

WCSS Boys' Scoring Camp (Levels 1-4)
Concordia University July 13-15, 2011 (55 players)

Wednesday

- 9:30-10:30 a.m. Staff Meeting
10:30-11:30 Camper Registration
11:45-12:30 Subway Lunch (Pick up sub sandwiches in Heidelberg Registration Area)
12:30 Gym is open for campers
12:45 Coaches meet at the gym
- 1:00-1:10 **Everyone Meets in Gym!** Introduction of Staff and announcements for campers
1:10-1:15 Separate players into groups for 3-3 evaluation
- 1:15-1:25 Warm up and stretching sorted by class
1:25-1:45 **Main Hoop:** Demonstrate 3 on 3 rules and how to rotate
3-3 games at 5 baskets (loser rotates) **Evaluation Time #1**
- 1:45- 1:50 Water break
- 1:50- 2:15 **Main Hoop:** Demonstrate 3 on 3 (pass and screen away and pass/cut)
3 on 3 games at 6 baskets (losing team rotates) **Evaluation Time #2**
- 2:15- 2:20 Water Break-
- 2:20- 2:35 Demo: Intro to Power Box
a. Stay low b. Be balanced c. Ten toes to the baseline
Coaches write down #s of players at your basket
- 2:35- 2:50 Demo: 1-1 from FT line (Make it/take it; 2 dribble max) **Evaluation Time #3**
- 2:55- 3:30 Regrouping (10 minutes at each of the following)
1. campus tours
2. Intro to ABC shooting
3. Stationary ball handling drills
- Players meet with coaches: check jersey and room #s
- 3:45- 4:00 **Demo:** Main Hoop: Intro to Pivoting Tough (*Rips and Sweeps w/ Attack foot forward*)
Go to baskets to work on Partner Tough Pivots (*Clean catch, Clean pivot, AFF!*)
- 4:00- 4:10 **Demo:** Intro to getting open and 10 toes square ups
Go to baskets to work on V-cuts and 10 toe square ups
a. change speed b. change direction c. hop to ball and square up
- 4:10 Water Break
- 4:15- 4:30 **Demo:** Intro to Blast, Crossover, and Power Box
Go to baskets to work on Blast and Crossover with Power Box finish
a. Attack foot first b. Finish low in power box
- 4:30-5:15 Dinner

Wednesday Evening

- 6:00-6:15 Announcements / Warm-up & Stretching (Mikan Explanation))
6:15-7:00 Pivot Attack Stations (8 minutes each)
1. SF, BTC, Blast step, 2 dr. Attack to Power Box (9,10)
 2. SF, BTC, Crossover, 2 dribble attack to Power Box (1,8)
 3. SF, BTC, Blast step, 1 dribble pull up JS (5,7)
 4. SF, BTC, Crossover, 1 dr. pull up JS (2,4)
 5. Intro to ABC shooting (11-13)
 6. Stationary Ball handling (mezzanine)
- 7:00-7:05 Water Break
7:05-7:25 1-1 live with 2 dribble max (make it; take it)
- 7:25-7:45 Mikan Drill (8 finalists)
- 7:45-7:50 Water Break
- 7:50-8:35 Dribble Attack Stations
1. Combination moves with chairs (Area 15)
 2. Between the legs with JS/PF finish in Power Box (9, 10)
 3. Behind the back with JS/PF finish in Power Box (1,8)
 4. Pull-back Crossover with JS/PF finish in Power Box (2,7)
 5. Crossover and hesitation (11-13)
 6. Two ball dribbling drills (mezzanine)
- 8:35-8:40 Water Break
- 8:40-8:45 **Demo;** 1 on 1 Dribble Attack
8:45-8:55 Coaches take their teams to their baskets for 1 on 1 Dribble Attack
8:55-9:00 10 FTs recorded by group coach
- 9:00 Everyone meets in the bleachers for review of evening rules
9:05 Coaches meeting
- 10:00 1st call for Lights out
- 10:15 p.m. Lights Out and NO noise!

Thursday Morning

- 7:30-8:15 a.m. Breakfast
- 8:30-8:40 Announcements / Warm-up & Stretching (Demo of Team 21 and 2 ball Mikan)
- 8:40-9:00 **Demo:** 3 on 3 demonstration (Pick & Roll or Pick & Pop)
3 on 3 (stay at group hoop)
- 9:00-9:15 **Demo:** 3-2 strategies (2 pass max)
3-2 (two pass max)
- 9:15-9:20 Water Break
- 9:20-9:50 Team 21 Contest

9:50-10:40 **SCORING CAMP ONLY**
 Post Attack Stations (8 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) (10,13)
2. Drop Step from Left Block (Catch, Step, Dribble-Hop-Chin) (2,9)
3. Turn and Shoot to middle (both blocks) (11,12)
4. Duck Under from Right Block (Catch, Turn & Fake, Rip & Step, Dribble-Hop-Chin) (7,6)
5. Duck Under from Left Block (Catch, Turn & Fake, Rip & Step, Dribble-Hop-Chin) (4,5)
6. Strength Training (mezzanine)

9:50-10:40 **MIDDLE SCHOOL CAMP ONLY**
 Championship Games – 25 minute blocks (10 minute halves)

9:50-10:25 S3-S4

10:25-10:50 S1-S2

10:40-10:45 **Demo:** 1 on 1 in the Post

10:45-10:55 1 on 1 in the Post (make it; take it)

10:55-11:00 Water break

11:00-11:15 Team Practice Time/ Shape Your Game

1' layups Review Skills work to this point

11:15 Group Free Throws - Every player shoots 10; coaches record totals

11:30-12:15 Lunch

Thursday Afternoon

1:00-1:15 p.m. Announcements / Warm-up & Stretching (Demo 3 Point contest)

1:15-2:05 Post Attack Stations (8 minutes each)

1. Power Hook to middle from Right Block (Catch, Step, Dribble-Hop-Chin) (9,10)
2. Power Hook to middle from Left Block (Catch, Step, Dribble-Hop-Chin) (1,8)
3. Getting Open and Catching in the Post
 - a. Rev. Leg Whip
 - b. Punch Pivot (2,4)
4. Short Corner Rip Move (Catch, Rip & Step, Dribble-hop-chin) (7,5)
5. Free Throw Shooting Technique (11-13)
6. Core training (Core training)

2:05-2:10 Water Break

2:10-2:30 Two Ball Mikan Contest

2:30-3:20 Screen Attack Stations (8 minutes)

1. Regular cuts with jump shot (2,4)
2. Regular cuts with PF, 2 dribble, JS finish in power box (1,8)
3. Curl cuts (7,5)
4. Flare cuts (9,10)
5. 3 Point Shooting Technique (11,13)
6. Core Training (Mezzanine)

3:25-3:30 Water Break
 3:30-3:55 Lightning Competition (8 finalists)
 3:55-4:10 Team Practice/ Shape Your Game
 4:10- Free Throws- Shoot 10 Coach records totals (cumulative)
 4:30 Dinner

Thursday Evening

6:00-6:15 p.m. Announcements / Warm-up & Stretching
 6:15-6:20 **Demo:** 3 on 3 Gap Attack (Creating plays with penetration)
 6:20-6:35 3 on 3 Gap Attack Live
 6:35-6:40 Water Break
 6:40-6:45 **Demo:** 3 on 3 Screen Attack (2 dr./ 3 pass max)
 6:45-7:00 3 on 3 Screen Attack Live w/2 dribbles
 7:00-7:05 Water Break
 7:05-7:10 **Demo:** 3 on 3 Screen Attack w/ no dribble
 7:10-7:25 3 on 3 Screen Attack Live
 7:25-7:30 Water Break
 7:30-7:40 Set up for 3 on 3 Tournament
 7:40-8:30 3 on 3 Tournament (5:00 games, 30 sec. changeover)

***Reminder to Coaches to please record scores and circle the winning teams!
 Recording sheets will be handed out separately*

	<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 etc.						

8:30-8:45 Team Practice/ Shape Your Game (Coaches' Choice via game review)
 8:45-9:00 FTs Shoot 10; Coaches record cumulative totals
 9:00 Coaches Meeting to discuss responsibilities for last day
 10:00 Counselors 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
9:35-10:20 Showcase 2 on 2 Tourney
(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 Water break
10:25-10:30 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!

