MAYVILLE STATE UNIVERSITY WOMEN'S BASKETBALL PRACTICE SCHEDULE

COMETS Mayville State University **2014-2015**

Blair, Henrikson, Hoglo, Rude, Weber

DAY: Wednesday

DATE: 7/30/14

Pre-Practice or Post-Practice Talks - Workouts - Film	Announcements	Coaching Assignments

2014 North Dakota Coaches Clinic
Drill List

Individual Drills

-Form Shooting/STS

-Rhythm Shooting

-Make 10/1:15

-7/21 Shooting Drill

-"25" Point Shooting

-Individual "21" Point Shooting

Partner Drills

-Sequence of 5 Shooting

-Mikans/2 Ball Sequence

-Partner Shooting

Group Drills

-2 Balls/3 Shooters

-2 Balls/3 Shooters—add close outs

-Line Shooting

-Line Shooting—add stop & pops

-Peer Pressure Shooting

-"21" Point Shooting

Break Package IDW Shooting Drills

-Sprint Shots

-Four Chair Shooting

-Open Floor Dribble Moves

-Penetration Shooting Drills
  -Drive/Kick Shooting
  -Attack/Trail Shooting
  -Drive/Drift Shooting

-Motion Shooting

-Transition Shooting

Ball Handling Drills

-Newton Drill

-Octopus Drill

-Dribble/Juggle Sequence

-2 Ball Passing

Break Package Team Drills

-3 Man Break

-5/0 Break Package

-Piston Drill

-"Hubie" Drill

CHECKLIST: 1. Warm-up 2. Passing, Dribbling, Pivots 3. Live Ball Handling and Post Feeds 4. Shooting 5. Offensive and Defensive Breakdown 6. Rebounding 7. Shell - Emphasis of Day - 4/4/4 8. Defense-Rebound-Break 9. Free Throws and Shooting 10. Miniature Games 11. Full Man 12. Motion Alignments and Plays 13. Zone Attack 14. Presses-New Schemes-Scouting 15. Situation Work or Earn Way Out of Practice

MAYVILLE STATE UNIVERSITY TRADEMARKS: 1. PLAY HARD 2. PLAY SMART 3. PLAY TOGETHER 4. HAVE FUN