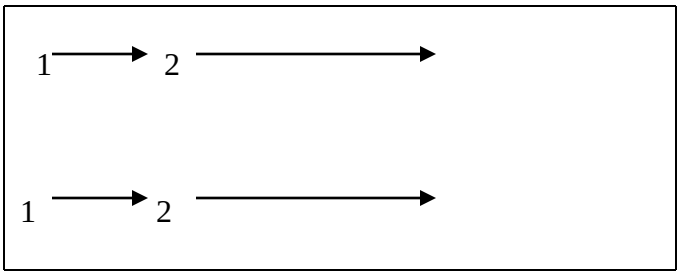
LISA STONE CLINIC

WISCONSIN BASKETBALL – 2007

DRILL #1: PARTNER FULL COURT PASSING



1. ONE BALL ONE PLAYER RUNS FWD AND ONE BACKWARD
    A. CHEST PASS DOWN AND BOUNCE PASS BACK.
    B. ADD A SECOND BALL AND DO BOUNCE/CHEST PASS COMBO

DRILL #2: TWO BALL STATIONARY ROUTINE

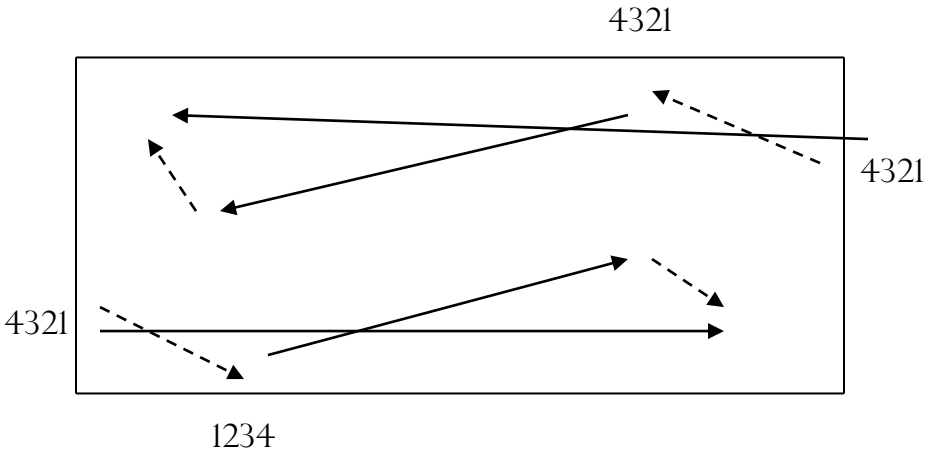
1. SAME
2. ALTERNATING
3. FRONT TO BACK
4. CHASE
5. TWO AND THROUGH
    A. TWO BALL SAME IN FRONT FOR TWO DRIBBLES THEN BRING BOTH BALLS THROUGH THE BACK AT THE SAME TIME.

DRILL #3: MONKEY IN THE MIDDLE

1. PASS AND FOLLOW
2. PASSER CLOSES OUT WITH HIGH HANDS AND SHORT CHOPPY STEPS.
3. HIGH HANDS TO TAKE AWAY THE SHOT FIRST.

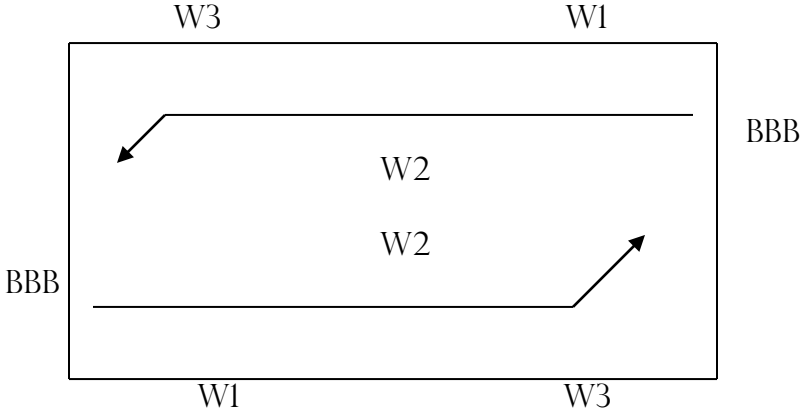
TURNOVERS – FEWER THEN 15 A GAME IS GOOD FOR GIRL'S BASKETBALL

DRILL #4: PARTNER REBOUND AND OUTLET



1. THROW OFF THE BACKBOARD AND OUTLET THE BALL. OUTLET DRIBBLE TO THE MIDDLE. REBOUNDER FILL THE OUTSIDE LANE AND RECEIVE PASS BACK FOR A LAY-UP.
2. PASSER REBOUND THE BALL. SHOOTER MOVE TO OPPOSITE OUTLET AND GO BACK REVERSING ROLLS.
3. GO FOR TO 2 LAPS TOTAL EACH PERSON WILL GET TWO SHOTS.
4. AT THE END, ANY MISSED LAY-UP IS 10 PUSH-UPS.

DRILL #5: THREE POINT PASSING DRILL



1. BLACK ARE THE RUNNERS FOR ONE MINUTE. WHITES ARE THE PASSERS.
2. PASS IT TO W1 AND GET IT BACK. PROCEED TO W2 AND W3.
3. RECORD THE NUMBER OF LAY-UPS MADE.

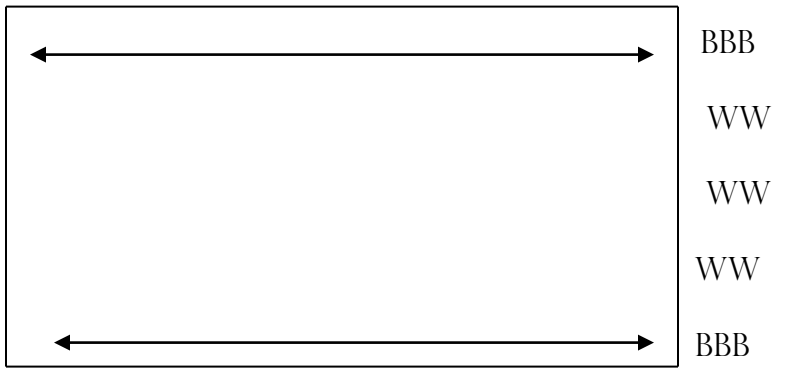
4. WHITES ARE NOW THE RUNNERS AND WILL TRY TO BEAT THE BLACKS SCORE. YOU COULD ALSO ADD THEM TOGETHER AND GET A TEAM SCORE TO TRY TO BEAT EACH TIME.

CRITCISM – IT EITHER MAKES YOU BITTER OR BETTER. YOU CAN EITHER POUT OUR YOU CAN WORK TO IMPROVE IN THAT AREA.

DRILL 6: 5 PERSON WEAVE INTO 3 ON 2 COMING BACK

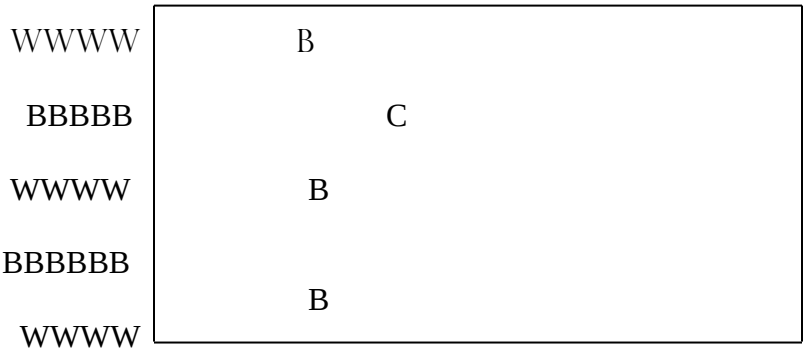
HERO PASS – JUST MAKE THE SAFE PASS. HERO PASS IS NOT ALWAYS A HIGH % PASS.

DRILL #7: 3 ON 0 INTO 3 ON 2



1. WHITE IS DOING WEAVE FIRST.
2. FIRST TWO BLACKS WILL SPRINT DOWN AND BACK AND PLAY DEFENSE AGAINST THE 3 COMING BACK.
3. OFFENSE GET 1 POINT FOR MAKING THE LAY-UP AT THE OTHER END. THEY WILL GET TWO POINTS IF THEY SCORE VS THE TWO DEFENDERS
4. PLAY FOR 3 MINUTES THEN SWITCH SO THAT THE BLACK IS ON OFFENSE.
5. THERE SHOULD ONLY BE TWO PASSES BEFORE THE LAY-UP
    A. REBOUNDER TO OUTLET
    B. OUTLET DRIBBLE TO MIDDLE AND PASS AHEAD.
    C. REBOUNDER CHASE AND REBOUND AGAIN.
    D. OUTLET STAYS OUTLET BUT MOVES TO OTHER SIDE.
    E. AFTER THE LAY-UP, THE SHOOTER CONTINUES ON TO THE OTHER WING AND GOES.
    F. MAKE SURE TO SWITCH LINES SO THERE IS A DIFFERENT OUTLET EACH TIME.

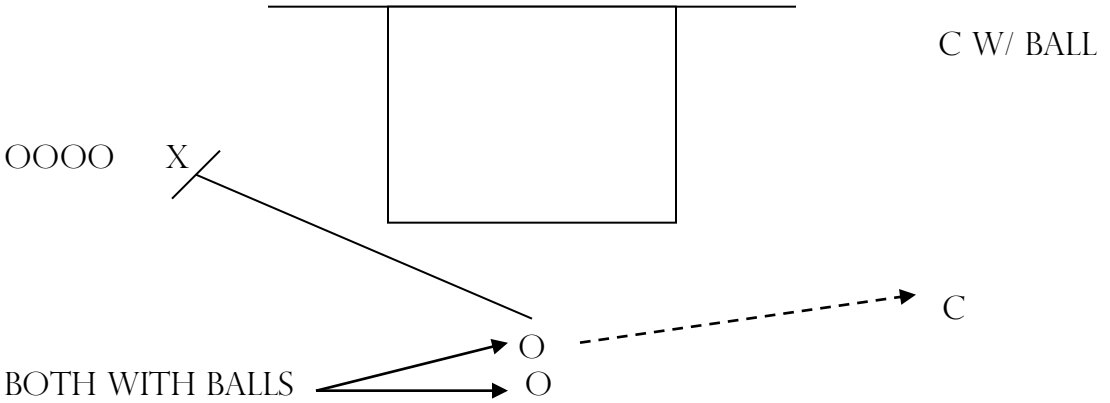
DRILL 8: 3 ON 3 SLAP TRANSITION



A. 3 WHITE OUT LINED UP FT LINE AND FT LINE EXTENDED.
B. COACH PASSES TO ONE OFFENSIVE PLAYER. THE DEFENDER IN FRONT OF THAT OFFENSIVE PLAYER WILL TOUCH THE BASELINE AND GET BACK INTO THE GAME.
C. IT IS 3 ON 2 UNTIL THE THIRD DEFENDER GETS BACK..
D. PLAY 3 ON 3 COMING BACK.
E. PLAY 3 MINUTES THEN LET THE OTHER TEAM BE ON OFFENSE FIRST.
F. PLAY 3 ON 3 , 4 ON 4, 5 ON 5

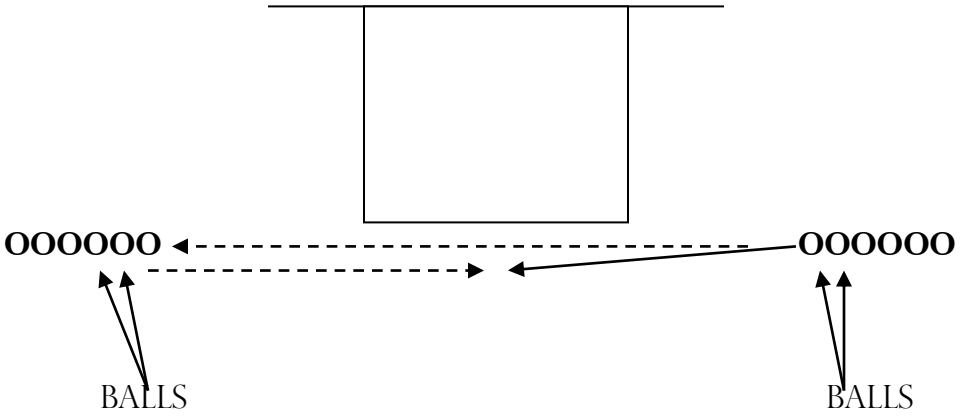
GOOD/BETTER/BEST SHOTS: THAT WAS A GOOD SHOT BUT WAS THERE A BETTER ONE OUT THERE THAT WE COULD HAVE WORKED TO GET. A LAY-UP IS THE BEST SHOT.

DRILL #9: PARTNER SCREENING



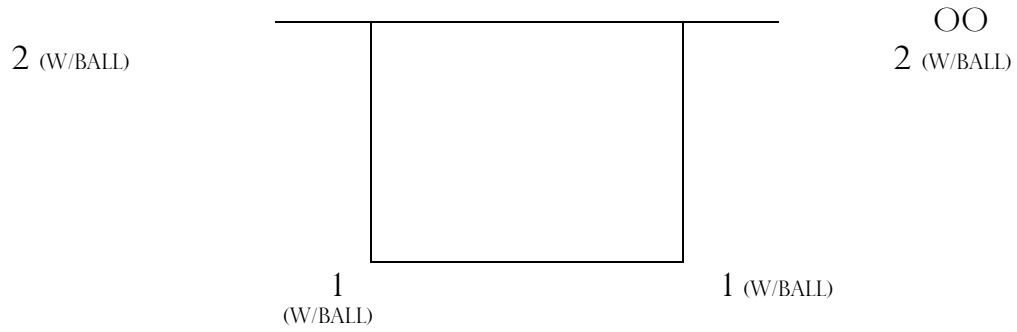
1. PASS TO THE COACH AND SCREEN AWAY.
2. COACH ON TOP HIT THE CUTTER, COACH ON BOTTOM HIT THE SCREENER.
3. DUMMY DEFENSE FIRST THEN LET THE TWO PLAY LIVE.
4. WORK UP TO 2 ON 2 SCREENING INTO 1 ON 1 WITH ALL 4 GOING AT ONCE.
5. SPRINT TO THE SCREEN AND WALK TO READ THE SCREEN
6. COME OFF THE SCREEN LOW AND LOADED..

DRILL #10: PRE GAME SHOOTING (DOG DRILL)



1. PASS AND RECEIVE A PASS. GET YOUR OWN REBOUND AND PASS TO THE OTHER LINE. GO TO OTHER LINE.

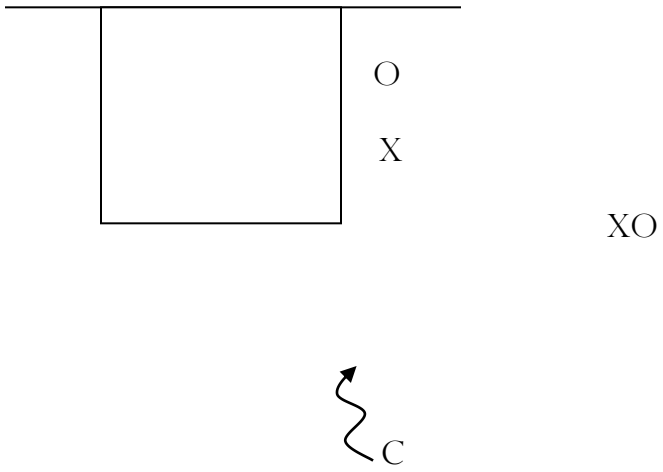
DRILL #11: TWO ON THE TOP



3 3 OOO
OOO

A. #1 SHOOTS FIRST AND GETS OWN REBOUND. #1 GOES TO LINE #2
B. #3 WILL RUN TO THE ELBOW AND RECEIVE A PASS FROM #2
C. LINE #2 GOES TO LINE #3
D. STAY ON YOUR SIDE FOR THREE MINUTES THEN SWITCH SIDES.

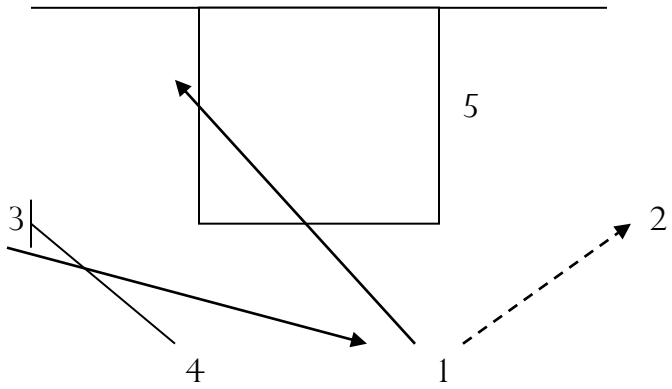
DRILL #12: POST/PERIMETER PASSING



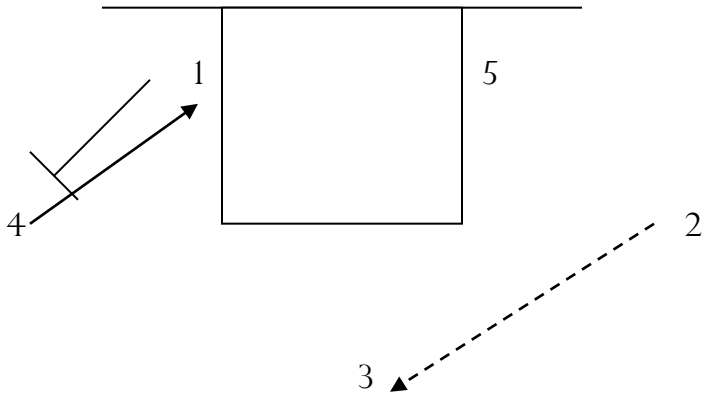
A. COACH DRIBBLES IN
B. V-CUT TO GET OPEN
C. CATCH, FACE AND FEED THE POST.
D. POST CAN SCREEN FOR WING TO GET THEM OPEN
1. DOWNSCREEN
2. BACK AND RESCREEN
3. CORNER SCREEN

WISCONSIN WOMEN'S SECONDARY BREAK INTO 32 MOTION

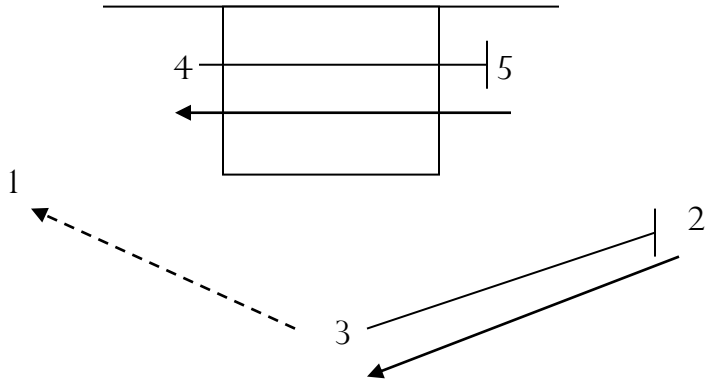
1. #1 PASS TO THE WING AND DIAGONAL CUT. #4 SCREEN FOR #3



2. REVERSE THE BALL AND #1 BACK SCREEN THE #4



3. REVERSE THE BALL TO THE #1. #4 CROSS SCREEN THE #5. #3 DOWN SCREEN FOR #2



4. GO RIGHT INTO 32 MOTION FROM HERE.

WISCONSIN WOMEN'S BASKETBALL DEFENSIVE PHILOSOPHY

1. GAP ON THE WING
2. BALL ON THE WING IS FORCED TO THE BASELINE.
    A. DEFENDERS FEET SHOULD BE PARALLEL TO THE SIDELINE.
    B. NO MIDDLE
3. DENY BALL REVERSAL ON PASS FROM WING TO THE TOP.
4. ¾ HIGH IN THE POST
    A. POST IS NOSE TO NOSE WHEN FRONTING.
    B. POST WILL DOUBLE THE BALL DRIBBLES TO THE BASELINE.
    C. WING WILL SMOTHER AND RECOVER ON PASS INTO THE POST.
5. THEY LIKE THE 3 OUT 1 IN SHELL DRILL