

Wednesday Evening

6:00-6:15 Announcements / Warm-up & Stretching

6:15-7:05 **Pivot Attack** (7 minutes)

*Reminder: Players must HUSTLE to the next station!

1. SF, BTC, 2 dr. Attack to Power Box w/ JS/PF finish (from wings) [1,2]
 2. SF, BTC, 1 dr. Pull-ups (KO's are w/ the attack foot first, straight line drives!) [4,5]
 3. SF,BTC, blast fake, JS,SF,BTC, Crossover step, pop back [7,8]
 4. ABC, 1-2-3 Shooting Technique (Rep it out, then use concentration drill to count streaks) [11,13]
 5. Screen attack,; regular cuts off screens into JS [9,10]
 6. Above the Neck Situation [Classroom]
- * Stations 1 and 2 emphasize straight line drives

7:05-7:10 Water Break

7:10-7:30 **1 on 1 live with 2 dribble max (make it/ take it)**

7:30-7:35 Water Break

7:35-7:55 Mikan Drill to 8 finalists

7:55-8:45 **Dribble Attack** (7 minutes)

1. Crossover dribble with JS/PF finish in Power Box [Area 15]
2. Between the legs with JS/PF finish in Power Box [Ct. 1]
3. Behind the back with JS/PF finish in Power Box (2 lines) [Ct. 2]
4. Pull-back Crossover with JS/PF finish in Power Box (2 lines) [Ct. 3]
5. Hesitation Move with JS in Power Box [11,13]
6. Above the Neck Situation [classroom]

8:45-8:50 Water Break

8:50-9:05 **Demo: 1 on 1 Dribble Attack**

9:05- 10 FTs

9:00 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!

Thursday Morning

7:30-8:15 a.m. Breakfast
8:30-8:45 Announcements / Warm-up & Stretching **Demo** 2 ball Mikan
8:45-9:10 **Demo** 3-3 (Pick and Roll; Pick and Pop)
3-3 at 6 baskets
9:10-9:15 Water Break
9:15-10:05 **Post Attack** Stations (7 minutes)
Reminder: Coaches should line dance at least 4 minutes for maximum reps!

1. Drop Step (Catch, Step, Dribble-Hop-Chin) [1,2]
2. Short Corner Rip [9,10]
3. Power Hook (both blocks) [7,8]
4. Turn and Shoot [4,5]
5. Duck Under [11-14]
6. Above the Neck Situation [classroom]

10:05-10:10 Water Break
10:10-10:35 Team 21 Contest
10:35-11:00 Demo 1-1 in the post
Coach passes Make it/ take it

11:05-11:20 **Ask Coach Ferry**:
"The collegiate level D1, D2, D3 What it takes..."
11:20-11:30 10 FTs
11:30 Lunch

Thursday Afternoon

1:00-1:20 p.m. Announcements / Warm-up & Stretching (**Coaches demonstrate 3 Pt. Contest**)

1:20-2:15 **Demo** Post Attack #2 Stations (7 minute stations)

1. Garnett Pivot with jump shot [4,5]
2. Garnett Pivot, PF, 1 dribble JS in Power Box [7,8]
3. Wing / Baseline Seal Footwork [1,2]
4. Top foot battle/ Lob Receipt [9,10]
5. Seal/Reseal/chin [11,13]
6. Above the Neck

2:15-2:20 Water
2:20-2:45 **2 Ball Mikan Contest (8 finalists)**

2:50-3:20 Screen Attack Stations

1. Regular cuts with jump shot [11,13]
2. Regular cuts with PF, 2 dribble, JS finish in power box [4,5]
3. Curl cuts [1,2]
4. Flare cuts [7,8]
5. 3 pt. shooting technique [9,10]
6. Above the neck

3:40-3:45 Water Break

3:45 **Three Point Contest (8 finalists)**
4:10 Team Lightning Competition

Thursday Evening

- 6:00-6:15 p.m. Announcements / Warm-up & Stretching
- 6:15-6:40 **Demo:** 3 on 3 Gap Attack
3-3 gap attack at main baskets
- 6:40-6:45 Water Break
- 6:45-7:10 **Demo:** 3-3 screen attack
3-3 screen attack with 2 dribble, 3 pass max
- 7:10-7:15 Water Break
- 7:15-7:40 **Demo:** 3 on 3 Screen Attack w/o dribble
- 7:40-7:45 Water Break
- 7:45-7:55 Set up for 3 on 3 Tournament
- 7:55-8:50 3 on 3 Tournament (4:00 games, 30 sec. changeover)

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

	<u>Basket 10</u>	<u>Basket 9</u>	<u>Basket 1</u>	<u>Basket 8</u>	<u>Basket 2</u>	<u>Basket 7</u>
Rd 1						
Rd 2						
Rd 3						
Rd 4						
Rd 5						
Rd 6						
Rd 7						
8:50-9:00	Team FTs					
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	1 st 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
- 8:30-8:50 Review of Moves and Concepts/Explanation of WCSS "Make 5" workout sheet
- 8:50-9:00 Set up and warm-up for 3 on 3 Showcase Tourney

9:00- 10:05

Showcase 3 on 3 Tourney (*Parents Invited to Watch!*)

(6 teams/ basket, 8 baskets, 5:00 games with one minute 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		

10:05-10:15

Meet with coaches

10:15-10:20

Set up for awards ceremony

AWARDS CEREMONY

10:20-10:35

Introduction of Staff and Explanation of *Checkout Procedure*

10:35-10:40

Championship games & Championship teams recognized

10:40-11:00

Contest Finals

1. Three Point Contest
2. Team 21 Contest
3. Free Throw Champs announced
4. Mikan Drill
5. Two ball Mikan drill

11:05

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!