

WCSS Girls' Advanced Scoring Camp (Levels 1-4)

Concordia University June 15-17, 2011 (60 girls)

Wednesday

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
1:35-1:55	3-3 games at the 3 main areas
1:55-2:00	Water Break
2:00-2:05	Main Hoop: Demonstrate 3-3 attacking variations (3 dr. and 2 pass max)
2:10-2:25	3 on 3 games at 3 basket areas (12 players/ basket)
2:25	Water Break- Athletic Area Tours
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 Getting Open (<i>V-Cut</i>) and 10 toe square-ups (<i>Catch, Face, & Sweep</i>)
3:05-3:15	Go to baskets to work on V-cuts and 10 Toe Square-ups (<i>AFF-Attack Foot Forward!</i>)
3:15-3:20	Main Hoop: Intro to Pivoting Tough (<i>Rips and Sweeps w/ Attack foot forward</i>)
3:20-3:30	Go to baskets to work on Partner Tough Pivots (<i>Clean catch, Clean pivot, AFF!</i>)
3:30-3:35	Water Break
3:35-3:45	Main Hoop: Demonstrate Post Feed Tough drill (Pass through the "windows")
3:45-3:55	Go to baskets to work on Post Feed Tough drill
3:55-4:00	Water Break
4:00-4:05	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!)
4:05-4:10	Go to baskets to work on finishing tough from the Power Box
4:10-4:15	Main Hoop: Intro to the Knock-Out Dribble (Blast & Crossover Step)
	(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>
4:15-4:25	Go to baskets to work on using a KO dribble to attack the PB
4:25	Afternoon Announcements
4:30-5:15	Dinner

Wednesday Evening

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

6:15-6:50 **Pivot Attack** (7 minutes)

*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) [1,2]
2. Pivot Attack: SF, BTC, 1 dr. KO Pull-ups (KO's are w/ the attack foot first, straight line drives!) [11,12]
3. ABC, 1-2-3 Shooting Technique (Rep it out, then use concentration drill to count streaks) [13,14]
4. Pivot Attack: Drive fake, Shot (Blast counter move) {from 3 pt. line for AS2} [9,10]
5. Pivot Attack: Pop back, Shot (Crossover Step counter move) {from 3 pt. line for AS2} [7,8]

6:50-6:55 Get H2O and be ready to GO!

6:55-7:05 **1 on 1 Pivot Attack** at baskets from FT line (2-3 dr. max/ must be a 2 Foot Finish!)

7:05-7:40 **Dribble Attack** (7 minutes)

1. Dribble Attack: Crossover dribble with JS/PF finish in Power Box (2 lines) [1,2]
2. Dribble Attack: Between the legs with JS/PF finish in Power Box (2 lines) [7,8]
3. Dribble Attack: Behind the back with JS/PF finish in Power Box (2 lines) [9,10]
4. Dribble Attack: Pull-back Crossover with JS/PF finish in Power Box (2 lines) [11,12]
5. Right and Left-handed 1 foot lay-ups (1,2,3- Footwork, add ball, add basket) [13, 14]

7:40-7:45 Get H2O and be ready to GO!

7:45-7:55 **1 on 1 Dribble Attack** at baskets from 10' Volleyball line (5 dr. max/ 2 Foot Finish!)

7:55-8:05 **Main Hoop:** Intro to Post Play (Demo of 1 on 1 drill)

8:05-8:40 **Post Attack** (7 minutes)

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

1. Post Attack: Drop Step from Right Block (Catch, Step, Dribble-Hop-Chin) [1,2]
2. Post Attack: Drop Step from Left Block (Catch, Step, Dribble-Hop-Chin) [7,8]
3. Post Attack: Turn and Shoot to middle (both blocks) [9,10]
4. Post Attack: Mikan Move [13,14]
5. Post Attack: Reverse Mikan [11,12]

8:40-8:45 Get H2O and be ready to GO!

8:45-8:55 **1 on 1 Post Attack** at baskets (1 dr. max, 2 Foot Finish!, use 3 or 4 passers depending on space)

8:55-9:00 ***(Demonstrate 1 ball and 2 ball Mikan contests)***

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

8:45-9:25 **Post Attack II** (8 minutes)

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

1. Duck Under from Right Block (Catch, Turn & Fake, Rip & Step, Dribble-Hop-Chin) [11,12]
2. Duck Under from Left Block (Catch, Turn & Fake, Rip & Step, Dribble-Hop-Chin) [13,14]
3. Getting Open and Catching in the Post vs. Cooperative Defense (Rev. Leg Whip) [9,10]
4. Short Corner Rip Move (Catch, Rip & Step, Dribble-hop-chin) [1,2]
5. ABC, 1-2-3 Shooting Technique (count streaks again) [7,8]

9:25-9:30 Water

9:30-9:45 **Ask Coach Brunner:** “What does it take to play at the next level?”

9:45-10:05 **1 Ball Mikan Contest**

10:05-10:10 **Main Hoop:** 2 on 2 Strategies

10:10-10:25 2 on 2 at baskets [Ballscreens- Pick and roll (seal) or Pick and pop]

10:25-10:30 Water

10:30-11:00 “*SHAPE your GAME... part I*”- developmental time spent with coaches at home baskets

11:00-12:00 Lunch

Thursday Afternoon

12:30 Two Ball Mikan- Demo and Contest (Demo- Team 21 and Ft Contest)

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

1:20-2:20 **Coaches Choice Stations** (6 minutes each)

2:20-2:25 Water

2:25-2:50 **Team 21 Contest (8 finalists)**

2:50-3:20 “*SHAPE your GAME...part II*”- developmental time spent with coaches at home baskets

3:20-3:25 Water

3:25-3:45 **Free Throw Contest (8 finalists)**

3:45-4:10 2 on 2 Post Attack Tourney

4:10 Team Lightning Competition for Soda

4:30 Dinner

Thursday Evening

6:00-6:15 p.m. Announcements / Warm-up & Stretching (Wardrobe Challenge)
6:15-6:45 **3 on 3 Team Strategies to help prepare for Tourney** (All teams)
6:45-6:50 H2O
6:50-7:10 Question & Answer Session with Collegiate Student-Athletes
CUW Falcons Quick Tour
7:10-7:40 **3 on 3 Team Strategies to help prepare for Tourney** (All teams)
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 (18 teams 5:00 games, 30 sec. changeover)

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

(Pool winners play each other this round)

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
9:35-10:20 Showcase 2 on 2 Tourney (Parents Invited to Watch!)
(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 & Championship teams recognized

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 advanced scoring staff