

WCSS Concordia Girls' Middle School Camp

June 19-22, 2011

Sunday

- 2:30-4:00 Registration in Heidelberg Lounge
3:00-4:00 CUW Tours
4:30-5:15 Dinner in CUW Cafeteria
- 6:00-6:15 **EVERYONE meets in bleachers** / Introduction of Staff /
Announcements
6:25-7:00 Evaluation 3 on 3 – 6 baskets & 12 players per basket
- Emphasize ball toughness, attacking the basket
- 7:00-7:20 Campus Tours & Knockout
(8 teams of 9 or 10 assembled)
7:20-7:25 Players meet coaches. Check room numbers, jersey #'s, names
- Report changes to Troy
- 7:30-8:20 **Ball Toughness Attack Stations** (6 minute rotations)

Set One

1. Rapid Fire Bent Elbow Passing from Tough Position (Man in middle drill)
 2. Spin & Catch, Square-up & Shot fake in Triple Threat Position on PPF (attack foot forward)
 3. STANCE, starts, stops, and turns (rips and sweeps)
 4. Intro to proper shooting technique (ABC Form Shooting)
 5. Right handed lay-ups (w/o ball, then w/ ball, 1-2-3)
 6. Left handed lay-ups (w/o ball, then w/ball, 1-2-3)
 7. Power Box: Power finishes with jump stops and pump fakes (JS/PF)
Water break
 8. ABC Concentration Shooting Drill (home basket)
- 8:25 Main Basket: Camp offense demonstration (Screen down, Screen Away)
- 8:30-9:00 Teams go to baskets with coaches/ work on HC offense, OB plays, etc.
- 9:00 Coaches Meeting
- 10:00 First call for lights out
- 10:15 Lights out, TV/radios off, and everyone goes to sleep

Monday Morning

- 7:30-8:15 Breakfast
- 8:30-8:40 Warm-up and Stretching. (Roll Call). Demo Team 21
- 8:40-9:30 Pivot attack Stations combined with Post Stations (Line Dance First)
1. Drop Step
 2. Turn and Shoot
 3. Duck Under
 4. Getting open in the post (Reverse leg whip)
 5. SF, Blast to Power Box
 6. SF, Blast Fake, Shot
 7. SF, Crossover Step to Power Box
 8. SF, Crossover Step to Jump Shot
- 9:30-9:45 1 on 1 live from FT line w/ 3 dribble max. Make it take it.
- 6 main baskets
- 9:45-9:55 Main Basket Demo: Man-to-Man Shell Drill Defense
- 9:55-10:15 Half-court M-M Shell drill with teams. Teams 1-2 on north wall hoops
- 10:15-10:35 Half-Court practice time for teams 1-6. Teams 7-8 on north wall hoops
- Explain stat sheets, work on plays, shell drill
- 10:35-11:00 Half Court practice time for teams 7,8 1-4. Teams 5-6 on North Wall
- 11:00-11:30 Team 21 Contest
- 11:30 Lunch

Monday Afternoon

- 1:00-1:10 Warm-up & Stretching. Demo Mikan Contest
- 1:15-1:30 Demo: Point of Emphasis (Blocking Out)
- Teams work on Boxing Out (Use 8 hoops)
- 1:30-2:00 Team Practice Time. Teams 3-4 on North Wall Hoops
- Teams 1,2 on Court 1
- Teams 3,4 on North Wall
- Teams 5,6 on Court 2
- Teams 7-8 on Court 3
- 2:00-2:20 Mikan Contest
- 2:20-2:30 Review game rules and set up for games
- 2:30-3:45 **League games** (2 rounds, 40 minutes, 15 minute halves)
- 3:45-4:15 Shape Your Game - Question and Answer Session with college bball players
- 4:30-5:15 Dinner

Monday Evening

6:00-6:10 Announcements / Warm-up and Stretching
6:15-8:45 **League games** (4 rounds, 35 minute games, 15 minute halves)
Coaches meeting
10:15 First call for lights out
10:30 Lights out, TV/radios off, and everyone goes to sleep

Tuesday Morning

7:30-8:15 Breakfast
8:30-8:45 Warm-up and Stretching. Demo Free Throw Contest
8:45-9:40 Dribble Attack Stations (Chairs & 2 lines)

1. Between the Legs to power box. Jump stop and power finish
2. Behind the back to power box. Jump stop and power finish
3. Crossover to power box. Jump stop and power finish
4. Spin to power box. Jump stop and 1 dribble jump shot
5. Ball Handling
6. Speed Ladder
7. Hesitation with Pull Back Crossover to 1 dribble Jump Shot
8. ABC Shooting

9:45-10:00 Demo: 1 on 1 Dribble attack (6 baskets)

- Stay inside Lane Line

10:00-10:15 Free Throw Contest

10:15-10:45 Team practice Time

- Teams 1-2 on north wall

10:45-11:00 Team Lightning (2 winners per team playoff)

11:30 Lunch

Tuesday Afternoon

1:00-1:10 Announcements / Warm-up and Stretching
1:10-2:30 **League Games** (2 rounds, 40 minutes, 15 minute halves)
2:30-3:00 Team Time (Situations Discussions in classrooms and gym)
3:05-4:15 **League Games** (2 rounds, 40 minutes, 15 minute halves)
4:30 Dinner

Tuesday Evening

- 6:00-6:10 Warm-up and Stretching
- 6:10-7:30 **League Games** (2 rounds, 40 minutes, 15 minute halves)
- 7:35-7:45 **Wardrobe Challenge**
- 7:45-9:00 **League Games** (2 rounds, 30 minutes, 12 minute halves)
- 9:05 Coaches meeting
- 10:15 First call for lights out
- 10:30 Lights out, TV/radios off, and everyone goes to sleep

Wednesday Morning

- 7:30-8:15 Breakfast
- 8:30-9:00 Explain Evaluations and have players go with coaches
- 9:00-9:10 Main Basket Demo: 2 vs. 2 Pick and Roll Demonstration
2 vs. 2 Give and Go Demonstration
2 vs. 2 Pick and Pop
- 9:10-9:30 Practice 2 on 2 strategies at 6 baskets
- 9:30-10:20 2 on 2 Showcase Tourney** (3:00 games with :30 rotation time)
- 10:20-10:25 Collect Jerseys and hand back individual evaluations
- 10:25-10:30 Set up for Awards Ceremony (Explain Checkout Procedure)

<i>AWARDS CEREMONY</i>

- 10:30-10:40 Introduction of WCSS Staff
1. Trainer(s)
2. Multi-purpose people
3. Coaches and Counselors
- 10:40-11:10 Contest Finals
1. Team 21 Free Throws 1 Ball Mikan
- 11:10-11:20 Introduce League Champions and other contest winners

11:30 CHECKOUT PROCEDURE

1. Make sure all trash is bagged up and put outside in dumpster
2. Make sure your room is as clean as when you moved in (Vacuums in hallways)
3. Have a WCSS staff member check your room
4. Turn your room key in at the registration area where you received it on Sunday

WCSS Staff for Boys' Middle School Camp

Concordia University June 19-22

Director

Troy Riehl

<u>Team #</u>	<u>Team Name</u>	<u>Coach</u>
1	Indiana	Zach Neumann
2	Purdue	Megan Sopkowicz
3	Wisconsin	Steve Tennies
4	Penn State	Jerry Pittz
5	Michigan	Nick Doedens
6	Marquette	Melanie Kulibert
7	UWGB	Brian Witthuhn
8	Toledo	David Enters

Game Schedule *(Every team plays 7 games during the regular schedule)*

Monday – (15 minute halves)

2:30-3:05	1-3	5-7
3:10-3:45	6-8	2-4
6:15-6:50	5-8	1-4
6:55-7:30	2-6	3-7
7:35-8:10	1-5	4-8
8:15-8:50	2-7	3-6

Tuesday – 35 minute blocks (15 minute halves)

1:10-1:45	5-2	1-6
1:50-2:30	4-7	3-8
3:05-3:40	4-6	2-8
3:45-4:20	1-7	3-5
6:10-6:45	6-7	1-8
6:50-7:25	2-3	4-5
7:45-8:20	1-2	5-6
8:25-9:00	7-8	3-4