MGBCA Coaches Clinic, University of St. Thomas
October 25, 2019
Dennis Hutter—Mayville State University

"DRILLS TO CREATE EFFORT AND COMPETITION DURING PRACTICE"

DRILLS	NOTES
Warm Up Drills	
-Elbow Lay Ups	No Floor Touches, ENERGY, ENTHUSIASM
-5 Spot Passing Drill	20 Lau Ups/2:00
-4/0 Drive & Close Out Drill	Play with Pace
-Full Court Passing Drill	36 Baseline Touches/3:00
Break Package Drills	
-5/0 "Phoenix" Break	4 Trips in 48 Seconds
-4/3 Continuous Drill	10 Second Shot Clock
Shooting Drills	
-UConn Shooting Drill	70 Makes/5:00
-Tennessee Shooting Drill	80 Makes/4:00
-Motion Shooting Drills	6 Spots, 1:00/Spot
-2 Balls/3 Shooters—TEAM	60 Makes as a TEAM
Defensive Drills	
-1/1 LIVE	8 Seconds to the Baseline
-3/3, 4/4 "Circle" Block Out	
-5/5 "Rules"	NO: Lay Ups, 3's, Second Shots, FT's
-5/4 Disadvantage Drill	Conversion Rules
-5/5 "Blood" Drill	Help, Rotate, Recover

WOMEN'S BASKETBALL NSAA CONFERENCE CHAMPIONS 2019

WOMEN'S BASKETBALL NSAA CONFERENCE & TOURNAMENT CHAMPIONS 2014

WOMEN'S BASKETBALL NAIA SWEET SIXTEEN 2014

WOMEN'S BASKETBALL NAIA NATIONAL TOURNAMENT 2013

WOMEN'S BASKETBALL NDCAC CHAMPIONS 1994