

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

Concordia University June 26-28, 2011

Sunday	
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

Sunday 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. Pivot Attack: Drive fake, Shot (Blast counter move) {from 3 pt. line for AS2} [9,10]
4. 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]

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: Mikán Move [13,14]

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 Mikán 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!

Monday 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 Mikán 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

11:00-11:20 **2 Ball Mikán Contest**

11:20 Everyone meets in the bleachers (**Demonstrate Team 21 and Free Throw Contests**)

11:30-12:15 Lunch

Monday Afternoon

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)

B1

B7

B8

B10

B12

B2

LR

B9

B11

B13

Stephanie (Locker Room tour)

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

Monday 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 (24 teams, 6 pools of four teams, 5:00 games, 30 sec. changeover)

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

- 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

10:15 p.m. Lights Out and NO noise!

Tuesday 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, 8 baskets, 2:30 minute games with 15 sec. change time)
10:20-10:25 H2O
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 & 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