

Website: www.coachhutter.com

Twitter: [@CometsWBB/@HutterCoach](https://twitter.com/CometsWBB)

Winning Stats – “Looking at a Stat Sheet”

There were three “games” within the game this past year that we focused in on every night when we played that we could go directly to the stat sheet to see how we did. The three “games” within the game that we wanted to win were the Rebounding Game, the Turnover Game and the Free throw Game. The goal obviously is to try and get more shots than your opponent by increasing your chances and limiting your opponent’s chances. Sounds simple, but that is the game plan for success as simple as that may sound.

Reb. Game – when you are able to rebound the ball defensively you limit the shot chances of your opponent. When you are able to get offensive rebounds you are able to increase your shot chances – thus creating more shot opportunities for your team. More shots equals more chances to score for your team. We tried to give up no more than 10 offensive rebounds per game, and we tried to get more than 10 offensive rebounds per game.

Turnover Game – as we focused on trying to limit shots for our opponents and increasing our own shots, we realized that valuing the ball and forcing turnovers are another key stat to getting more shots than our opponents. When we are on offense we want to focus on taking care of the ball, so we wanted to try and have less than 14 TO’s per game, so gain as many shots as possible for our team. On the contrary, we wanted to try and force at least 20 TO’s from our opponents. If we were able to do this we would get at least six more shots than our opponent for the game.

Free Throw Game – we call free throws the “great equalizer”, they can help you get back in a game that you trail in, and they can help you keep a lead in a game you are leading. We really focus on limiting our fouling when we are defending the ball. Bonus FT’s are something that we chart, which are non shooting fouls that create free throw opportunities for our opponent. We are always trying to make more free throws than our opponents attempt for a game.

DRILL OF THE WEEK – “3 and 4 Player” Shooting Drills

www.coachhutter.com – Click this link and the drill is in the upper right hand corner of the home page.

-We do this drill pretty much every day in some form or another. We use this shooting drill to emphasize some of our offensive principles within our 5 Out Dribble Drive Offense. We use three ball with the three players and we use four ball with four players. One “live” ball to get a

shot and then the other shots come from passes on the baseline. We have individual shooting drills, team shooting drills and offensive shooting drills for practice planning. This would be an offensive shooting drill for us.

DRILL OF THE WEEK – Competitive “Gun Workout”

<https://www.coachhutter.com/individual-workout-videos> -

Click this link and scroll to the bottom to find workout and scorecard.

This is another workout that we use in the summer with our players. Each player is required to do this workout once per week and track their scores, so they can see their improvement throughout the summer months. This has really helped us elevate our 3 Point FG Percentage this past year. Here are the drills and quick explanation of each drill:

-100 Shot Drill – shoot 20 shots from five spots (corner, wing, top, wing, corner)

-“99” Shooting – Every make is worth +3, you score -3 for every two misses in a row. Can not go negative. Shooter has 5:00 to get to 99 points. We use nine spots for this drill.

“Baseball Shooting” – Shooter has to make 3 in a row before moving to next spot. Nine spots for this drill

+2/-2 – Shooter shoots from nine spots on floor. 2 makes in a row is +2, two misses in a row is -2. Have to get to 20 points in 4:00

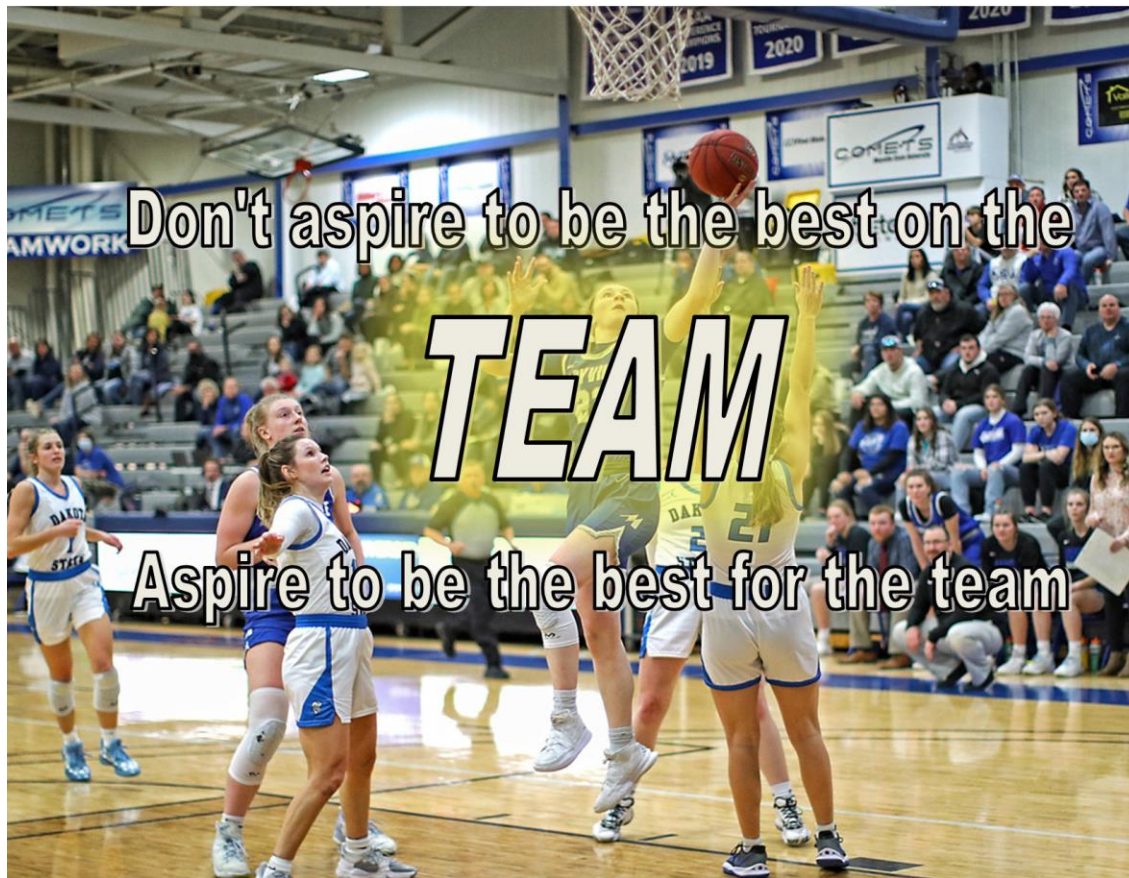
-Arc Shooting – Shooter shoots all corner 3’s. Sprints along arc to opposite corner. Shooter will shoot ten total 3’s.

5 Out Offensive Concepts

2nd Cuts/Back Cuts – Click the link below to see the video

<https://youtu.be/MVUogsKeLbw>

We use what we call 2nd cuts quite often in our 5 Out Dribble Drive Offense. The video link that we have added to this email is from a few years ago, where we played 4/1 Motion. But we always elevated our post player, to create a 5 out look and exposed the rim for these 2nd cuts. We call back cuts with a live dribble 2nd Cuts. A back cut for us is when a player makes a cut to the rim and the ball is not being dribbled at the time of the cut. We have found that this is a great action to run against teams that try and “gap” our dribble drive or really try to help from the strong side of the drive.



Don't aspire to be the best on the

TEAM

Aspire to be the best for the team

We certainly hope that you are finding these drills and emails helpful. We would love to hear from you if you have any suggestions or ideas that we could do to improve how or what we share, or if you have some content areas you would like us to try and share with you. We are always happy to help if we can. Feel free to reach out through email if you have any questions or suggestions. Thanks for all that you do to help your players and your teams try to be the best that they can be. "Give back to the Game". Have a great week.

**Mayville State Women's Basketball
Coaching Staff**