

Coach:

We hope this newsletter finds you doing well as we are either at the end of the school year or quickly approaching the end of another school year. We wanted to say "thank you" to all of you for your efforts with your players and your teams. Coaching is such an amazing and awesome experience, and our players should be the main reason for that excitement and enthusiasm within us. We also wanted to say "thank you" for the great feedback we have received from some of you to help make this newsletter better and more useful for all coaches at any level. Once again if you have a drill, concept, or idea you would like to share, feel free to send our way and we will make sure to include it in our newsletter. We just wanted to create a platform of sharing the game of basketball and the art of coaching and leading. Thanks, Coach.

We will plan to continue to send the newsletter through the summer, it just might not be every week. We have camps and clinics that will start next week, so time will become an issue. We will continue to "share the game" throughout the summer months. We hope you enjoy this week's newsletter. Like usual, feedback and ideas are welcomed to try and make this a good thing for ALL coaches. Have a great week!!!!

The image is a promotional graphic for Mayville State Women's Basketball (WBB). It features a blue background with a white logo on the left that consists of a stylized 'M' and the text 'Mayville State WBB'. Below the logo, on a wood-grain background, is the text: 'It should not be where you coach, it should be WHY you coach'. To the right of this text is a photograph of a basketball player in a blue jersey with 'MAYVILLE' and the number '4' on it, crouching on a gymnasium floor. At the bottom of the graphic, the website 'www.coachhutter.com' is written in white text.

**Mayville State WBB**

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### ***E-mail Coaches Clinic – Match Up Zone***

We will be sending out the last installment of notes in our e-mail coaches clinic this week on our 2-3 Match Up zone. Sorry for the delay with these notes, but it was graduation weekend at Coach Hutter's house this weekend, so we did not get a chance to get them out before the weekend. We do apologize. After the last installment of match up zone notes, we will then have three installments of notes on Developing Team Culture through Individual

Relationships. If you are interested in joining the group of coaches involved with this email coaches clinic, just reply to [cometwbb@mayvillestate.edu](mailto:cometwbb@mayvillestate.edu) and we will be happy to add you to the distribution list.

### ***Team Activity – TEAM Growth and Accountability***

We do this activity about twice a year, once in the early fall, and then again when we come back after Christmas Break. We really like this TEAM activity for having the players look at few areas they want to grow in both on and off the floor and having teammates help each other in their areas of growth. We always have the team circle up whenever we meet as a team. You need to have all the name of the players on a small piece of paper in a pile on the floor in the middle of the circle. Then you will have to designate one player to go first. That player will identify one area both on and off the floor where they would like to try and intentionally grow in over the next two weeks. EVERY PLAYER ON THE TEAM WILL WRITE DOWN ALL OF THE PLAYERS GROWTH AREAS IN THEIR PLAYER NOTEBOOKS. Then the player who identified their areas of growth will pick a name from the pile of player names on the floor. The player's name who is chosen will talk about how they will try and help, motivate or inspire the previous player in their growth areas over the next two weeks. When they are done they will pick one area both on and off the floor they want to grow in and then pick a name from the pile. We do this until we have worked through the entire team. The last player whose name is picked, will be helped, motivated or inspired by the first player that spoke. When we are done each player will have some areas of growth and one teammate that will try and encourage them over the next two weeks. They also have every teammate's areas of growth in their notebooks, in case they want to try and help others which we strongly encourage them to do.

We like this activity because it gets us to get out of our comfort zone when it comes to being as teammate. The teammates that are comfortable with each other, will always encourage and inspire each other. But we are trying to always get our team to interact with all of each other. With this activity, they don't get to pick who they encourage, it is picked for them, by their teammate. It really gets us to become more of a team. After two weeks, we come back together and discuss how our areas of growth are going and each teammate discusses how they tried to help, motivate, or inspire their teammate over the previous two week.

### ***Green Light Shooting***

"Green Light Shooting" is a concept we picked up from Arkansas WBB coach Mike Neighbors. He has a DVD specifically devoted to his Green Light Shooting concept. You can also go to YouTube to see more of his drills and concepts. Bottom line, the players need to complete some of these drills to be labeled a "green light" shooter for Coach Neighbors. For us we had three Green Light Drills at the beginning of the week that the players had to achieve. We devoted Monday morning and all-day Monday to giving the players a chance to earn their Green Light license for the week. If they achieved all three, they were able to shoot the "3" whenever they wanted in practice for that week. If players did not achieve their license on Monday, they could set up a time with a coach during the week to try and achieve it. We drifted away from this concept for us, because we just did not have enough time or coaches to help all the players that wanted to shoot and complete a drill. It was very time consuming for us. We LOVE the idea though, and Coach Neighbors has some GREAT drills within his Green Light Shooting concepts that we wanted to share with you. We will share both his drills and some of our drills we came

up with as well. We will share two drills per newsletter over the next summer months. The first two are listed below: Sue Bird Shooting and “And One” Shooting.

### **Sue Bird Shooting**

Shooter begins in corner. We will attempt 10 three-point shots. If she makes 7 or more, she moves to the next spot on the wing. If she makes 6 she stays at the same spot. If she makes 5 or fewer, she moves backward a spot. We shot corner-wing-top-wing-corner-wing-top-wing-corner. \*If she does not make 5 at the first spot, she remains there, as there is no spot to move backward to. Time begins on the first made shot at spot 1 and continues until all spots are completed. Some players may not be able to finish this drill. That’s okay... and in fact it’s a GREAT thing. It will help you define the players on your team who should have the Green Light even more.

**Green Light = Complete the drill in 5:00 or less**

### **AND 1 Shooting**

Put 1:00 on your clock. Begin the time when the first shot is made from the corner. On a make shooter moves to the wing until she makes a shot. To the top of key until a shot is made. Move to opposite wing after a make and then finish with a make in the corner opposite from where drill began. Stop the time on the last made shot to complete the first round. Add one minute to the remaining time for round two. In round two, shooter must make two shots in a row from the spot before moving to next. If another round is completed, add 1:00 to any remaining time. 3 makes in a row for round 3, 4 in round 4, and so on until 0:00 shows on the clock.

**Green Light = Complete Round 3**

### **5 Spot Passing Drill – Click the link below to see the video of the drill:**

We will do this drill for 5:00. The goal is for the team to have 40 made lay ups in 5:00. We start at one end and will shoot right-handed lay ups. After they make 20 lay ups at one end, they will transition to the other end and start up the drill again, this time shooting left-handed lay ups. The clock DOES NOT stop during their transition to the other end. They need to talk, listen, and get organized as fast as they can to restart again and complete the last 20 made lay ups. To add focus to this drill, we may not let the ball hit the floor. If the ball hits the floor, they go back to 0 and start again on their way to 20 made lay ups. Gets the players to focus on passing and catching cleanly with “pace”.

[https://youtu.be/uVWKbL49\\_uc](https://youtu.be/uVWKbL49_uc)



### ***DRIBBLE DRIVE "ON THE ROAD" TEAM CLINICS***

We are going on the road to do some Dribble Drive team clinics this summer. Dates are very limited this summer due to camps, recruiting, distance and family time. We have five high school teams clinics already set and confirmed. We are excited to help these players and teams grow offensively. We still have a few dates remaining where we could come and work with your players and coaches for six hours. Just send a reply to [cometwbb@mayvillestate.edu](mailto:cometwbb@mayvillestate.edu) for a brochure or discuss a potential date for us to come out to your high school for a day.