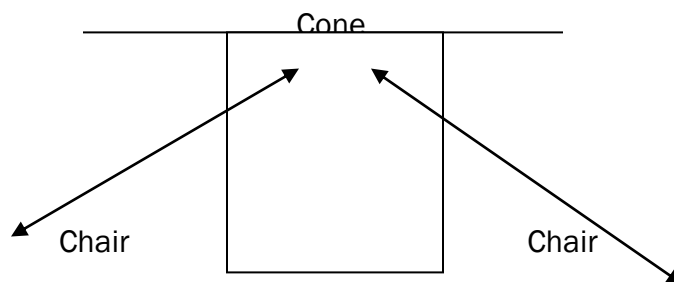


Matt Bollant

UWGB Women
WBCA Clinic 2008

- I. Shooting
 - A. Start in to build confidence
 - B. 5 Spot Perfect Drill**
 - 1. One hand shooting drill
 - 2. Must make 3 in a row then move to new spot
 - 3. Blocks, First Hash and middle
 - C. 5 shots from 5 spots 15 ft. drill**
 - 1. With a rebounder
 - 2. Goal is to make 20 of 25 shots
 - D. Celtic Drill**
 - 1. 5 spots X 2 times = 10
 - 2. Must make 2 in arrow from each spot
 - 3. 2 minute time limit
 - 4. Must get all the way around and back
 - 5. Do not have to make 4 of 4 from corner spot before you come back.
 - 6. Record for 2 pointer is 55 seconds
 - 7. Record for 3 pointer is 1 min 15 sec.
 - E. Kentucky Shooting Drill**
 - 1. Three people at a basket, use chairs as screeners.
 - 2. One passer, One shooter, One rebounder
 - 3. All Curls or all flares
 - 4. Four shots then switch shooters
 - 5. Under the cone on baseline each time.
 - 6. Two Minutes, how many shots as a group



Coach w/ 2 balls

F. Indiana Shooting Drill

1. Three person weave, 2 ball shooting drill
2. 4 minutes make 164 (UWGB Record)
3. 2 minutes make 54

II. Toughness with the ball

A. Own your space

B. Take care of the ball

1. Catch with your feet in the air
2. Work from triple threat
3. Fake a pass, make a pass
4. Pass with feet on the floor
5. Make the easy pass(70 or 30)
6. See the weak side help and pass away from the defense

C. Fundamental Passing Drill

1. Lines of 3-4 on the baseline
2. Ball in shooting pocket
3. Jump stop, pivot, pass at the FT line extended.
4. Catch on a hop
5. Combine direct drive with front turn and cross over step with rear turn.

D. Three line Toughner (3 on 3)

1. Baseline to baseline
2. No dribbles
3. Stay in lanes
4. Break the vision of the defense
5. Set up your cuts
6. Make the easy pass
7. Set up your cut on the weak side.
 - a. Anticipate that the ball is going to be reversed to your side.
8. If you can't get open, move farther ahead and come back.
9. Play when you get to opposite 3 point line, it is live

O X	
O X	
O X	

E. 2 on 1 Dribbling Drill

1. Toss the ball to the offense then play
2. Go somewhere with the first dribble
3. Stay on your half of the court

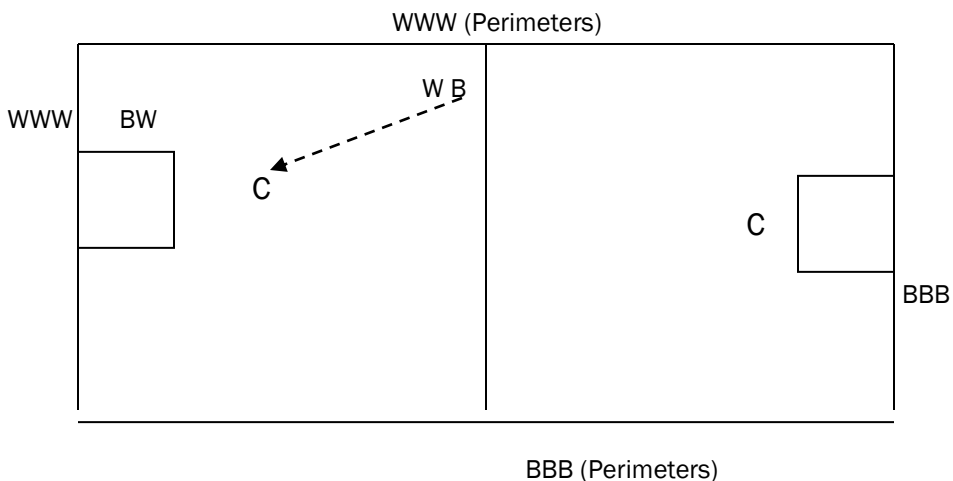
F. Bucks Transition

1. Same as ours.
2. 2 on 1 up to 5 on 5

G. Green Bay Drill

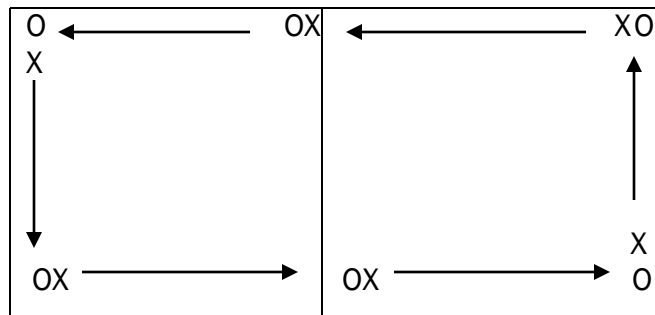
1. Our 3 on 3 Continuous
2. Mark the floor where the outlets need to be.
3. Take two away if they leave the outlets early
4. Communicate who has the ball at 1/2 court, not the top of the key

H. 2 on 2 Post/Perimeter Continuity



1. Black is on offense first. Make pass to coach then 2 on 2 post/perimeter
2. On the basket or the defensive rebound, the whites will push it up the other side.
3. The white post will fill the block, with the black post playing defense.
4. The black perimeter will pick up the white guard at 1/2 court.
5. You must pass to the coach as you pass 1/2 court Then play 2 on 2

I. Heaven Drill (2 minute Zig Zag)



- A. Defense stays defense for 1 minute
- B. Zig zag to the next spot then the defense must get back for the next offensive person.
- C. Switch after 1 minute so the other group can be on defense.
- D. Work up to 2 minutes if possible