

Chapter 1 : Watch NC State Women's Basketball Beat UNC at 4 - Pack Insider

I am a junior high girls basketball coach and refer to these time and time again for drills that go back to the basics. I like that some of them are repetition, some game like, and some fun. They have helped my teams to improve!

Single Leg 90 Degree Jumps Single Leg Jump Balance and Reach Single Leg Vertical Jumps Single Leg Lateral Vertical Jumps Step Back Drill 2 Feet In, 1 Foot Out Move forward through each ladder placing two feet inside each box, then one foot outside each box. The second foot that steps out is stepping right back in. Moving laterally, jump and switch your feet in the air moving to the next box. Jump back into the next box with both feet then back out to the other side with the left foot. The left foot should whip around the back of the right foot. It is important to focus on twisting the hips and staying in the middle of the ladder for the entire drill. Make sure to do both sides. The left foot should whip around the front of the right foot. Repeat with the right foot hitting inside the box. Jump forward to the next box. The foot that was in the box originally is now outside the box. The foot that was outside the box is now inside. Jump out of the box turning 90 degrees so that the ladder is now beside you. Quickly jump into the next box turning 90 degrees so now the ladder is on your left. Proceed in this fashion through each box. Pull knees up towards your chest for each jump. Move up the ladder as fast as possible making sure both feet touch inside the box. At the end of the ladder, do the same moving backwards. Turn 90 degrees in the air on each jump. Jump out of the box turning 90 degrees so that the ladder is in front of you. Quickly jump into the next box turning 90 degrees so now the ladder is on your left again. Jump forward to the next box landing on the same foot in a balanced athletic stance, then, under control, bend down and touch the ground with both hands without losing balance. Jump into the next box and repeat the same sequence. Jump into the box then outside to the opposite side of the box. Quickly jump back into the next box and then to the other side. Jump forward skipping one box landing on the same foot in a balanced athletic stance then quickly jumping back one box. Jump forward two boxes then back one box through the entire ladder. Jump into a box with your right foot then immediately jump back out to your original position. Land on two feet in an athletic position and have the hands ready to shoot.

Chapter 2 : The Pack Line Defense | racedaydvl.com

This basketball drill is designed to help your players perfect their Help-Defense technique by defending the passing lane. Setup: 3 players are on offense: One on the right wing with a ball, the other in the right corner also with a ball.

This creates more of a game time atmosphere and allows players to practice the actual shots they will take during games. This article explains 6 basketball shooting drills that effectively involve more than just one individual. Identify 10 spots on the floor and mark them. From each spot you will take a three-pointer, a pump fake jump-shot and a lay-up. The marks on the floor are placed on the three-point line as that is where each possession begins. One player rebounds while the other player shoots. Start with a player at one of the marked spots and have him start by shooting a three-pointer. The ball is rebounded and passed back to the marked spot. The same player now takes a pump fake, makes a dribble and then goes into a jump-shot. The player then goes back to the marked spot where he gets the ball again. This time he pump fakes and is allowed one dribble to make the lay-up. Each spot is scored as 3 points for the three-pointer, 2 points for the jump-shot and 1 point for the lay-up. Have each player go from 5 spots before switching places. You will get better from it. Work hard and get tired doing this drill. Go hard and do the drills correctly. We called it 45 because the perfect score a player could get was 45. Mark 9 spots on the floor around the outside of the three-point line. This drill can be done having personal scores or tandem scores of the two players. I encourage competition so the tandem scoring works well because it involves teamwork and trying to win. I like both of those things for my drills. From each of the 9 spots a player will take a three-pointer and a jump-shot off a pump fake. The three-pointer is 3 points while the jumper is 2. Once a player shoots from the three-point line, the teammate or opposition, whichever one you choose to call it, passes the ball back where the shooter now pump fakes, takes a dribble and shoots a jump-shot. Then they switch out with the rebounder becoming the shooter. I loved this drill as a player. My coaches punished us if we traveled on the pump fake or took too long to shoot the three-pointer. They made sure we were at game speed and I appreciate that now. Each team of 4 players had to hit 60 total shots to be the winners. The 60 shots would come from 5 predetermined spots on the floor where 12 shots had to be made from each one. Some of the more genius players on the team struggled with the math on this but if they could shoot we would let them slide by. The 5 spots were usually lay-ups, the block, the elbow foul line extended, three-point line and a pump fake jump-shot inside the three-point line. Each player must shoot in turn and teams that violate this rule are out. Our coach broke us into groups of 4 but we could have just as easily been 6 or 3 or whatever. It is up to you. Often our coach would see how quick we could get to 60 so that we had a time to beat. I love drills that involve competition and this was one of my favorites. This involved 3 players who were not at the same position. There is a rebounder, a passer and a shooter. We would always start out with a forward or center as the rebounder and a guard as the passer. The other position was of less importance as it was the shooter. We would always make sure that we were shooting shots that were going to be shot in the game. The shooter starts with a ball in hand from a comfortable spot on the floor. The passer starts at an area around the foul line with the other ball. The shooter shoots and sprints to another spot on the floor. This is usually another spot that has been predetermined where he will rotate every other shot. The rebounder gets the ball while the passer throws to the shooter for his next shot. The passer should focus on making sure that the ball is delivered correctly, with crispness and authority in the right spot. The rebounder should make it a goal for the balls to never touch the ground and to over everything aggressively. This drill should be done for a minute before each player changes positions. Each player needs to understand the role of each spot and perform it correctly. Make sure that you are shooting shots that you shoot in games. As the drill evolves you can have the passer or a defender run out at the shooters to create a game-like feel. Cose-Out Shooting Drills often involve players doing multiple tasks at different speeds. The following drill is no exception as it involves a solid defensive skill in an offensive minded drill. This involves 3 players of relatively the same size and position. Two players start on one wing while the other player starts out on the complete opposite side in shooting position. One of the two players from one wing starts by shooting a shot and running after the rebound. Once he gets the rebound he immediately passes it to the player on the opposite

wing who is in shooting position. Once the ball is passed the player who passed it will close out on the player who just received it. The defending player needs to take this drill serious and really attempt to contest the shot. Once the ball is shot the same thing occurs. The shooting player gets the ball and passes to the opposite side where he now becomes the defender and the spot is replaced. In college, our coaches would turn this into a form of jungle basketball where loud yelling was encouraged and basically anything to get in the shooters head. You can run this drill for as long as you think is necessary. I want them to be competitive. Elbow Shooting This is the most basic of all team shooting drills. Time it for a minute and see how many a player can make. The losing players should run lines for the amount they lost by. This is done with 2 players at a hoop and they go from elbow to elbow shooting for one minute and seeing how many they can make. For players who are alone you can still use this drill by rebounding for yourself and going from elbow to elbow. Please add a comment:

Chapter 3 : Basketball Drills, Coach's Clipboard Basketball Coaching and Playbook

An inside look at some skill development during post-season workouts.

Workouts should be designed to reflect how the body has to work during basketball competition. Therefore, your workout program will include exercises designed to develop power, strength, conditioning and quickness and agility to improve foot speed. Training for your Goals Schedule time for four workouts throughout the week. Two of these workouts, scheduled on nonconsecutive days like Mondays and Wednesdays, will be dedicated to weight training. Your weight training workouts will develop muscular power and strength. The other two workouts, which could fall on Tuesdays and Fridays, will focus on developing your conditioning and agility. These sessions will improve your ability to accelerate, decelerate, change directions and prevent fatigue late in a game. Lifting Weights for Basketball Weight training volume and intensity should reflect your training goals and the time of year. In the off-season, when the goal is to put on muscle mass, two to three sets of eight to 12 reps of each exercise should be completed. During the preseason, when focus is on building strength and power, three to five sets should be completed, with each set consisting of two to five reps. Perform a minute dynamic warm-up before each workout. Begin your session with power cleans, which develops explosive power in the muscles involved in jumping and sprinting. Then, move onto front squats, deadlifts, dumbbell squat press, lat pulldowns and chest press. This collection of exercises target the major muscles involved in basketball, strengthening your hips, legs, shoulders, chest and back. Quickness and Agility Work Begin your agility and conditioning workouts with agility drills, so that your body is fresh. Incorporate defensive slides, cone hops and the four-cone shuttle drill. For defensive slides, set two cones five yards apart. Slide left and right as quickly as you can, continuing for 10 seconds. Cone hops involve jumping left and right or front and back over a single cone for 10 seconds, limiting the time your feet are in contact with the floor. For the four-cone shuttle drill, set four cones in a square with each one five yards apart. Start at the cone in the bottom left corner and sprint forward to the cone directly ahead, then side-shuffle to the cone at the top right corner, then backpedal to the cone directly behind you, and finish with a side-shuffle back to the original cone. Complete five sets each of defensive slides, cone hops and the four-cone shuttle drill, resting 60 seconds in between sets. Developing Conditioning Conditioning work is designed to challenge your anaerobic system so that you can go longer before becoming fatigued. The shuttle drill requires three cones set in a straight line, each one five yards apart. Start at the center cone. Sprint to the cone on your right, and then change directions to sprint yards to the cone on the far left. Change directions once again to sprint through the center cone. Complete the drill 10 times, resting seconds between each one and alternating which direction you initially sprint each time. Perform the drill two times, resting two minutes between each one. For liners, start at the baseline and sprint to the nearest free throw line and back, then to half court and back, then to the furthest free throw line and back and finally to the opposite baseline and back. Complete five liners, resting 90 seconds between each one.

Chapter 4 : Kermit Davis' Coaching Basketball 4-Pack - Basketball -- Championship Productions, Inc.

Looking to add some new drills to your repertoire? This section of the coaching library is just for that. Whether it's a drill to focus on improving your teams positioning or on skill development drills like ball handling, this section has the tools you need to improve your team.

Here are some drills that will help develop the offensive skills of your low post players. Post Moves Drill Your post players must learn how to "finish" and score against a defender. Have your post players cut from the opposite side to the ballside area a step above the low block. If the post player catches the ball too low on the block, there will be limited spacing for a drop-step baseline move. The coach or manager makes the pass into the low post player. At first, you can have players make their moves without any defense, and then add a defender as seen in the diagram. The post player executes the baseline drop step move see " Post Moves " and tries to score against the defender. Initially, have the defender allow the drop step move, but contest the shot. You can use an assistant as the defender, or you can rotate your players You might have the defender use a pad and bump the shooter a little to get them used to finishing against contact. Have your post players rotate through each of the following moves both right and left sides: Eventually, go "live" with the offensive player permitted to do any of the moves, and the defender playing all out defense. Have a manager, or player not involved in the drill, toss the ball up on the rim. The two post players go for the rebound. Sometimes in a game, after getting a rebound, a player will force up a bad, contested shot inside, when the better option would be to pass back outside and then re-post After running the outlet pass drill awhile, go live and let the rebounder make the decision to either power the shot back up, or outlet pass and re-post. It helps them to learn to play together, to work on reading the defense, beating the defense with a post move, to screen for each other, to box-out and rebound while also working on post defense. See the diagrams below. We have a coach on the perimeter passing into the post players, or receiving the pass back outside. The coach can move from wing to wing. Whenever the defense gets the rebound, they must pass back out to the coach and then they are on offense. This is also an important fundamental to learn, rather than have the post player just "throw" up a bad shot. We play to 5 and losers do push-ups. In diagrams A - C. Diagram A shows the defense fronting the ball-side post. The opposite post flashes to the elbow and gets the pass. The low post seals the defender outside and steps to the hoop for the pass and lay-up. In diagram B, the ball-side post defender is playing behind and so we just pass directly into the post. The opposite post moves up to the weakside elbow to allow spacing for his partner to make a post move. In diagram C, the defense is denying the ball inside and so the ball-side post screens for the weakside post, who comes across for the pass. In diagrams D - F, we see one of our post players moving out on top to play "hi-lo". The coach passes to the post player on the top and the low post moves into the lane with an aggressive post-up and gets the curl bounce pass from the top, makes a post move and scores. The other option is for the outside post player to fake the pass, and make a hard dribble move to the hoop Diagram F. When this happens, the low post player should step out to allow spacing for this dribble move. These 2-on-2 drills are competitive and fun for the post players. And the coach can stop the play at any time to teach. Single Person Drills The first two drills are done with only one player. So the player can do these anytime, alone. The second drill is "Roll and Retrieve, Power Lay-up drill". Mikan Drill Do this drill right under the basket. Become familiar with how the ball comes off the backboard, and at different angles. Start by standing right under the basket. Step on the left foot and do a baby hook lay-up on the right side, using the backboard. Catch the rebound and step on the right foot and do the baby hook lay-up on the left side using your left hand. No dribbling is allowed. Repeat this continuously alternating right and left sides for a couple minutes. This will help you with your lay-ups, both right and left-handed, and give you a better feel for the backboard. More advanced players can then progress to the Mikan drill doing reverse lay-ups, and eventually to the 2-ball Mikan drill. Roll and Retrieve, Power Lay-up Drill In this drill, the player has the ball at the right elbow and rolls it on the floor toward the right low block. Make ten shots on one side and then repeat the drill on the left side. Three Person Drills The following drills are done with three players. Diagram A shows the set-up for the next three drills. Do each of these drills for one or two minutes and then rotate

players, so that each player gets a chance to perform the moves. Drop Step Drill Player 1 starts under the basket. Players 2 and 3 rebound and place the ball on the blocks for player 1. After one or two minutes, the players rotate and 2 now does the moves. Jump Hook to the Lane Drill The same set-up and procedure are used in this drill. This time, make the up and under move. This time player 1, sprints out from under the basket, jump stops, retrieves the ball, makes a head-shoulder fake toward the lane, pivots on the outside foot and shoots the short bank-shot off the glass. Step-Hop Drill Now work on the step-hop move from the high-post. Catch the pass, make a short drop step to lane along with a one-bounce power-dribble, followed by a long jump landing with a two-footed jump-stop, and then go right up with the shot. Players should learn to "finish" even when under pressure. In this drill, the ball is placed on the floor, in the lane near the basket, between defenders 2 and 3. Players 2 and 3 extend their arms high over their heads and keep them there at all times. After a few attempts, rotate players. If you want, you can even include boxing-out and rebounding in this drill by adding the 3-Man Rebounding Drill after each shot is taken. Flash to High Post Drills We have our post players start on the opposite low block and then flash cut to the ballside elbow, and receive the pass from the coach on the wing. First, we do our "pinch and go" The first step is key and we want players to get to the hoop with just one dribble at game speed. Next, we have our players catch, pivot and face the defender, jab-step and shoot the elbow jump-shot. Most "big" like to stay in their comfort zone near the hoop on defense. Pop out to the short corner, get the pass there, and hit that medium range jumper. Then next time, when the defender moves out to defend you, shot fake and drive the baseline to the hoop for the lay-up or reverse lay-up using the basket to help protect against the block from behind. First have post players, start at the low block, pop out to the short corner, receive the pass from the wing coach or manager , and shoot the jump-shot. Do this on both sides. Then do the same drill, except this time the post player makes a shot fake and a quick baseline dribble move for the lay-up. Creating a Championship Post Player: Transition - Rim Run Drill In transition, we want our first post player up the court to sprint to the paint, get open, and look for a quick pass and a chance to score before the defense gets set. In this drill, our post player starts at half-court and sprints to the paint, and then finds and steps into the defender.

Chapter 5 : Strength Training for Women's Basketball - Woman

Womens Basketball Drills 4-Pack: Conditioning, Defensive, Offensive, and General Drills Jun 1, by Andy Landers and Joan Bonvicini. Paperback. \$ \$ 34

By Derek Brown The season is approaching and we hope our players have spent all summer getting better but what have we done as coaches? If you had an undefeated season last year then congratulations, if not, we have some work to do. After surveying the top college coaches in the country, here are their top 4 pre-season basketball drills that will help you win more games this season. One on the right wing with a ball, the other in the right corner also with a ball. The third offensive player is a little outside of the left block. Defender is in the middle of the key. The offensive player on the left block must step into the key and sprint to the free-throw line to try and receive a pass from the right wing. The defender must deny him from receiving the pass and deflect it with his outside hand. As soon as the ball is deflected, the offensive player backdoors his defender to try and receive a pass at the rim from the corner passer. The defender has to deflect both the free-throw line pass and the corner pass at the basket to leave the drill. Lineup post players on the baseline next to the short corner, each of them must have a ball. Have a coach in the middle of the key. The player tosses the ball directly in front of them into the short corner and catches it landing on both feet. Have the post player make a strong pivot towards the basket and take one dribble into a lay-up. The coach should act as a help defender and make contact with the player as they attempt the lay-up. If the offensive player does not make the lay-up they must do 10 push-ups Modify if Necessary. You will need two coaches or players above the top of the 3-point line, each with 2 balls. Coach will pass the ball to the perimeter player on his side. The post player on the strong block will come up and set a screen for the perimeter player to drive to the middle. The perimeter player must take two dribbles to the elbow and elevate for a shot. Once the perimeter player drives past the post-player, he must open up and relocate to the short corner for a pass from the coach for a Jumpshot. Have a coach or player on a wing with a ball as a designated shooter. The rest of the team is lined up behind half court. The coach shoots a 3-pointer and as the ball goes up, a player from half-court must chase down the rebound. Once the player retrieves the rebound they must make two layups as quickly as possible. The objective is to not let the ball hit the ground. Start using these drills in practice today to put your team in the best position to win!

Chapter 6 : USA Basketball Shooting Drills

Basketball "Women's Basketball" training courses CoachTube has womens basketball drills and coach training program featuring practice video tactics for all age groups by leading female basketball experts.

The team will get bored. Having a variety of shooting drills to use will make you a better basketball coach and will keep your players excited and interested during your practices. All basketball shooting drills below contain a downloadable and printable PDF with full instructions on how to setup and run the drill, variations, scoring systems, and coaching points to remember. Here are 20 team basketball shooting drills that you can use to keep practices fresh and help your team shoot at a higher percentage. Players at the top of the key dribble down and perform a handoff with a wing player cutting to the top of the key who then takes the shot or drives for the layup. To work on shooting off hand-offs and performing them as they can be tricky for players to master unless drilled often. Both have two basketballs in each line. One line of players on the lower end of each wing. How the Drill Works: At the same time, the wing player should be making cut towards the baseline. Making sure to change speeds, the wing player explodes up towards the wing and receives the hand-off and performs a certain shot. The person that hands off the basketball joins the end of the wing line. The shooter rebounds their basketball and then joins the line at the top of the key on the opposite side from the one they shot from. The drill is run for about 5 minutes. Shooter - Step back and shoot without dribbling, one-dribble pull up from the elbow, two dribble attack the rim for a layup, drive baseline as if the defender cheated under the screen. Distance of Hand-Off - You can run this drill with the players performing the hand-off at the threepoint line, mid-range, or even closer for younger players. Place 23 cones at the baseline of one end of the floor and split the players up into two teams at the other end of the floor. If they miss, they get nothing and return to the end of their line. Players are shooting under a lot of pressure on the second shot. Split your group up into two teams. One basketball per team. The player only gets one attempt. If they miss, they get nothing and return to their group. If they make it, they get to collect a cone for their group. Shooting Position - Usually adults will shoot three-pointers but youth teams can shoot from the elbow or anywhere else on the floor. They simply have to sprint down to the other end and get one. More Groups - Instead of playing with only two groups, you can create up to 4 groups and place the cones in the middle of the court instead. Players must complete eight shots two from each high post while under the pressure that if they miss the shot they have to join the same line and try again. Allows players to practice shooting open jump shots while under mental pressure. Can be as many players as you like. One with the first person in each of the lines. If they make the shot they move to the next line, if they miss they join the same line to try again. This process continues until a player has made a total of eight shots. Each player counts their own amount of makes until they reach eight made shots make two shots from each elbow. You can decide whether to stop after there is a winner or keep playing until everyone is finished depending on the amount of time you have. Shot Distance and Location - Change the shot distance depending on age and put cones where you want the four shots taken from. I have used this drill with very young youth players and shot from the block and with older players shooting from the three-point line. This should be left to the more advanced teams, but it does make this drill interesting! Three groups line up along the baseline. The first player in the group sprints the floor with the ball, pulls up for a shot, rebounds, then sprints back down the other end and shoots, rebounds, and passes to the next player in line. This drill makes sure the players are fatigued when shooting the basketball and works on players learning to decelerate and be on balance when shooting the ball. Split the team up into no more than 4 groups 3 works best. Best run with 3 or 4 players in each group. Each group has one basketball. Spread the groups out evenly along the baseline. On the coaches call, the first player with the ball sprints to the other end of the court with the basketball before pulling up from either behind the three-point line or from mid-range. Upon shooting, the player rebounds their own shot and sprints to the other end before pulling up and shooting again. They then rebound their own shot and pass it to the next person in line. The next person cannot move from the start until they receive the basketball. The next player repeats. Group Scoring - Each group keep their own score for a certain amount of time. Shooting Distance - If you have a weaker shooting

team you can have them pull-up from midrange instead of the three-point line. Number of Groups - Groups should contain no more than 4 players and there should be no more than 4 groups at one time. Players will either shoot a three-point shot or a mid-range shot. Total Scoring - First team to reach a certain amount of makes wins. Players practice the step or the hop two times with a pump fake and then use the step or the hop to shoot a jump shot on the third use of the footwork. To teach players to shoot off the dribble using either the step or the hop with the correct footwork and while balanced. A great drill for players that are usually off balance when they shoot after dribbling. Every player must have a basketball. Three lines a couple of metres out from the three-point line. Similar number of players in each line. Players bounce the ball at the same time that they step with the dominant shooting foot right foot for right handers and left foot for left handers. Gather the basketball by planting the non-dominant shooting foot which is now their pivot foot and then shoot as they step through with their dominant shooting foot. Example - Right Handed Player Start in triple threat stance. Bounce the ball at the same time as they step with their right foot. Gather the ball by planting the left and then stepping up with the right foot before shooting. Players bounce the ball at the same time that they step with either foot personal preference. They then push off the foot they stepped with into a small hop and land with both feet at the same time before raising up for the shot. Bounce the ball at the same time as they step with either foot. Perform a small hop and gather the basketball in the air. Land with both feet at the same time and raise up for the shot. Players start each rep in the triple threat stance. The Hop Shooting Form 1. The first player in each line practices the form 3 times. The first two times end in a pump fake and the third time ends in a jump shot. After receiving your own rebound join another line. Try not to have too many though because it makes it hard for the coaches to watch and make corrections to form. Use the Hop or the Step - Teach the players how to shoot using both and then I believe that you should let each individual player decide which one feels more comfortable to them. No Line Rotation - If they players get confused or the lines keep having an uneven amount of players, consider telling players to return to the same line after each shot instead of changing. The first thing you must do is show the players the correct footwork to use using the form instructions above. Players weave from half court ending in a layup by a wing player. The middle player rebounds the ball, outlet passes, and then the ball is back to the start. A fast paced drill that works on passing and layups while at full speed and under time pressure. A great drill to get the intensity up at training. Three even lines at half court with at least two players in each. Can be as many more as you have. One basketball in the middle line. Reverse everything for left hand. Immediately after the left wing player passes the ball they must sprint across the court and get ready to receive the outlet pass. The middle player who started the drill runs down the middle and rebounds the ball after the right wing has performed a layup and continued through. The middle player then turns and passes the ball to the outlet player who catches and immediately passes to the next person in line in the middle line at half court. As soon as the middle player catches the ball the next group repeat the same process. The team competes against the clock to make as many layups as they can in a certain amount of time. The drill is run for 2 - 3 minutes. Left Hand - Reverse the whole drill and have your team perform the drill with a left hand layup instead of right hand. Shoot from the Block - Instead of a layup players take a jump shot from the block. Instructions for doing this drill for a right hand layup. The middle line player passes the ball to the player running down the left wing who immediately passes it to the player running down the right wing for a layup. A line of players at half court and on the wing, and a single player on the free-throw line.

Chapter 7 : Women's Basketball Offseason Workouts - Covenant

The Women's Basketball Drill Book by Women's Basketball Coaches Association, Beth Bass, Betty F. Jaynes The ultimate drill collection from basketball's best! Two of the game's winningest coaches - Tennessee's Pat Summitt and Texas' Jody Conradt - share their favorite drills that have helped produce over 1, victories!

My teammates and I feared these workouts more than any others. On a basketball court -- 94 feet long, 50 feet wide -- there are fundamental limitations to the kinds of running you can do, because you can only go so far before having to turn around. But outside, on a track? The possibilities for torture felt vast, nearly endless. And so every Monday and Friday, as we gathered to meet the coaching staff outside our home arena, the Coors Events Center, we were dreading the unknown. At the appointed time, the coaches would approach, holding pieces of white paper in their hands. We, the players, would then begin jogging the half-mile to the local oval, free to worry about our fate in private. Only a handful of players were capable of finishing that second in the goal time, signaling to Coach Barry that they were worthy of trust. In my mind, I recall finishing on time. Thankfully, that success helped balance out my embarrassing performances in the weight room, where the strength and conditioning coach nicknamed me "Tiny Kate. As Duke coach Joanne P. She remembers a player from one of those squads doing 66 consecutive military-style push-ups, which is still the record. We are, right now, in that second phase, which means many teams around the country have a chunk of time between games. The players hate it. When they look at the season schedule and see such a gap, their eyes get big and their hearts race with thoughts of suicide drills and end-of-practice runs. For example, Tennessee, which beat North Carolina on Dec. Perhaps the only phrase scarier than that is, "Get on the baseline. Each player sprints the length of the court six times, then turns and backpedals it four times, then turns again and finishes with six forward sprints. The drill must be completed in two minutes. During mid-December, when we had a break from games for final exams, the end-of-practice running drills seemed to come hot and heavy.

Chapter 8 : Shooting Workout Arizona Women's™ Basketball – Basketball Highlights, Ankle Breakers

Women's basketball news, commentary, scores, stats, standings, audio and video highlights from ESPN.

Discover an easy-to-run offense that creates scoring opportunities for every player on the court Prevent dribble penetration with this match-up zone that covers all areas of the perimeter Learn out-of-bounds sets that can be used against man or zone defense to create numerous scoring opportunities Learn an easy-to-teach offensive system that puts perimeter players in position to attack zone defenses Coaching Middle School Basketball: His strategies create the perfect offensive system for a middle school team with multiple players that can score anywhere on the court. Each segment of the box offense is designed to build an unstoppable scoring machine. To fully illustrate his strategies, Coach Cammarano uses on-court demonstrations in the 5-on-5 setting and 5-on-0 setting along with whiteboard diagrams. He breaks down each layer of the box offense into easy drills that can be used in daily practice. By utilizing the point guard and post players, your team will develop the skills needed to be successful at running the box offense. Coach Cammarano demonstrates 10 different sets and wrinkles that can be used to teach the basic box set up. Each set play is designed to create a scoring opportunity. If your post player is your strongest offensive man, multiple options that include screens and isolations will get him the ball. If your guards are your more skilled players, screen and roll situations are set up to let them be more aggressive towards the hoop. Players will love to run the box offense as everyone has a scoring opportunity. Designed especially for middle school players, the concepts are easily understood and implemented. Every possible game situation is addressed. Coach Cammarano continually stresses getting his best players the ball in good scoring spots. The box offense makes this happens. Begin your season with a solid, teachable offense that will help your team have success when they have the ball. Coaching Middle School Basketball: As part of his middle school basketball series, Nick Cammarano turns to the defensive end of the floor and demonstrates his stifling match-up zone defense. Using whiteboard diagrams to draw out drills, movements and responsibilities of the match-up zone, along with on-court demonstrations to illustrate the system, Cammarano covers every situation your defense will face. Coach Cammarano begins by explaining how the zone should move along with coverage areas for each player. Building from the initial set-up, he demonstrates five breakdown drills that can be used to teach different aspects of the zone such as defending screens or a high post flasher. Teach players how to defend five different offensive set-ups against the match-up zone including the traditional zone. As guards fly around creating illusions of no-driving angles on the floor, post players will learn to bait shooters into bad shots from the corner of the court. Opponents will be forced to take one of the worst shots on the court. He also demonstrates how to shift the zone to defend baseline out-of-bounds situations, use two different alignments, Diamond and 1, and how to tilt the zone and defend any offensive situation you might come across during the season. This is a must-have DVD for any level of coach that is looking for a zone defense. As part of a four-part DVD series, Nick Cammarano demonstrates eight out-of-bounds plays that will allow your team to take advantage of set situations. These are great sets that can be used against man or zone defense to gain an offensive advantage. Coach Cammarano begins by introducing a set of drills that support all inbound actions. The first two drills Follow the Leader and Rapid Fire Shooting emphasize and imitate the shots needed in the game from inbound plays. Each drill requires numerous reps and forces players to focus on the fundamentals of shooting. In the 2-in-Traffic drill, post players compete to gather in offensive rebounds and put them back. This action is essential in the game of basketball, but even more prevalent with inbound plays. Defenses are usually scrambling; getting good position under the basket is quite easy if the offensive post players are looking for it. Next in this instructional DVD, are two basic out-of-bounds set-ups that use a "stack" and "box" alignment. By keeping the alignments simple, players need to learn complex sets or numerous set plays, which can cause confusion and a breakdown in play. In order to be successful with out-of-bounds plays, a team must move quick, know their reads and, as much as possible, get the ball to the best scorers. With the plays on this DVD, these things can happen. With great movement and multiple scoring options, the Wheel Offense gives players good shots all over the court. Nick Cammarano has been coaching at the middle school level for the past 15 years and has become an expert

at teaching and implementing offense at this level. In this DVD, he shows the ins and outs of the Wheel Offense that he has used for years when facing zone defenses. Coach Cammarano uses on-court demonstrations and whiteboard diagrams to provide detailed instruction on how to effectively run, install, and teach the Wheel Offense. He starts with the basic set-up and philosophy on why the wheel offense is so successful against zone defenses. As he explains, your post players will get involved and create scoring opportunities for your guards as they look to dribble penetrate gaps in the zone. Coach Cammanaro demonstrates how spacing within the wheel offense is the most important thing you can teach your players. Coach Cammanaro progressively builds the wheel offense with a variety of breakdown drills. From the give-and-go, cut-to-swing, and shoot-to-penetrate and shoot, your players will learn how to cut, fill, and attack in the wheel offense. He uses 5-on-5 settings to demonstrate where gaps and driving angles will be. Players will pass right around any defense with these instructions. Any coach knows that you must have counter calls to keep the defense on their toes. Coach Cammanaro gives you three sets that can be run against a zone defense for a quick-scoring opportunity. If the offense starts to get stagnant, then looking to post players for scoring opportunities or overloading the zone are just a few of the options that can be used against any zone defense.

Chapter 9 : International Basketball Federation (FIBA) - racedaydvl.comball

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