*

****Explain Stat Sheets and rules for games**

- 1:10-1:20 Warm-up & Stretching (Coaches greet players and take attendance)
- 1:20-4:20 League Games (6 rounds, 30 minute blocks, 10 minute halves)
- 4:20 Meet in bleachers
- 4:30 Dinner

Monday Evening

- 6:00-6:10 Warm-up & Stretching (Coaches greet players and take attendance)
- 6:10-9:10 League Games (6 rounds, 30 minute blocks, 10 minute halves)
(Everyone stays in the gym until 8:45 p.m. You may not leave without your coach's permission)
- 9:10 Staff Meeting
- 10:00 Designated counselors back to dorms
- 10:15 Room Check and first call for lights out
- 10:30 Lights out, radios off, everyone is quiet and goes to sleep!

Tuesday Morning

- 7:30-8:15 Breakfast
- 8:30-8:40 Warm-up & Stretching (Coaches greet players and take attendance)
- 8:40-8:45 Teams (1,12) (2,11) (3,10) and their coaches/ counselors go with Stacey
(Building motion offense using 1 on 1, 2 on 2, and 3 on 3 games combined with other team contests)
- Teams (4,9) (5,8) (6,7) and their coaches/ counselors go with Allison for stations

- 8:45-9:35 Stations (8 minutes)
****Reminder for Dribble Attack: Straight line drives, body to body, 1 dr. to change direction, 1 dr. to get there and finish!**

Set Four

- Bk 5 1. Post Attack: Duck Under from right block (Catch, Turn & fake, Rip & step, Dribble-hop-chin) *Mass reps first!*
- Bk 4 2. Post Attack: Duck Under from left block (Catch, Turn & fake, Rip & step, Dribble-hop-chin) *Mass reps first!*
- Bk 2 3. Dribble Attack: Crossover for 4:00, then Stop n' Go for 4:00 (attack right side 2:00, then left side 2:00)
- Bk 1 4. Dribble Attack: Between the legs (attack right side for 4:00, then switch to left side)
- Bk 8 5. Dribble Attack: Behind the back (attack right side for 4:00, then switch to left side)
- Bk 7 6. Dribble Attack w/ 3 (C)ones and a lay-up: C1 Crossover, C2 Between the legs, C3 Behind the back

(Use a chair at each elbow and make sure the lines are wide and that they start back at the 10' volleyball line. Go Hard!)

- 9:35-9:40 Waterbreak for everyone
- 9:40-10:30 Teams (4,9) (5,8) (6,7) and their coaches/ counselors go with Stacey
Teams (1,12) (2,11) (3,10) and their coaches/ counselors go with Allison for stations
- 10:30-10:35 Waterbreak for everyone
- 10:35-10:45 **Main basket: Free Throw Shooting Instruction and Contest Demonstration**
- 10:45-10:55 Go to baskets with coaches and PRACTICE for the Free Throw Contest (use 12 baskets)
- 10:55-11:10 Team Lightning Competition
(Sister teams play together as one team at one basket; 2 players per basket go to the final)

Tuesday Afternoon

- 1:00-1:10 Warm-up & Stretching (Coaches greet players and take attendance)
- 1:10-1:30 **1 Ball Mikan Contest** (8 finalists)
- 1:30-4:30 League Games (6 rounds, 30 minute blocks, 10 minute halves)
- 4:30 Dinner

Tuesday Evening

6:00-6:10 Warm-up & Stretching (Coaches greet players and take attendance)
6:10-9:10 League Games (6 rounds, 30 minute blocks, 10 minute halves)
(Everyone stays in the gym until 8:45 p.m. You must check in with your coach before leaving)

****Turn in jerseys tonight so they can be washed. Pick them up Wednesday morning in the gym****

9:10 Staff meeting
10:00 Designated counselors back to dorms
10:15 Room Check and first call for lights out
10:30 Lights out, radios off, everyone is quiet and goes to sleep!

Wednesday Morning

7:30-8:15 Breakfast
8:30-8:35 Explain Evaluations and have players go with coaches
8:35-8:55 Individual Evaluation with coaches
8:55-9:10 Organize the 2 on 2 teams (48 total teams, use 8 baskets, 6 teams/ basket)
Explain 2 on 2 Tournament rules

9:10-9:15 Main Basket: 2 vs. 2 Pick and Roll Demonstration with counselors
2 vs. 2 Give and Go Demonstration with counselors

9:15-9:25 Go to assigned tourney baskets for 10 minutes of practice time with the coach at that basket

9:25-10:25 **2 on 2 Showcase Games** (3:00 games with :20 rotation time)

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

			Team Record		
			W	/	L
Rd 1	1 v. 2	Rd 9	3 v. 5		
Rd 2	3 v. 4	Rd 10	2 v. 6	T#1	/
Rd 3	5 v. 6	Rd 11	1 v. 3	T#2	/
Rd 4	1 v. 4	Rd 12	4 v. 5	T#3	/
Rd 5	2 v. 5	Rd 13	2 v. 3	T#4	/
Rd 6	3 v. 6	Rd 14	1 v. 5	T#5	/
Rd 7	2 v. 4	Rd 15	4 v. 6	T#6	/
Rd 8	1 v. 6				

Coaches need to determine the winning team at their basket and be ready to announce them!

10:25-10:30 Coaches quickly announce the winning teams from 2 on 2 at their basket
10:30-10:35 Coaches Collect Jerseys from players and hand back individual evaluations
10:35-10:40 Set up for Awards Ceremony (Explain Checkout Procedure)

AWARDS CEREMONY

10:40-10:50 Introduction of WCSS Staff
1. Trainer(s)
2. Multi-purpose people
3. Coaches and Counselors

10:50-11:10 Contest Finals
1. Team 21
2. Free Throws
3. 1 Ball Mikan

4. 2 Ball Mikan

11:10-11:20 Introduce League Champions, Pool Play Champions, other contest winners

11:30

CHECKOUT

1. Make sure any beds or other furniture that was moved gets back to its original room
2. Make sure all trash is bagged up and put outside in the hallway
3. Please vacuum your room (Vacuums are in the hallways)
4. Have a WCSS staff member check your room and then turn in your key down in the lobby

*Have a GREAT summer!