



**TJHSST**

**Girls Basketball**

**Summer Workouts &**

**Individual Skills  
Development**



March 1, 2012

**Hi Ladies,**

Over the course of the season, we've mentioned how important the off-season is for individual skills development. This time of year is especially important for those of you who would like to improve specific things like your shooting form, ball handling, one on one moves, etc. Any new modification to your shooting form will take approximately 3 weeks of daily practice for muscle memory and a new habit to properly develop. In order to truly change your shot in three weeks, you have to make sure you are consistently practicing your shot with the corrected form (elbow in, snapping your wrist, squaring up to the basket, etc.). Because the technique is so important, it's very useful to have a teammate/friend/parent work with you during this time to help ensure you are making the proper correction each time you shoot. You can also set up a video camera to record yourself and monitor your shooting form and progress.

Regardless of whether or not you're making an adjustment to your shot, you must get out and practice your individual skills this spring, summer and next fall in order to advance to the next level of play.

In this package, we've put together a list of local programs, clinics, and camps. Summer camps are a great way to get new instruction and setting aside an entire week to basketball development really makes a difference in your abilities. We've also put together a list of drills and a sample shooting workout to help guide your off-season practice regimen. Not only are we asking you to make a commitment to your individual skills, but we're also asking you to get stronger, quicker, and to keep yourselves in good shape. Attached is a list of conditioning drills and weight lifting drills that are similar to what a NCAA Division I program would use.

Lastly, it is our expectation that you all commit to attending green day practices, the summer camp (TBD), and the fall league program (unless you have a fall sport conflict).

During the off-season you work as hard as possible to improve individually, in order to reap the benefits in-season as a team. We can't wait for next year to get here and I know you will all make the effort during the summer to help us be successful next season.

**Best,**

**The Coaches**

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## EXTERNAL PROGRAMS:

### Basketball Training Programs

- **Team2Four Weekly Skills Clinic:** Every Tuesday from 6-7:30pm at Bailey's Community Center. <http://team2four.com/> and [team2four@yahoo.com](mailto:team2four@yahoo.com)
- **Evolution Basketball training:** From private to group workouts, to shooting instruction and agility training, to camps and team clinics, this organization offers a little bit of everything and comes recommended by one of the TJ boys basketball players. <http://www.evobball.com>
  - **Shooting Coach & Group Workouts:** Mandy Ronay hosts both individual and small group clinics (703) 674-7507 and [mandy@evobball.com](mailto:mandy@evobball.com); I've talked to her about having a weekly training session for TJ players. The cost would be around \$30/player (if we were able to get 5-6 girls to attend, less if more attended) and would take place for an hour at their training facility which is located in Fairfax. Mandy comes highly recommended and would work closely with the TJ coaching staff to tailor a workout program for you guys.
- **PSPA Rams:** You can get personal training sessions starting at \$45/player or a team training session for \$150 The PSPA Rams also have an AAU program with opportunities to play in the 16U category <http://www.pspacademy.com/>
- **Northern VA Sports Plex:** Along with leagues and tournaments, the Sports Plex offers group and individual training sessions: <http://www.northernvirginiasportsplex.com/NVSP/Home.html>
- **Nike Girls Basketball Camp, University of Mary Washington:** Fredericksburg VA. June 24-28<sup>th</sup>. I've heard great things about Coach Applebury. Check out this site for more information and to register: <http://www.ussportscamps.com/basketball/nike/nike-basketball-camp-university-of-mary-washington/>

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- **West Springfield & Coach Gibson Camps:** they conduct 2 camps/summer – one at the beginning of summer break and one mid/late July. These are 4 or 5 day camps where kids are broken up into age groups and ability. The camp has a good reputation as being very instructional while also being fun. The dates aren't available online yet. Coach Gibson: (703) 913-3873 and [wrgibson@fcps.edu](mailto:wrgibson@fcps.edu)
  
- **George Mason “Mustangs” High School Basketball camp:** 6/18 – 6/22, 10am-3pm for \$150
  
- **University of Maryland Camps:** more information can be found about each of the options listed below at <http://www.umterps.com/camps/md-camps.html#whoops>:
  - Elite Camp: June 21-22, ages 12-18
  - Parent/Child Clinic: June 23, kids 7=18
  - Terps Day Camp: July 24-27, ages 8-18
  - Guard Clinic: July 24, ages 8-18 (evening)
  - Shooting Clinic: July 25, ages 8-18 (evening)
  - Post Player Clinic: July 26, ages 8-18 (evening)
  - Terps Overnight Camp: July 30-Aug 2, ages 10-18

## **AAU Team Websites with Tryout Information**

- **MATRIX BASKETBALL:** <http://www.matrixbasketball.net/>
  
- **CARDINAL BASKETBALL:** <http://www.cardinalaubasketball.com/> for more information talk to Laura Manno or Maddy Naide about Cardinal basketball as they played with them last season.
  
- **BRADDOCK ROAD YOUTH CLUB:** <http://www.brycbasketball.org/>
  
- **POTOMAC VALLY VOGUES:** <http://www.voguesbasketball.com/> for more information talk to Morgan Cheetham; she's played with the Vogues for a few years. [voguesbasketball79@gmail.com](mailto:voguesbasketball79@gmail.com) or 703-242-9758

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- **FAIRFAX STARS:** <http://www.fairfaxstars.org/> for more information, you can talk to Bob McCormick who is the Director of Security at TJ or email at [fairfaxstars@aol.com](mailto:fairfaxstars@aol.com).
- **VIRGINIA ELITE AAU BASKETBALL:** <http://www.vaelitehoops.com/aau.htm>
- **LOUDON TRIPLE THREAT:** <http://loudountriplethreat.org/>
- **WESTERN FAIRFAX BASKETBALL CLUB:**  
[http://www.wfbcaau.com/Western Fairfax Basketball Club/Welcome.htm](http://www.wfbcaau.com/Western%20Fairfax%20Basketball%20Club/Welcome.htm)  
↓
- **NO LIMITS AAU GIRLS BASKETBALL:** <http://www.nolimitsaau.net/>
- **PREMIER SPORTS PERFORMANCE ACADEMY:**  
<http://www.pspacademy.com/>

### **OPEN GYMS and Non-AAU Spring/Summer leagues:**

- **Falls Church Community Center:** hosts an open gym for youth several days a week. The hours change weekly; you can call the hotline to find out what the hours are for the current week. <http://www.fallschurchva.gov> or 703-248-5125
- **Fall Church Community Center and George Mason HS:** also host a summer league program that includes several teams for our league. They have both JV and Varsity leagues and play around 10 games between May and July. Games are on weeknights with the first game starting as early as 6:15. POC is Chris Madison who can be reached via the FCCC general line. He has promised to email more information about this program once they have it ready. Cost is \$500/team.
- **Braddock Road Youth Club Summer League:** I've emailed Jim Watson and Nikki Bouchard for more information regarding dates, times, locations, and costs. They can be reached at: Jim (571) 243-4142 or [jmotey@aol.com](mailto:jmotey@aol.com) and Nikki (703) 323-1755 or [nikki\\_bouchard@yahoo.com](mailto:nikki_bouchard@yahoo.com).

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## DRILLS:

Here's a list of some of my favorite one-person drills. The key is consistency and good form. In terms of shooting, you really need to put up between 200-500 shots/day to see the type of improvement you all want to see next season. On the next page you'll find a sample shooting sequence – this is a good starting place but try to mix it up and try to get your heart rate up in between shooting sets by adding a set of lines or a down and back.

### Shooting:

- **Mikan Drill**- position yourself right under the basket, shoot a right-handed layup, rebound the ball and immediately step to left side for left-handed layup/baby hook shot – make 25 regular and 25 reverse.
  - Regular layups
  - Reverse layups
- **One-handed Form Shooting**- position yourself right in front of the basketball, focusing on shooting form (elbow in, wrist bent, follow-through) warm-up shooting one handed shots rotating around the basket. Make three swishes and take one step back. Miss a shot and take one step in towards the basket. Do this drill at the beginning of your workout for 5 minutes.
- **Flip Shooting**-this drill is also for working on shooting form and warm-up shooting. Find a line in the gym, position your feet so that the line is in between them, focus on your base and shooting on target, take 25 shots, notice where your ball lands – you are trying to hit the line every time. Afterwards, lay on your back and shoot 25 shots focusing on quick release and snapping your wrist.
- **Perimeter shooting**-
  - Warm-up by shooting and making five, 10-15 ft shots on both baselines, wings, elbows, and near the top of the key. Then step back so you're just in front of the 3pt line and do the same. Don't move on to the next spot until you make 5 shots. Spin the ball to yourself before each shot to simulate receiving a pass.
  - Freestyle shooting with rebounding: you have to shoot 100 shots and you have to rebound each one before it hits the ground which requires you to sprint immediately after shooting the ball. Shoot

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from spots on the floor that are similar to those you would take in a game.

- Test yourself by playing Shoot the Shot (modified around the world): there are seven, 10-15 ft shots (baseline, wing, elbow, free throw, opposite elbow, opposite wing, opposite baseline) and five, 3-pt shots (baseline, wing, top of the key, opposite wing, opposite baseline) on the way back around. As long as you are making shots you progress around the perimeter, if you miss, you have to go back one spot.
  - Test yourself by playing 32 points: there are 5 spots on the floor (baseline, wing, top, opp wing, opp base) and you have 3 different types of shots to take from each: 3 pt shot, one dribble jump shot, and layup. Finish by taking two free throws. The 3-pt is worth 3, jump shot is worth 2, and the layup and free throws equal 1 pt for a total of 32 points. Your goal is to shoot in the high 20's. If you don't get it, try again.
  - Work on making bank shots from inside the key to develop an appreciation for the glass and how to use it properly.
  - Range development: to help build your range, take five shots at 15 foot range, followed by five shots at the 3 pt line, followed by five shots at the NBA 3 pt line and then back in to the 3 pt line, followed by the 15 footer. Pay attention to how comfortable you feel at the 15 foot range after shooting NBA 3 pointers.
- **Post Moves** – tossing the ball to yourself just above the block with your back to the basket/make 10 of each move from both the left and right sides:
    - Mikan Drill (see page 6 for instruction)
    - Pivot (baseline and middle) and shoot
    - Drop step baseline (with one dribble) and middle (jump hook)
    - Step Through/Up and Under Move: Pivot, shot fake, step around
    - Hook shot: Pivot step towards the middle, keep the ball up high above your head, with the side of your body perpendicular to the basket, flip your wrist and shoot a little hook shot.
    - Roll and retrieve drill: from the right elbow roll the ball towards the right low block, run after the ball and retrieve it, square up to the basket, make a pump fake with power lay-up or bank-shot off the glass (Make 10 shots from both the left and right sides).
  - **Free Throws**- free throws are extremely important to help us win games. Set goals for yourself like make 10 in a row before stopping or take 25 and make

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70-80%. To get your heart rate up and simulate free throws in a game setting, take two free throws and run a down and back or a set of lines.

## 1 on 1 moves:

- **1 on 1 series-** using a chair as your defender practice the following moves. Do each move 10 times and then move to the opposite wing and repeat.
  - Jab step and go
  - Rocker step and go (this is a jab step, with a ball fake towards the defender, followed by pulling the ball back to triple threat, and then exploding pass your defender)
  - Shot fake and go
  - Jab step, Crossover and go
- **Beat the Pro-** After warming up by practicing the moves above, add a little competition by imagining you are playing your favorite basketball player and you're trying to beat them to 21 points. For every shot you make, you get one point and for every shot you miss, your imaginary opponent gets two. When you get to 20 points, you take one last "buzzer beater" type shot (like a half court shot or a running 3 pt shot, etc.) that you must make to win.
- **Full court 1 on 1/change of direction moves-**with a chair on the right side wing at each basket, start at half court and speed dribble as if you were on a fast break, once you get near the perimeter and your defender (the chair) make a move and drive into the basket for the layup. Rebound your shot and speed dribble to the opposite end. Repeat the move and the drill until you make 10 baskets. Then move the chairs to the left side of the floor. Continue until you complete each one on one full court move: cross-over, hesitation, spin, behind the back, and between the legs.
- **One dribble jump shots-** using the 5 spots around the arch (baseline, wing, and point) spin the ball to yourself and take a one dribble jump shot, varying the direction you dribble towards. Take 10 shots per spot on the floor.
- **Driving to the basket-** time yourself for 1 minute and start at the right elbow. Drive in for a right-handed layup, rebound, dribble out to the opposite elbow, and drive in for a left-handed layup. Try to make as many as possible in one minute. Take a break and time yourself for another minute trying to beat your first score. Do the same drill but start at the right elbow, **cross the key** and make a left-handed layup. Repeat from the left elbow and finish with a right-handed layup.

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## Ball Handling:

- **Zig-Zag Drill**- Using change of direction moves like the crossover, spin-move, between the legs move, and behind the back, zig-zag the full length of the court between the free throw line and sideline, changing direction, seeing the entire floor, and moving quickly. This is a great warm up drill.
- **Duke Two-Ball Stationary Drills**-complete each move drill for a minute and then move on to the next (reference this video to see what (if you don't know them, this site explains and provides a video for each:  
<http://www.coachesclipboard.net/DribblingDrills.html>)
  - 2 ball dribbling drills stationary:
  - 2-ball kills (waist high – then as low as you can go)
  - Alternating piston drill
  - One high, One low (change sides)
  - Side V dribble: push pull
  - Front V Dribble: windshield
  - Front crossover & hand off
  - 2 ball juggling
  - 2 ball front circles
  - 2 ball front crossover
  - 2 ball figure eight
  - 2 ball front and back crossover
  - 2 ball one around the back
- **Two-Ball Full Court dribbling drills-practice down and backs and a set of lines doing both of these-**
  - Simultaneous dribble
  - Alternating dribble
- **Tennis ball dribbling**

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### **Sample Shooting Sequence (200 shots):**

- 1. 10 right hand layups**
- 2. 10 left hand layups**
- 3. 10 right hand hook shots**
- 4. 10 left hand hook shots**
- 5. 10 jump shots from each elbow**
- 6. 10: 15 ft jump shots from five different spots around the arc**
- 7. 10: 3-pointers from five different spots around the arc**

*Start tossing the ball to yourself to simulate catching a pass and shooting:  
throw it forward with backspin so it comes back to you and shoot*

- 8. 10 shots throwing the ball to yourself and taking one dribble to the left**
- 9. 10 shots throwing the ball to yourself and taking one dribble to the right  
(this should be done from 5-10 different spots on the court)**
- 10. 20 Free throws (incorporate a down and back in between 2 free throw  
shots to get your heart rate up)**