



## 2017 Women's Final 4 - Dallas

### Theme:

Players making an either OR Play.

Coaches teaching them the When and Why of basketball.

**Quote:** People Without Purpose are Dead.

### Drills:

1. Stationary 2 Ball Reaction
  - Player changes direction while dribbling one ball
  - Add two balls
2. Cone Reaction
  - Read Coach after play
  - Off Catch and Off Bounce
3. 3 on O drive and Kicks (Use the Gun Machine)
  - Coach has two balls. Player drives and makes Reads on receivers
4. Post Feed, Post Cut Action
  - Coach is now in Post
  - One More Action
  - Squeeze Action
  - KD Action
5. Post Moves
  - Coach has Paddle