

Coach:

I hope you enjoy the latest edition of our Comets WBB Newsletter. We have included some individual and team shooting drills this week, along with some “Zoom” action diagrams and video which we ran quite a bit this past year. We also shared some thoughts on relationship building with your players. Next, we will start to share some of our drills for “green light” shooting drills. Some of what we picked up from Coach Mike Neighbors from Arkansas WBB. We feel the more connected coaches are with their players, the harder the players will play for that coach. As usually you can check us out more at:

www.coachhutter.com

Twitter: @CometsWBB

II Phase Shooting

We do this drill on days during practice when we have an emphasis on individual shooting. Which usually happens at least one practice per week, where we focus on individual shooting. On these days most or all of our shooting drills will have more volume shooting for the players emphasis, just like II Phase. Here is how this shooting drill works. The shooter will shoot for 4:00 straight. They will shoot from five spots on the floor: corner, wing, top, wing, corner. Shooters start in the corner and will shoot until they make three shots at that spot, then they will move to next spot and make three shot from that spot, they will work through all five spots making three shots at each spots. Then they will come back around. This time around the shooter needs to make two in a row before moving to next spot. They will try and make two in a row at all five spots ending back in the corner where they started. If there is still time left, then they will shoot one shot from each spot. If they make the shot they move to next spot, if they miss, they go back to the corner and start again. They are trying to get five makes in a row from corner to corner, that equals “1”. Trying to get 3 or higher is a good score for us.

Tennessee Shooting – Click the link below to see a video of this drill:

We like to do Tennessee Shooting at the end of practice. It is a great “fatigue” shooting drill for us. You can click the link to see how the drill works. We do this drill with four shooting lines. We will shoot as a team for 2:00, then give them a 1:00 rest, and then shoot for 2:00 again. The team goal for us is to get 80 makes in 4:00 as a TEAM.

<https://youtu.be/pKgaAqxZifM> - Video Link of Tennessee Shooting

We thought this would be a great handout to share with coaches. As we approach the summer months and find out which players really have a desire to get better. Which players are interested in getting better as a player, and which players are invested in getting better as a player???

“Zoom”

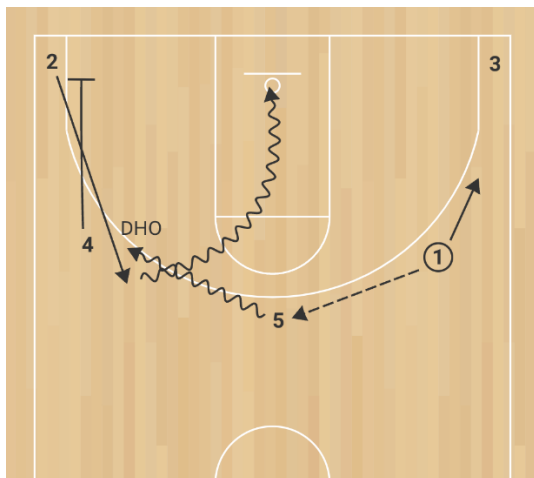
INTERESTED VS. INVESTED

INTERESTED PEOPLE:	INVESTED PEOPLE:
-ONLY DO WHAT IS REQUIRED	-WILL GO “ABOVE & BEYOND”
-WILL NEVER USE PERSONAL TIME	-WILL USE PERSONAL TIME FOR GROUP
-ONLY CARE ABOUT THEMSELVES	-CARE ABOUT THEIR TEAMMATES
-WON'T ASK QUESTIONS	-ASK QUESTIONS
-WILL NOT SUPPORT OTHERS	-SUPPORT OTHERS
-JEALOUS OF OTHER'S SUCCESS	-SHARE IN OTHER'S SUCCESSES
-NEVER AVAILABLE FOR TEAMMATES	-AVAILABLE FOR THEIR TEAMMATES
-GIVE EFFORT TILL THEY ARE TIRED	-GIVE EFFORT TILL TANK IS EMPTY
-INTEREST IS SHOWN EXTERNALLY	-INVESTMENT IS SHOWN INTERNALLY
-ARE FOLLOWERS	-ARE LEADERS!!!!!!

“ARE YOU **INTERESTED** IN BEING A GREAT PLAYER AND A GREAT TEAMMATE ON A GREAT TEAM??? OR ARE YOU **INVESTED** IN BEING A GREAT PLAYER AND A GREAT TEAMMATE ON A GREAT TEAM???”



Action



We play through the “5”

“1” reverses ball to “5” and slides down

“4” sets down screen for “2”

“5” plays DHO with “2”

“2” attack the double gap created by DHO with

“5”

<https://youtu.be/0cQQvo3uE2A> - Click the link to see some game footage of "Zoom" actions.

Coaches Corner

Thoughts on Building Relationships with players:

- Players won't care what you know, until they know that you care
- Player Meetings – sit in a circle – eye contact is on everybody – no hierarchy like in rows
- Individual Player Meetings – discuss Family, Academics then Basketball – discuss what is most important first
- Players appreciate genuine respectful honesty – They can spot a phoney
- Players and kids are far more resilient today than we give them credit for – Hold them accountable with LOVE
- Post Practice Messages – we try to text three players after practice letting them know what they did well
- Respect Player's time – they are busy, just like all coaches are – weekly schedules, schedule changes, etc.....\
- Writing a personal note to your players once in a while can go a long way in developing your coach/player relationship
- Plural pronouns like "our" instead of "my", "We" instead of "I"
- Players first coach, means just that – PLAYERS FIRST
 - If a player comes in your office, give them 100% of your attention – FOCUS ON THEM
 - Have an "open door" policy with the players – you will NEVER regret it
- Daily Sign In – Have players sign in to your office everyday, you will be amazed at the connection you will make with your players when you see them everyday.
- Keep your word – Promise less and deliver more



COMETS
Women's Basketball

**F
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Y**

**YOUR EFFORT AND ATTITUDE WILL
ALWAYS SHOW YOUR INTEREST
IN WHAT YOU LOVE**