



HOOPS 101 BASKETBALL ACADEMY

WEEK 1: THE NEXT LEVEL

RACE • HUPPY • ARRUM • SCHAPE SHOOTING • FINISHING • CONTROL • CIRCLE MOVEMENT

“Failing to prepare is preparing to fail.”



TIME	PROGRESSIONS	DRILLS FOR SKILLS	4 POINT TESTS • EMPHASIS
30 1:30-2:00	CLASSROOM #1: RACE & CIRCLE MOVEMENT 1. Goals: Better decision maker, better creator, better scorer, better teammate, better leader. 2. ABCs of leadership / Mistake response 3. BEEF—Shooting (Greedy, Itchy, Goldy, Freeze) 4. RACE –HUPPY—ARRUMS—GAUNTLET-Control 5. Conquering the First Level—Control 6. Second Level—Circle Movement	RESPONSIBILITIES 1. Classroom—Terroba 2. SAQ Setup—Acker & Reinking 3. Clock setup –Kaatz 4. Baskets setup—Kaatz/ Gill (low for 4 th) 5. Jasinski—In charge of NCAA court. 6. Torres—Help with registration	COACHES CREED 1. What they are doing 2. Why they are doing it 3. Show how to do it 4. Slow Mo 5. Half Speed 6. Full Speed
	DYNAMIC STRETCHES (5 minutes to half court & back) 1. Knee to chest 2. Heel to Butt 3. Lunge & Twist 4. Frankenstein 5. World's Greatest 6. Side Lunge & Squat	SAQ STATIONS (5 minute stations X 6) 1. Brady Closeouts--Jasinski 2. Push- Push Sprint Lane Slides—T Kaatz 3. Quickfoot ladders—Gill 4. Microhurdles—Acker 5. 2-ball Dribbling -- Reinking 6. Collision/ Huppy –Terroba (Clock-Torres)	ACTIVE HANDS-ACTIVE FEET 1. Proper footwork 2. Proper handwork 3. Arms as accelerators 4. Stance
5 + 30 2:00-2:35	BALLHANDLING PROGRESSION (10) 1. Speed Dribble 2. Inside Out (vs Pressure) 3. Crossover 4. Retreat Dribble 5. Between the Legs 6. Crab Dribble	STEVE NASH DRILLS FOR SKILLS (NBA) 1. Collision (10) Jasinski with NCAA 2. Gauntlet (NBA with Acker)	CONFIDENT & BALL-STRONG 1. Eyes on Net 2. Change Speeds 3. Two Foot Stops 4. Clip The Hip
	FORM SHOOTING PROGRESSION (10) 1. Pizza Form Shooting—3 spots (2) 2. Tomahawk Shooting (2)	FINISHING STATIONS—NBA (8) 1. Ball Body Man (4) 2. Turn the corner (4) 3. Quick Draw with a HUPPPY(4) FINISHING PROGRESSION (NCAA) 1. Chinned Layups (1 each spot) 2. Mikan (30 seconds X 2) 3. Reverse Mikan (30 sec X 2)	BEEF 1. 10 Toes to Rim 2. Elbow Above Eye 3. Feet Shoulder Width 4. Freeze Follow Thru MAKE PAINT SHOTS COUNT 1. Eyes on Prize 2. Ball-Body-Man 3. HUPPY / ARRUM
10 2:40-2:50	CONTROL → LEVEL 1 1. SCHAPE SHOOTING (20) ▪ One step shots / Hop / Fake Sandwiches 2. Clip the Hip / Huppy / Arrums / Peek 3. Hunt (the paint) and HUPPPY (5) a. Purposely / Patient / Powerful / Peek 4. Tough Position (3 to 10 Chin)-Power Box (10) 5. Grab and Peek (Chin and Check Net) (5)	GAME SHOTS FROM GAME SPOTS 1. SCHAPE SHOOTOUT (5) ▪ 5 Spots—Teams of 2-3 ▪ Magic Number is 4 ▪ Point for each spot won ▪ Losers have to do a finisher 2. PACER DRILL (NBA option) ▪ 2 balls—3 players	CATCH SHOT-READY 1. Itchy Fingers 2. Greedy Receivers 3. Freeze Follow Thru 4. Goldy Lox Passes
	CHEST AND SHOULDER READS (10) 1. Sever the Angle/ Hold The Line ▪ Maintain contact/ Stay Low / Huppy/ Arrum and then go up when he is on the way back down. 2. Line of Attack ▪ If chest in path, then kick. If arm or shoulder, then Gauntlet.	ROTATION ▪ Offense go twice then switch with the other offense. ▪ Then go offense to defense to end of the line. ▪ “One-sound stops.” ▪ “Spank the baby.”	BALL STRONG 1. Powerful 2. Peek 3. Purposeful 4. Patient
20 2:50-3:10	CONTROL → LEVEL 1 1. SCHAPE SHOOTING (20) ▪ One step shots / Hop / Fake Sandwiches 2. Clip the Hip / Huppy / Arrums / Peek 3. Hunt (the paint) and HUPPPY (5) a. Purposely / Patient / Powerful / Peek 4. Tough Position (3 to 10 Chin)-Power Box (10) 5. Grab and Peek (Chin and Check Net) (5)	GAME SHOTS FROM GAME SPOTS 1. SCHAPE SHOOTOUT (5) ▪ 5 Spots—Teams of 2-3 ▪ Magic Number is 4 ▪ Point for each spot won ▪ Losers have to do a finisher 2. PACER DRILL (NBA option) ▪ 2 balls—3 players	CATCH SHOT-READY 1. Itchy Fingers 2. Greedy Receivers 3. Freeze Follow Thru 4. Goldy Lox Passes
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15 3:10-3:25	CIRCLE MOVEMENT → LEVEL 2 1. 3-on-0 Natural Pitch (10) ▪ Safety Valve (Crack) ▪ Huppy / Everyone outside the NBA 3 2. 3-on-3 Shell Transition to Half Court and Back (6) ▪ Everyone touches the ball ▪ Defense cannot steal it ▪ Transition and call lanes ▪ Hunt the Paint & Huppy 3. 3-on-3 Cut Throat Half and Back (6)	RACE THE BALL FROM ARC TO ARC 1. 3-on-3 Breakout (15) ▪ Race the ball ▪ Swoop on the sidelines ▪ Be dangerous ▪ 3 passes to score ▪ Eagerly Hunt Paint ▪ Huppy ▪ Make it take it—sub in on a score. TURNOVERS FOR: ▪ No Peek/ No Control/ All 3 got to touch.	FULL COURT CUT THROAT 1. Race From Arc To Arc. 2. Eagerly Hunt Paint 3. Circle Movement 4. Exit Cuts
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15 20 3:30-4:00	CIRCLE MOVEMENT → LEVEL 2 1. 3-on-0 Natural Pitch (10) ▪ Safety Valve (Crack) ▪ Huppy / Everyone outside the NBA 3 2. 3-on-3 Shell Transition to Half Court and Back (6) ▪ Everyone touches the ball ▪ Defense cannot steal it ▪ Transition and call lanes ▪ Hunt the Paint & Huppy 3. 3-on-3 Cut Throat Half and Back (6)	RACE THE BALL FROM ARC TO ARC 1. 3-on-3 Breakout (15) ▪ Race the ball ▪ Swoop on the sidelines ▪ Be dangerous ▪ 3 passes to score ▪ Eagerly Hunt Paint ▪ Huppy ▪ Make it take it—sub in on a score. TURNOVERS FOR: ▪ No Peek/ No Control/ All 3 got to touch.	FULL COURT CUT THROAT 1. Race From Arc To Arc. 2. Eagerly Hunt Paint 3. Circle Movement 4. Exit Cuts
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RIM 1—T-KAATZ (4)

- Dana Cabela
- Jared Gutierrez
- Joey Pitts
- Matthew Kehm
- Sean Vallejo
- Emma Tod

RIM 2—GILL (5)

- Ashtyn Bode
- Bradley Hill
- Donovan Jones
- Alec Menem
- Flynn Culver
- Kaylen Morrison
- Milan Andjelic

RIM 3—TORRES (5-6)

- Collin Koenig
- Trent Hegemier (5)
- Cole Clegg (6)
- Hank Cohen (6)
- Morgyn Greer (6)
- Sam Little (6)

RIM 4—JASINSKI (7)

- Mauricio Dicochea (7)
- Taylor Baucom (7)
- Dustin Zimmerman (7)
- Terrell Chisolm (7)
- Rebecca Vignali (7)
- Cassie Wittman (7)

RIM 5—REINKING (8)

- Garrett Murray (8)
- Elijah Shelton (8)
- Michael Vasil (8)
- Lake Dabney (8)
- Nick Duster (8)
- Nathan Mercado (8)

RIM 6—ACKER (9-10)

- Tel Rosipal (10)
- Colin Tubbs (10)
- Christian Bilger (9)
- Colton Erickson (9)
- Colin King (9)
- Kyle Stewart (9)

NOTES

- Cones / Dots / Chairs / Scoreboards / Ladders / Balls / Jerseys → TROBA
- Two whistles. One whistle. Eyes.
- Theatre position
- Stand for chalkboard
- Quick Huddles
- Mistake Response.