

WCSS Girls' Scoring Camp June 16-18, 2010

Levels 1-3 Concordia University

Wednesday

9:30-10:15 a.m.	Staff Meeting
10:30-11:30	Camper Registration
11:20-12:15	Subway Lunch (Pick up sub sandwiches in Heidelberg Registration Area)
12:30	Gym is open for campers (There must be a WCSS staff member present in gym)
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 (sorted by class)
1:30-1:35	Separate players into three groups for 3-3 evaluation
1:35-1:40	Main Hoop: Demonstrate 3 on 3 rules and how to rotate (2 dr. max w/ unlimited scores)
1:40-2:00	3 on 3 games at 3 baskets (loser rotates)
2:05-2:10	Water Break
2:10-2:15	Main Hoop: Demonstrate 3 on 3 advanced options and how to rotate (2 dr/2 pass max)
2:15-2:30	3 on 3 games at 3 baskets (losing team rotates)
2:30	Water Break- Knockout Campus Tours Groups divided at this point
2:50- 3:00	Players meet with coaches **Check 1) Attendance, 2) Room #'s, and 3) Jersey #'s <i>(Note any changes and give your roster back to Stacey)</i>
3:00-3:05	Main Hoop: Intro to Pivoting Tough (<i>Rips and Sweeps w/ Attack foot forward</i>)
3:05-3:15	Go to baskets to work on Partner Tough Pivots (<i>Clean catch, Clean pivot, AFF!</i>)
3:15-3:20	Main Hoop: Intro to Getting Open (<i>V-Cut</i>) and 10 toe square-ups (<i>Catch, Face, & Sweep</i>)
3:20-3:30	Go to baskets to work on V-cuts and 10 Toe Square-ups (<i>Attack foot forward! (AFF)</i>)
3:30-3:35	Main Hoop: (Demonstrate 2 on 2 Tough drill)
3:35-3:45	Go to baskets to work on 2 on 2 TOUGH DRILL (<i>Clean catches, Clean pivots, AFF!</i>) (No dribbles! Break VISION & BALANCE to get open, Establish Toughness on the catch)
3:45-3:50	Water Break
3:50-4:00	Main Hoop: Intro to Knockout Dribble (Blast and Crossover Step) and Power Box KO-(Attack lead foot, straight line dribbles, body to body, shoulder to hip, push ball out in front) 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!)
4:00-4:15	Coaches go to baskets with their teams (2 line drill with cooperative def. tight closeouts) (From the elbows work on the BLAST and CROSSOVER STEP with 2 dr. to the PB w/ JS/PF finish) COACHES: <i>Attack foot must go first!</i>
4:15	Afternoon Announcements
4:30-5:15	Dinner

Wednesday Evening

- 6:00-6:15 Announcements / Warm-up & Stretching (Intro to Team 21 contest)
- 6:15-6:55 **Perimeter I Stations** (8 minutes each)
 *Reminder: Players must **HUSTLE** to the next station!
1. Pivot Attack: SF, BTC, 2 dr. Attack to Power Box w/ JS/PF finish (from wings)
 2. Pivot Attack: SF, BTC, 1 dr. Pull-ups (Knockouts are w/ the attack foot first, straight line drives!)
 3. ABC, 123 Shooting Technique (Rep it out, then use concentration drill to count streaks for 2:00)
 4. Bent-Elbow Passing from Tough Position: Post feed tough drill (3 lines, pass through “windows”)
 5. V-cuts, 10 toe square-ups, then 1 on 1 Live from the wing (2 dr. max)
- 6:55-7:00 Get water and be ready to GO!
- 7:00-7:20 **Mikan Drill Contest (8 finalists)**
- 7:20-7:25 **Main Hoop:** Demonstration of 1 on 1 live with new rules
- 7:25-7:40 1 on 1 Live at 10 baskets (Pivot Attack)
- 7:40-7:45 Get water and be ready to GO!
- 7:45-8:25 **Perimeter II Stations** (8 minutes each)
1. Dribble Attack: Crossover dribble with JS/PF finish in Power Box (2 lines)
 2. Dribble Attack: Between the legs with JS/PF finish in Power Box (2 lines)
 3. Dribble Attack: Behind the back with JS/PF finish in Power Box (2 lines)
 4. Dribble Attack: Pull-back Crossover with JS/PF finish in Power Box (2 lines)
 5. Quick Review of ABC’s, then count streaks for 2:00 timings from one step further back
- 8:25-8:30 Water Break
- 8:30-8:45 Right-handed and Left-handed 1 foot lay-ups w/ own coaches (Sideline mass reps 1,2,3)
- 8:45-8:50 **Main Hoop:** Demo of 1 on 1 Dribble Attack
- 8:50-9:00 Coaches take their teams to their baskets for 1 on 1 Dribble Attack
- 9:00 Everyone meets in the bleachers for review of evening rules
- 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!**

Thursday Morning

7:30-8:15 a.m. Breakfast

8:30-8:45 Announcements / Warm-up & Stretching (Intro to 2 ball Mikan Drill and FT contests)

8:45-8:50 **Main Hoop:** 2 on 2 demonstration (Pick & Roll or Pick & Pop)
8:50-9:05 2 on 2 Tournament at 10 baskets

9:05-9:10 Water break

9:10-9:25 **Main Hoop:** Introduction to Post Play

9:25-10:00 **Post I Stations** (7 minutes each)

Reminder: Coaches should line dance at least 4 minutes for maximum reps!

1. Drop Step from Right Block (Catch, Step, Dribble-Hop-Chin)
2. Drop Step from Left Block (Catch, Step, Dribble-Hop-Chin)
3. Turn and Shoot to middle (both blocks)
4. Power Hook to middle from Right Block (Catch, Step, Dribble-Hop-Chin)
5. Power Hook to middle from Left Block (Catch, Step, Dribble-Hop-Chin)

10:00-10:05 Water break

10:05-10:15 **Main Hoop:** 1 on 1 in the Post demonstration

10:15-10:30 1 on 1 in the Post Tournament at 10 baskets

10:30-10:35 Water

10:35-10:45 **Main Hoop:** Demonstration of 2 on 2 in the Post

10:45-11:00 2 on 2 in the Post at 10 baskets

11:00-11:55 Lunch

Thursday Afternoon

12:30 2 Ball Mikan Drill Contest

1:00-1:20 p.m. Announcements / Warm-up & Stretching (Intro to 3 Point contest, Coaches demonstrate)

1:20-1:55 **Post II Stations** (7 minutes each)

1. Duck Under from Right Block (Catch, Turn & Fake, Rip & Step, Dribble-Hop-Chin)
2. Duck Under from Left Block (Catch, Turn & Fake, Rip & Step, Dribble-Hop-Chin)
3. Getting Open and Catching in the Post vs. Cooperative Defense (Rev. Leg Whip, Punch Pivot)
4. Short Corner Rip Move (Catch, Rip & Step, Dribble-hop-chin)
5. 4 spot ABC Shooting Technique (12' Baseline shots & Elbow shots) count streaks for 2:00 timings

1:55-2:00 Water Break

2:00-2:10 **MAIN BASKET:** 2 on 2 in the Post demonstration

2:10-2:25 2 on 2 Post Tournament at 10 baskets

2:25 Team 21 Contest

2:50-3:25 **Perimeter III Stations** (7 minutes)

1. Pivot Attack: 1 on 1 Live, Get open and SCORE! (2 dr. max)
2. Screen Attack: 1 on 1 w/ 2 screeners, Get open and SCORE! (2 dr. max)
3. Post Attack: 1 on 1 w/ 4 passers, Get open and SCORE! (1 dr. max)
4. Dribble Attack: 1 on 1, Break defender's balance and SCORE! (5 dr. max)
5. 3 Point Shooting Technique

3:25-3:30 **Free Throw Contest (8 finalists)**

3:50-4:20 Team Lightning Competition for Soda

4:30 Dinner

Thursday Evening

6:00-6:15 p.m. Announcements / Warm-up & Stretching (Wardrobe Challenge)

6:15-6:25 **Main Hoop:** Demonstration of 3 on 3 Screen Attack w/ no dribble

6:25-6:45 3 on 3 Screen Attack Live at the 6 Main Baskets on Courts 1,2,3

6:45-6:50 Water Break

6:50-7:00 **Main Hoop:** Demonstration of 3 on 3 Screen Attack (2 dr./ 3 pass max)
7:00-7:15 3 on 3 Screen Attack Live at the 6 Main Baskets on Courts 1,2,3

7:15-7:25 **Main Hoop:** Demonstration of 3 on 3 Gap Attack (Creating plays with penetration)
7:25-7:40 3 on 3 Gap Attack Live at the 6 Main Baskets on Courts 1,2,3

7:40-7:45 Water
7:45-7:55 Set up for 3 on 3 Tournament

7:55-8:50 3 on 3 Tournament (16 teams)

****Reminder to Coaches to please record scores and circle the winning teams!**

Rd 8 The 3 winning teams at the MAIN BASKET for the Championship!!

8:50-9:00 Organize teams for 2 on 2 Showcase Tourney
9:00 Everyone Meets for last night announcements and check out reminders
9:10 Coaches Meeting to discuss responsibilities for last day

10:00 Assigned Coaches back to dorms
10:15 1st Call for Lights Out

10:30 p.m. Lights Out and NO noise!

Friday Morning

7:30-8:15 Breakfast
8:20 Coaches Meeting in the Gym
8:30-8:40 Announcements / Warm-up & Stretching (Explain awards ceremony)
8:40-9:10 **3 Point Contest (8 finalists)**

9:10-9:25 Review of Moves and Concepts/ Explanation of WCSS “Make 5” Workout sheet
9:25-9:35 Set up and warm-up for 2 on 2 Showcase Tourney

9:35-10:15 Showcase 2 on 2 Tourney
(6 teams/ basket, 3 baskets, 2:30 minute games with 15 sec. change time)

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

10:15-10:20 Water Break
10:20-10:25 Set up for awards ceremony

AWARDS CEREMONY

10:30-10:45 Introduction of Staff and Explanation of Checkout Procedure

10:45-10:50 Championship Games

10:50-11:25 Contest Finals

1. Three Point Contest
2. Team 21 Contest

3. Free Throws
4. Mikan Drill
5. Two ball Mikan drill

11:30

Check Out

- A. All trash needs to be bagged up and put out in the hallway
- B. Please vacuum your room and put any furniture that was moved back to the way you found it
- C. Have a WCSS staff member check your room
- D. Turn in your room key down in the lobby where you registered on Sunday

Enjoy the rest of your summer and best of luck next season!

The WCSS staff