

## 2004 Camp Schedule

<b>Session 1</b>	<b>7:00-9:30p</b> 7:00-7:15  7:15-8:00 8:00-9:30	<b>Introduction and Shooting</b> Introductions Divide into groups 5-7 grades and 8-12 grades Shooting Instruction Shooting Drills (shot taping)	
<b>Session 2</b>	<b>8:00-12:00a</b>  8:00-9:00 9:00-9:50 9:50-10:00 10:00-11:00 11:00-12:00 12:00-12:45	<b>Instruction</b> <u>Grade School</u> Classroom Court time Break Classroom Court time Lunch	<u>High School</u> Court time Classroom Break Court time Classroom Lunch
<b>Session 3</b>	<b>1:00-5:00p</b>  1:00-3:00 3:00-4:00 4:00-5:00 5:00-5:45 6:00	<b>Scrimmage &amp; Video</b> <u>Grade School</u> Cross Court Shot evaluations Full Court Supper Church Service	<u>High School</u> Cross Court Full Court Video Supper Church Service
<b>Session 4</b>	<b>7:00-9:30a</b>  7:00-8:00  8:00-9:30	<b>Skills and Contests</b> <u>Grade School</u> Shooting & Dribbling Contests  Video/Classroom	<u>High School</u> Scrimmage Video/other video/classroom Full Court
<b>Session 5</b>	<b>8:00-12:00a</b> 8:00-10:30  10:30-12:00 12:00-12:45	<b>Games</b> 10 minute running clock cross court 10:00 Break 3-on-3 tourney Lunch	
<b>Session 6</b>	<b>1:00-2:00p</b>    2:00	<b>Practice Tips</b> Demonstrate shooting workout tips Demonstrate jumping drills Handout for practice tips Closing comments Room Check and cleaning	

## Session 1 - Shooting (7:30-9:00p)

1. Welcome! I'm Ross Roehl from Immanuel Lutheran High School and College here in Eau Claire, WI.
2. Exciting to see all of you here for this weekend. Many familiar faces and a bunch of new faces. That's pretty exciting to see that there is enough interest in girls' basketball that you would take time out of your summer to try to improve yourself. Some will be arriving a little late tonight due to a softball game.
3. Before our formal presentation tonight I'd like to **introduce some of the people who will be helping** out this weekend. We are very lucky to have these people to help us this weekend.
4. Basketball. Name some things that a basketball team needs to do to be successful.
  - a. Shoot
  - b. Rebound
  - c. Defend
  - d. Dribble
  - e. Others
5. Tomorrow we will be working on many of those basic skills and more. We will spend some classroom time. I know, you thought you were out of school, but nope. Much of basketball is head knowledge. You can learn by hearing things. We will also spend a lot of time on the court tomorrow learning some skills and doing some drills. Sunday will be a day of scrimmaging so you can show if you've learned anything. ***You should be like a sponge and soak up as much of what you hear as possible.*** You are here for basketball and we want you to eat and sleep and dream basketball for the next two days.
6. **Tonight we will be focusing on shooting. There will be a quiz tomorrow on what you hear tonight, no kidding! If you don't score, you can't win the game.**
  - To be an **accurate** shooter, you need to concentrate on 6 parts of your body parts.
  - To become a **consistent** shooter, you need to do the same thing every time you shoot. Let me say that again. Do the same thing every time you shoot.
  - The way to do that is to **practice, practice, practice**
  - You must **practice the correct way** or you will develop bad habits
  - When you get into the game then and you have to shoot, you will use those good habits instead of falling into those bad habits. As we watched you shoot, we saw some bad habits and some good ones.
  - If you have good habits and shoot the same every time, does that mean that you will make every shot every time you shoot. No one should think that. No one does. Who is the best shooting you can think of? 35-40% is pretty good when someone is covering you. That's 3 to 4 out of 10. ***But you should have confidence that every shot you have is going in.***
  - So lets get at it? Everyone get a basketball.

- Let's start at the bottom and **LINE IT UP**

**Feet** - shoulder width apart, you should have a shooting foot, one foot *slightly* ahead of the other. If you are right handed, that is usually your right foot. If you are left handed, it is usually your left foot. **PRACTICE**

**Knees** - "Athletic knees" What do you think that means? Sports as examples? (Golf, diving, hockey, etc.) slightly bent, ready to shoot. If you are smaller and are farther away from the basket, you might have to bend your knees a little more. **PRACTICE**

**Hand** - Drop the ball and catch it with one hand. Now without your other hand lift the ball up into the air. This is the way to hold the ball. Hand is relaxed. You don't have your whole hand on the ball and not just your finger tips either. Your off hand just keeps the ball from rolling off your shooting hand. **PRACTICE**

**Wrist** - cocked back, closer to body than your elbow

**Elbow** - pointed at target, ahead of wrist. **PRACTICE**

**Arm** - Upper arm parallel to the floor. Forearm straight up and down.

**Eyes** - focused on target not the ball, target (back of the rim, over the front of the rim, spot on the backboard) Have girls tell when the target should be on backboard by having a coach work around from front of rim to baseline. Say when! When shooting off board, the ball should hit the board on the way down, not on the way up. Have coach demonstrate. **PRACTICE find a spot on the floor and see how long it takes you to hit your spot three times in a row.**

**Everything– shooting foot, knee, elbow, arm, wrist, hand– should be a straight line with the basket.**

**Shot begins** with knees and elbow, if your elbow does not move first, you are pushing the ball and that's bad.

**PRACTICE**

**Finish** - big cardboard box without a top. You must shoot the ball out of the box without hitting the sides of the box with the ball or your hand.

-snap your wrist upward out of the box

-wave goodbye to the ball

-take a cookie out of the cookie jar

- leave your arm up in the air for a two count

-all of the above are to achieve a good rotation on the ball. This makes for a soft shot and sometimes you can get the shooter's roll.

- use seams on the ball to check rotation. Don't watch ball, but have partner watch. Occasionally you can peak, but as a rule, watch the target, not the ball. **PRACTICE**

**When you begin, this goes kind of slowly, but in a game, you must be able to do this quickly or you won't get a shot off. We start slowly to learn and then we practice to get this done quickly.**

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The Shooting Progression should be practiced regularly. This will help you get your body mechanics down to help you shoot consistently. As we work through this tonight, remember to LINE IT UP.

1. **Swing drill** - comfortable stance with shooting foot forward. Arm hanging by your side. Swing your arm back and forth, then allow your arm to swing up into the shooting position with your elbow ahead of your cocked wrist and your lower arm parallel to the ground. Do this several times. **PRACTICE**
2. **Lie on back without ball** - have your shooting arm and elbow tucked close to body and cocked wrist extended upward. Extend shooting arm upward beginning by moving elbow first and then getting a full extension into the air. Wave goodbye to the ball and hold that follow-through for a count of 2. Retrace the motion back to the original position. Repeat several times. **PRACTICE**
3. **Lie on back with the ball** - Same as previous drill except you add a ball. Begin without a balance hand and later use a balance hand. **PRACTICE**
4. **Mirror form without the ball** - Stand facing a partner and go through the complete shot while your partner critiques all parts of your shot. **PRACTICE (Do twice with partner watching for different things each time.)**
5. **Mirror form with ball** - Same as previous drill but this time use a ball. Try to make the ball land half way between you and your partner. Partner still critiques your shooting form. **PRACTICE (Do twice**

- with partner watching for different things each time.)**
6. **Shooting off backboard or wall** - use your best form to shoot at a spot on the backboard or on the wall. Do not try to make the basket. **PRACTICE ( Remember to try to hit board on the way down.)**
  7. **Grooving the shot** - Start right in front of the basket and shoot the ball into the basket. After you have made several baskets without hitting the rim, move back one step. Continue this until you are back at the free throw line. **PRACTICE** line up at each basket. Let each camper try five shots at one basket and see who can make three without hitting rim.
  8. **Review concepts** about shooting learned tonight.
    1. LINE IT UP review
    2. What's wrong with this shot? Coaches shoot with something obviously wrong.
    3. Shooting progression review
    4. Do everything the same way every time you shoot. Be quick! Be consistent!!! You will be accurate!
  9. Garbage can demo of shooting the ball in a high arc rather than a straight line. Show can straight on and have girls air draw the shape of the opening. (Circle) Then stand can up and have girls air draw the opening. (Ellipse or oval) Easier to make a basket when you get the ball up high.
  10. Divide into two groups 5-7 (scoreboard end) and 8-12(stage end) for shooting drills
  11. During the shooting drills, **video tape each shooter.**

#### **Drills used:(Rotate baskets)**

**Louisville:** 2 lines at baseline with a ball in each, one person on low block. First pass to the person on the low block who shoots, rebounds and returns ball to original line and goes to that line. The first passer moves around first shooter to opposite low block, receives pass from other line, shoots, rebounds and returns ball to original line and goes to that line.

#### **Points of emphasis:**

**Passer** - good fake, lead the cutter, get ball to cutter as they arrive, don't make them wait, pass easy to handle, some bounce passes

**Shooter** - catch on a jump stop in rhythm, square up(face up) to basket, good shooting form, as you progress work on getting the shot off quickly, follow your shot

**Flash Shooting:** One line. First person in line cuts to designated spot like the low block and to a second spot like the elbow. Second person in line, with a ball, fakes pass and passes to cutter. Cutter catches on jump stop, does inside pivot, shoots, rebounds and returns ball to the line. Original passer, after passing makes same cut and repeats same action as the first cutter. Line can be moved to different locations to simulate different game shots (Baseline/elbow, wing/baseline, top of key/wing, etc.)

#### **Points of emphasis:**

**Passer** - good fake, lead the cutter, get ball to cutter as they arrive, don't make them wait.

**Shooter** - make hard cut, catch in rhythm, square up to basket, good shooting form, as you progress work on getting the shot off quickly, follow your shot

**The Layup** <http://www.coachesclipboard.net/Layup.html>

The lay-up is the easiest shot and the first shot you should learn. It's not as easy as it looks at first, as a lot of kids have difficulty getting the correct footwork, and shooting off the correct foot. Then you must also learn to use either hand, and eventually do the reverse lay-up.

### **Footwork**

When dribbling toward the basket, **move slightly to one side of the hoop** to create the proper angle. If you're on the right side, dribble right-handed, and plant your left (inside) foot and jump off that foot, and finally shoot with your right hand. As you raise your right hand, your right knee should also elevate. ***Pretend there is a string attached to your right hand and your right knee.***

Reverse this form if shooting from the left side.

As you approach the hoop, take a **half step with your outside foot**, then take a **full stride with your inside foot** pushing off the court. When jumping your **outside knee should be bent**. Go directly toward the basket, with your **head up** and **eyes focused on the backboard**. Go up strong and straight to the hoop. Don't shy away if there is a defender, just go strong to the hoop. You may get fouled and get a three point chance.

### **Aim**

Always use the backboard ("use the glass") when shooting lay-ups from either side. Aim for the **top corner of the box on the backboard**. Focus in on this area; **don't watch the ball**. Keep your head up.

### **The Push Release**

Younger players who are not yet strong enough for the underhand release should use the push release. Release the ball **with the back of your hands facing you**. Extend your shooting arm, as you push the ball to the hoop off your fingertips. You should **go up with two hands**, then **release the ball with your outside hand**. A very young player may need to shoot the ball with two hands.

### **Underhand Release**

As you get stronger, you should develop the underhand shot. This release results in a **softer shot**, and **more control when you are moving at high speed**. Release the ball **with your palm up and arm extended**. Let the **ball roll off your palm and then your fingertips**, and lay the ball softly off the backboard. Use **two hands going up**, but then **release the ball with your outside hand** at the top of your jump. Be strong and concentrate... "**finish**"!

### **Drill (with and without ball)**

Here is a **simple drill** for teaching the footwork. Have the players get into a line near the right side of the basket (to shoot the right-handed lay-up). Each player takes a turn. You can use more than one basket if you have enough assistants to watch each player's technique. This drill works on correct footwork. Have the player (with a ball) **face the right side of the backboard** with both **feet together**. Then have her **take one step forward with the inside (left) foot, plant that foot and jump off of it** and shoot the right-handed lay-up. Remember the string! When jumping, the right thigh comes up with the knee bent. Have each player work on this technique. **Then try it on the run (without dribbling), and then with dribbling**. Do the left side also... on this side you step forward and plant the right (inside) foot, and raise the left thigh and leg.

**Layups with outlet pass:** Three lines (shooting, rebounding, outlet) with three balls in the shooting line. Outlet line on sideline of the shooting line. First person in shooting line shoots

layup and moves to the rebounding line. First person in the rebounding line rebounds the shot and passes ball to the outlet line and then goes to the outlet line. First person in outlet line, receives ball from rebounding line, passes to shooting line and goes to shooting line.

After the group understands the drill, use both ends of the cross court.

**Points of emphasis:**

*Shooters*- good form

When moving from rebounding line to outlet line, execute a jump stop and pivot

When rebounding and passing to outlet line, don't travel

**Layups with pass, return pass and outlet pass:** Same as above except when the shooting line receives the ball from the outlet line, they pass to the rebounding line, drive to the basket and receive a return pass. Then they shoot the layup.

**Points of emphasis:**

Same as above

Timing on the pass back to the shooter

**ILHS Blitz:** Three lines on baseline with ball in each, front in middle line and second on outside two lines. Two players on baseline at opposite end of the floor each with a ball. First three players weave with middle person shooting layup, rebounding, and starting back the other way, again shooting the layup. Wings, after weaving, receive pass from players on opposite baseline for a jump shot. They rebound their own shot and get ready to pass to next two coming down the floor. Passers begin weave back the other direction with the first middle player who is returning. Second players from original outside lines pass to the two players coming back from opposite side of floor and then they begin the weave for the next wave. Allow 3 minutes and record the number of shots made.

**Points of emphasis:**

Passing - lead your teammate

Timing your cuts, working with your teammates

Good form shooting on the run

**3-on-2/2-on-1**

**Video taping:** camera for each group (grade school and high school)

Have shooters take the following shots:

- free throws - get front angle and side angle
- three shots receiving a pass from a coach - angle from under the basket
- three layups from each side - angle from the side

## Session 2 - Instruction (8:00a - 12:00p)

### Grade School

- 8:00-9:00 Classroom bring bb's
1. Dribbling - do two ball drills, etc. in lounge (15 minutes)
  2. Passing - form passing in lounge (15 minutes)
  3. Segment 1 from Big Man Tape - practice in lounge if time (30 minutes)
- 9:00-9:50 Court Time
1. Dribbling (keep dribbling the whole time unless you hear the whistle)
    - a. Pivot drill (5 minutes)
    - b. Speed dribble - up one hand, back the other (5 minutes)
  2. Passing - One line, with one team member passing to each while sliding (5 minutes)
  3. Receiving the ball on the wing (30 minutes)
    - a. Time your break (coach passing)
    - b. Jump stop
    - c. Inside pivot
    - d. Sweep the ball
    - e. Bring the ball up
    - f. Look at the rim
    - g. Pass it back
    - h. Change lines
    - i. After several times demo and drill the reverse pivot (10 minutes)
      - i. Reverse footwork to drive
      - ii. Reverse footwork and stay on top
- 10:00-11:00 Classroom
1. Wing Moves
    - a. Receive and shoot 18:01
    - b. Baseline drive 20:33
    - c. Drive the middle 37:00
  2. Post Moves
    - a. Receive and shoot (not on tape)
    - b. Drop Step 47:20
    - c. Up and Under 59:15
    - d. Sweep Through 1:02:46
  3. After each move, stop to practice the footwork
- 11:00-12:00 Court Time
1. Receive and shoot
  2. Baseline drive
  3. Drive the middle
  4. Receive and shoot post
  5. Drop step
  6. Up and under
  7. Sweep through
  8. Eight minutes each move

## Session 3 - Scrimmage & Video ( 1:00-5:00p)

1:00-3:00 Cross-Court

1:00-2:00

1. Two half court games
2. Teach a very basic stack
3. Emphasize receiving the ball and the three wing moves and four post moves

2:00-3:00

1. Full cross-court scrimmages
2. 5-on-5 for 10 minutes
3. Switch teams. When sitting out, look for good offensive moves or plays
4. Same emphases

3:00-4:00 Scrimmage Video

4:00-5:00 Full Court

1. 5-on-5 for 10 minutes running clock
2. New teams each time
3. Keep score with scoreboard

## Session 4 - Skills and Contests (7:00-9:30a)

### Skills & Contests

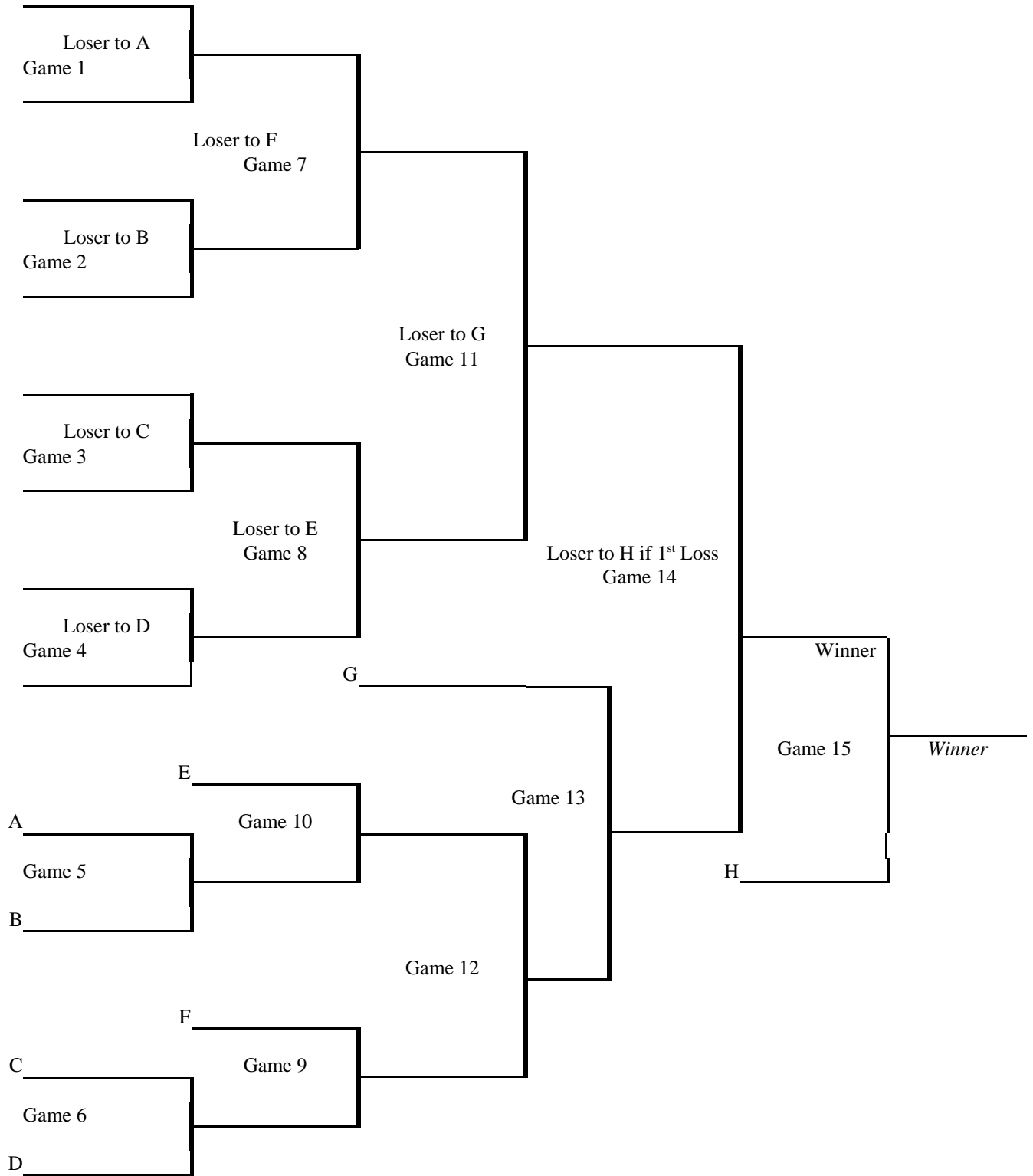
1. Dribble Relays (10 minutes)
  - a. Slalom (with chairs, down and back)
  - b. Speed Dribble (down and back)
  - c. Pivot (tape the pivot points, down and back)
2. Dribble Tag (10 minutes)
3. Passing Relays (10 minutes)
  - a. Two facing each other and shuffle passing
  - b. One person passes to the whole group shuffling down line
4. Team shooting (10 minutes)
  - a. 60 seconds, rebound your own shot
    - i. Short corner
    - ii. Low block
    - iii. Second block
    - iv. Elbow
    - v. Free throw line
    - vi. Elbow
    - vii. Second block
    - viii. Low block
    - ix. Short corner
  - b. Around the World (not timed)
    - i. Each team should have the same number of players. If not, have someone shoot twice.
    - ii. Everyone has a ball
    - iii. Start at low block
    - iv. Shoot and rebound your own shot
    - v. Move to other low block and wait until everyone in your line is done
    - vi. Repeat and move to next line on opposite side of lane
    - vii. End at free throw line
    - viii. Winning team is the one that makes the most shoots as they go around the world
    - ix. If you are not shooting, you must be dribbling or we will penalize your team one basket.
  - c. Lightning (10 minutes)
    - i. Both ends
    - ii. 4 rounds
    - iii. 1<sup>st</sup> and 2<sup>nd</sup> place from each round in finals
    - iv. Finals

## Session 5 - Games (8:00a -12:00p)

8:00 Games, Divide up teams and explain process  
 9 minute running clock. Will shoot shooting fouls.  
 1 minute between games  
 Camp Staff will be the coaches.

Time	Teams Competing		Game Conditions
8:30	Team 1	Team 2	Regular Scoring + Points for good team play
8:40	Team 3	Team 4	
8:50	Team 5	Team 6	Regular Scoring + Points for good team play
9:00	Team 7	Team 8	
9:10	Team 1	Team 3	Regular Scoring + Points for good team play
9:20	Team 2	Team 4	
9:30	Team 5	Team 7	Regular Scoring + Points for good team play
9:40	Team 6	Team 8	
9:50	<b>Break Time</b>		
10:00	Teams 1 & 5	Team 2 & 6	No Dribbling Allowed. Regular Game Scoring
10:15	Team 3 & 7	Team 4 & 8	
10:30	3-on-3 tourney, coaches divide up teams of 3-4		
	High School on stage end, Grade School on scoreboard end		
	Double Elimination, 7 minute games or first team to 15 by 2's and 3's, win by 2		
	Coaches call fouls, after six fouls one shot and the ball		
11:50	<b>Lunch</b>		

# Winners Bracket



# Losers Bracket

# Team Listing

Please note that you are on more than one team.

## Session 6 - Practice Tips & Handouts (1:00 - 2:00p)

1. Brief talk
2. Handouts
  - a. Shooting technique
  - b. Shooting a layup
  - c. Dribbling drills
  - d. Shooting workout
  - e. Jumping Program
  - f. Stretching drills
  - g. Running program
3. Demonstrate
  - a. Dribbling drills (10 minutes)
  - b. Shooting workout (30 minutes)
  - c. Jumping program (20 minutes)
4. Thanks and closing with prayer
5. Reminders
  - a. Take a ball
  - b. Clean your room, it must be checked out by supervisors before you leave

# Classroom Topics

(if time available)

## Perimeter Players

### *Physical Aspects*

Dribbling

Passing

Defending

Rebounding

Shooting

### *Mental Aspects*

Passer vs. Scorer

Assists

Where's my shot?

Anticipate on defense

Leader on and off the floor

Dealing with mistakes

Mental toughness

Show who's boss

Get into their head

## Post Players

### *Physical Aspects*

Positioning

Rebounding

Passing

Picking

Post moves

### *Mental Aspects*

How to defend

What's my role?

Physicalness

# Canteen and Meal Schedule

<b>Session 1</b>	<b>7:00-9:30p</b>	<b>Introduction and Shooting</b>
		9:30 Canteen
<b>Session 2</b>	<b>8:00-12:00a</b>	<b>Instruction</b>
		9:50-10:00 Break & Canteen
		12:00-1:00 Lunch
<b>Session 3</b>	<b>1:00-5:00</b>	<b>Scrimmage &amp; Video</b>
		3:00 Break & Canteen
		5:00-5:45 Supper
<b>Session 4</b>	<b>7:00-9:30</b>	<b>Skills and Contests</b>
		9:30 Canteen
<b>Session 5</b>	<b>8:00-12:00</b>	<b>Games</b>
		10:00 Break & Canteen
		12:00-12:45 Lunch
<b>Session 6</b>	<b>1:00-2:00</b>	<b>Closing</b>
		2:00 Canteen
		Room Cleaning and Check Out