

WCSS Varsity Scoring Camp June 26-28, 2011 (Levels 1-3)

Sunday

9:30-10:30 a.m.	Staff Meeting
10:30-11:30	Camper Registration
11:30-12:15	Lunch (Pick up sub sandwiches in Heidelberg Registration Area)
12:30	Gym is open for campers
12:45	Staff meet at the gym
1:00-1:20	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
1:35-1:50	3-3 games at the 3 main areas
1:50-1:55	Water Break
1:55-2:20	Warm up Drills: 11 Man & 4 on 4 on 4—make it take it
2:20	Water Break- Make Groups / Athletic Area Tours
2:35-2:45	Players meet with coaches **Check 1) Attendance, 2) Room #'s, and 3) Jersey #'s (Note any changes and give your roster back to Stacey)
2:50-2:55	Main Hoop: Intro to Pivoting Tough (<i>Permanent Pivot Foot, Rips and Sweeps w/ Attack foot forward</i>)
2:55-3:05	Go to baskets to work on Partner Tough Pivots (<i>Clean catch, Clean pivot, AFF!</i>)
3:05-3:10	Main Hoop: Intro to Getting Open (<i>V-Cut</i>) and 10 toe square-ups (<i>Catch, Face, & Sweep</i>)
3:10-3:20	Go to baskets to work on V-cuts and 10 Toe Square-ups (<i>AFF-Attack Foot Forward!</i>)
3:20-3:25	Water Break
3:25-3:30	Main Hoop: Demonstrate Passing & Tough drill (Jump 2 the catch, 2 feet-hands-eyes)
3:30-3:40	Go to baskets to work on passing drills w/ rips & sweeps (Pass through the “windows”)
3:40-3:50	Main Hoop: Intro to Transition Drills *5 man weave series *Rebound Outlet
3:50-3:55	Water Break
3:55-4:05	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!)
4:05-4:20	Go to baskets to work on finishing tough in the Power Box ***add Blast & Crossover Moves w/ KO dribble
4:20-4:30	Main Hoop: Intro to Transition Drills *Long Pass (both sides) run the lanes, stay wide add 2 nd guard *Show CUW Transition (counselors)
4:30	Afternoon Announcements
4:30-5:15	Dinner

Sunday Evening

- 6:00-6:15 Announcements / Warm-up & Stretching
- 6:15-6:20 Warm Up: 11 Man
- 6:25-6:50 CUW Transition:
1st Option-ball side post, 2nd Option-Fade Screen on top, 3rd Option-back screen (lob)
- 6:50-6:55 Get H2O and be ready to GO!
- 6:55-7:05 Lay-Ups & Reverse Lay-Ups at home basket
- 7:05-7:35 **Offensive Stations** (6 minutes)
1. Dribble Attack: Crossover dribble & Between the Legs w/ JS/PF finish Power Box & Jumpers
 2. Pivot Attack: Blast move w/ JS/PF finish in Power Box & Jumpers
 3. Pivot Attack: Crossover move w/ JS/PF finish in Power Box & Jumpers
 4. Pivot Attack: Reggie Miller Pop back
 5. ABC Shooting Technique
- 7:35-7:40 Get H2O and be ready to GO!
- 7:40-7:45 **1 on 1 Pivot Attack** at baskets from FT line (2-3 dr. max/ must be a 2 Foot Finish!)
- 7:45-7:55 **Main Hoop:** CUW Defensive Philosophy
*On the Line Up the Line *Force Baseline *Front the Post *On ball pressure
- 7:55-8:00 ***(Demonstrate 1 ball and 2 ball Mikan contests)***
- 8:00-8:30 Defensive Skill Drills
1. Shell Drill
 2. Close-Out Drills
 - a. line drill
 - b. weakside close-outs
 - c. around the world close-outs
- 8:30-8:35 Get H2O and Wardrobe Challenge
- 8:35-8:45 **1 on 1 Defensive Attack** at all main baskets (1 point for a defensive stops ONLY)
(campers rotate baskets when they lose)
- 8:45-9:05 Defensive Skill Drills
3. Zig Zag
 4. 4 on 4 Catch Up
- 9:05 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
- 8:45-9:00 Warm Up Lay-up Drill/Ball Handling
- 9:00-9:20 Review Tough Drills: Permanent Pivot Foot, Rips & Sweeps, Jump to the catch
*Go to main basket & drill
- 9:20-9:30 3 on 3 no dribble-make it take it
- 9:30-9:35 Water Break
- 9:35-9:45 **Main Hoop:** Setting, Using, & Reading SCREENS
- 9:45-10:25 Screen Attack Stations: (7 minutes)
(everyone starts w/ a V-Cut to get open--reps w/ no defense, add def. when applicable)
1. Straight Cuts
 2. Fade Cuts
 3. Curl Cuts
 4. On ball screens-pick n' roll
 5. On ball screens-pick n' pop
- 10:25-10:35 Water Break
- 10:35-10:45 Conditioning: Blood & Guts, Relays w/ Dribbling
- 10:45-11:05 3 on 3 Series: cuts, spacing, screens, limited dribbles
(will demo each one on main basket first)
- 11:05-11:20 **Ask the College Athletes:** What does it takes to be a college basketball player?
- 11:20-11:30 **1 Ball Mikan Contest**
- 11:20-11:30 Meets in the bleachers (**Demo Free Throw & Team 21 Contests**)
- 11:30 Lunch

Monday Afternoon

1:00-1:10	Announcements / Warm-up & Stretching
1:10-1:20	4 Corner Passing (start w/ 2 balls)
1:20-1:30	2 Ball Mikan Contest
1:30-1:35	Main Hoop: Intro to Post Play
1:35-2:15	Post Attack Stations: (6 minutes) <ol style="list-style-type: none">1. Drop Step from Left & Right Block (Catch, Step, Dibble-Hop Chin)2. Turn & Shoot to the Middle both Blocks3. Mikan Move both Blocks4. Duck Under both Blocks (Catch, Step, Dibble-Hop Chin)5. Getting Open & Catching in the post-can go live if ready6. Short Corner Rip Move
2:15-2:20	Water Break
2:20-2:50	Ask Coach Brunner: “What does it take to play at the next level?”
2:50-3:20	Main Basket: Intro to Rebounding Rebounding Drills: <ol style="list-style-type: none">1) Technique2) Tennessee Rebounding Drill3) Offensive Rebounding Drill4) 3 Line Close Out/Box Out Drill
3:20-3:25	Water Break
3:25-4:00	4 on 4 on 4 Full Crt. (use all 3 courts)
4:00-4:20	Team 21 Contest
4:20-4:30	Afternoon Announcements/ Dinner

Monday Evening

6:00-6:10	Announcements / Warm-up & Stretching
6:10-6:20	11 Man
6:20-6:30	Main Basket: Shooting Series (Review ABC Shooting)
6:30-7:05	Shooting Series Stations: 6 Rounds (5 minutes)***Coaches Choice
7:05-7:10	Water Break
7:10-7:15	Set up for 4 on 4 Tournament (6 baskets)
7:15-8:15	4 on 4 Tourney
8:15-8:20	Water Break
8:20-9:00	CUW Women’s Basketball Highlight Video

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)
8:40-8:50	Shooting Warm Up—Coach Pass Shooting Drill
9:10-9:20	3 Point Contest (8 finalists)
9:20-9:30	Review of Moves and Concepts/ Explanation of WCSS “Make 5” Workout sheet
9:30-9:35	Set up and warm-up for 3 on 3 Showcase Tourney
9:35-10:20	Showcase 3 on 3 Tourney (<i>Parents Invited to Watch!</i>) (6 teams/ basket, 8 baskets, 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	H2O
10:25-10:30	Set up for awards ceremony

AWARDS CEREMONY

10:30-10:45	<i><u>Introduction of Staff</u></i> and Explanation of <i><u>Checkout Procedure</u></i>
10:45-10:50	Championship games & Championship teams recognized
10:50-11:25	<u>Contest Finals</u> <ol style="list-style-type: none">1. Three Point Contest2. Team 21 Contest3. Free Throws4. Mikan Drill5. 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 staff