

Personal/Coaching information

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(2013-14)

- *24-1, 4A-DI State 2nd Place, Sub-State Champions, (10-0 NCKL).
- *22 game double digit wins.
- *Team Defense 30 ppg.
- *13 times held opponents to less than 30 points.
- *13 wins by 25+ points.
- *Mid-Season tournament champs (5 state qualifiers in tourney).
- *39 game win streak.
- *league champion 3-peat.
- *smallest school in division.

(2012-13)

- *25-1, 4A State Champions, Sub-State Champions, (10-0 NCKL).
- *22 double digit wins.
- *15 games of 60+ points.
- *10 games held opponents to less than 30 points.
- *1st State Championship for Girls Basketball in School History.
- *1st State tournament appearance in 26 yrs.
- *ended an 88 game regular season win streak.

(2011-12)

- *18-5, 4A Sub-State 2nd Place, (10-0 NCKL).
- *1st team to finish above .500 in 12 years.
- *1st team to win a post season game in 10 years.
- *all losses to state qualifiers & 3 of those to state champions.

(2010-11)

- *7-14, (4-6 NCKL).

Pre-Practice Drills & Skill Development – (prt. 1).

Daily Fundamentals.

ESU Ball Handling

(circle in the middle of the court/each player has a ball, or partners). (10 reps each).

*skips – drops – figure 8's – shuffles – fives – spiders.

Walls (20 reps each).

*facing the wall 3 – 4 feet way. (each player has a ball).

-right hand push pass (find a rhythm & be crisp).

-left hand push pass.

-right hand push pass with bounce between passes.

-left hand push pass with bounce between passes.

*facing sidewise (hip & shoulder facing the wall).

-right hand push pass.

-left hand push pass.

-right hand push pass with bounce between passes.

-left hand push pass with bounce between passes.

*facing the wall (toes against wall).

-right hand dribble overhead, reach as high as you can & dribble.

-left hand dribble overhead, reach as high as you can & dribble.

-right hand dribble overhead & then extend out to the side.

-left hand dribble overhead & then extend out to the side.

Toss Out Series

*two lines on the lane lines under the basket. (each player has a ball/5 X's per side).

*emphasis: rip thru, pivot through on outside foot, or open up to basket.

-toss out to the mid-lane line & rip thru to a power lay up (5L/5R).

-toss out to the elbow & rip thru to a regular lay up. (5L/5R).

-toss out to the elbow. Rip, jab then lay back on opposite side of the basket. (5L/5R).

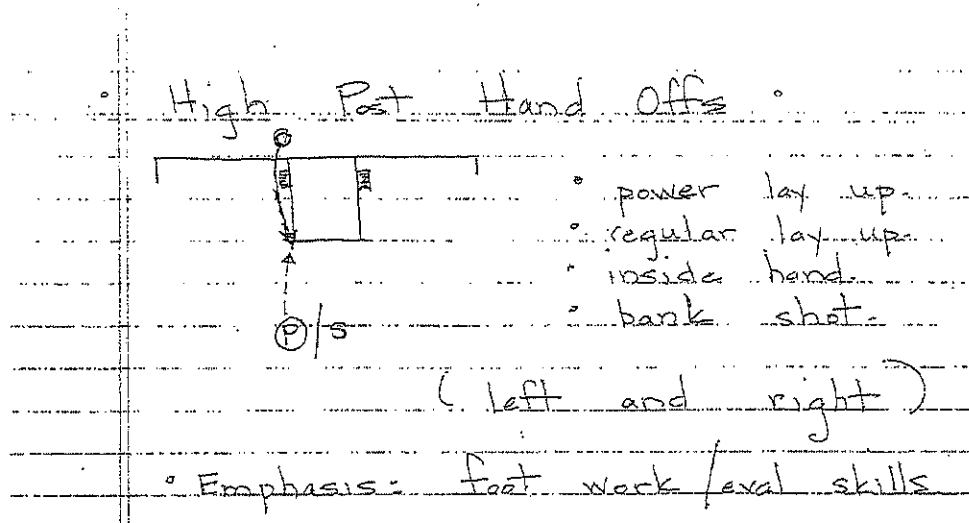
-toss out to the elbow. Rip, jab, then pull up in the middle of the lane (use the backboard). (5L/5R).

Dribbling Series

- *players line up along each side line.
- *players will dribble to the other side line then jump stop & rip thru.
- speed dribble – hesitation – inside out – cross over – between the legs – wrap around.
(all right handed/all left handed).

High Post Hand Offs.

- *one or two lines on the baseline at the lane lines.
 - *one or two lines even with lane at half-court (basketballs in these lines).
- everything is initiated by a high post (elbow) post feed.
-emphasize post 3 C's (catch, chin, check).
-emphasize passer setting up the cut.
- *hand off to power lay up.
 - *hand off to regular lay up.
 - *hand off to inside hand lay up.
 - *hand off to bank shot at a 45 degree angle (you determine distance).



Shot Lifts

*side to side at the block (think curl shot off screens).

-emphasis: show hand, shoot inside foot, hold follow through for 2 seconds.

-2-3 times, 5 shots each hand.

*reverse pivot.

-same drill as above, but use reverse pivot.

SHOT LIFTS FRONT.

*step with inside foot (think one-two shot footwork).

-2-3 times, 5 shots each hand.

-allow player to scoot back as far as they feel comfortable.

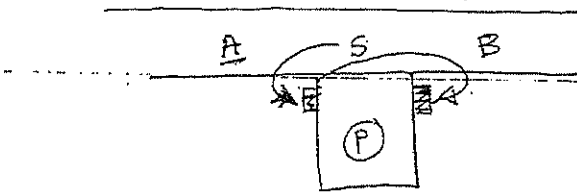
DEPTH SHOOTING.

-in front of the rim.

- make the shot, take a step back. IF you miss two in a row, you take a step back in.

*reverse pivots.

Shot Lifts



A. left inside foot,
right hand shot.

B. right inside foot,
left hand shot.

S → shooter

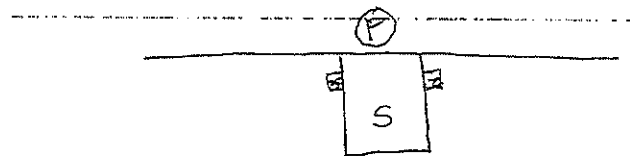
Ⓟ → passer

• 5 shots each side.

• switch S / Ⓟ.

• 2 - 3 times.

Shot Lifts Front



• power foot left,
right hand shot.

• power foot right,
left hand shot.

POST SERIES

*toss out format.

*up to second lane line, 1-2 feet off the lane.

-toss out, catch/chin/check, then rip to power lay up.

-toss out, catch/chin/check, then square up for back shot.

-toss out, catch/chin/check, then shot fake & go middle power lay up.

CONDITIONING

4-person weave.

*three groups. Two groups on one end (the ball starts here), one group on the other end.

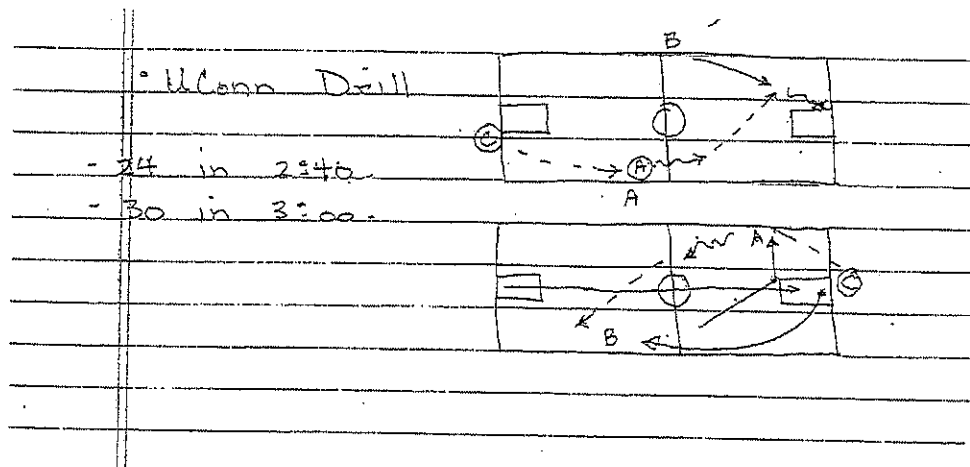
*Weave, pass & go behind two. All players must touch the baseline.

*depending on game schedule and the time of year.

(1-3-5-7-5-3-1). We vary it (1-3-3-3-1), etc.,

UConn Drill

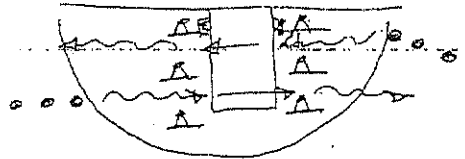
*(see diagram).



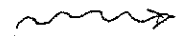
Pre-Practice Drills & Skill Development - (prt. 2).

Dribble Explosion.
*(see diagram).

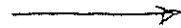
• dribble explosion



• cruise dribble



• explode dribble

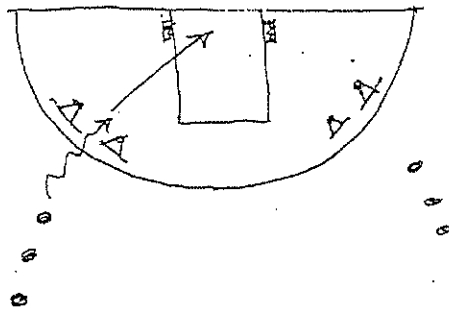


Explode across the lane using only one dribble.

(hesitation / speed cross over / between legs / behind back / inside out)

Dribble Explosion to Lay-ups.
*(see diagram).

Explosion. Dribble to lay ups.

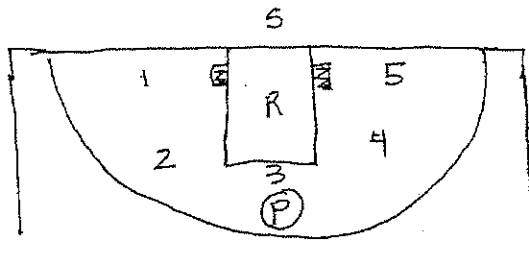


- speed → regular lay up.
- hesitation → power.
- cross over → lay back.
- between legs → middle power.
- behind back → inside hand.
- inside out → bank shot.

Five Spot Shooting

*(see diagram).

Five Spot Shooting



S - shooter.
R - rebounder.
P - passer.

- curl shot.
- jab & shoot.
- jab & go.
- show & rip.
- reverse pivot.

Two Ball Stationary Dribbling

*pounds or 15's.

(two ball same dribble 5 at the knees/5 at the waist/5 at the shoulders).

*kills.

(two ball same dribble, pound both balls hard, then try to "kill it", recover, repeat.

*windshield wipers.

*paint brushes.

*one high, one low.

*three same dribbles then switch. Two & switch. One & switch.

*juggles (right & left).

*windmills.

Two Ball Moving Dribbling

*we will do all the above to half-court line and back (using both ends).

Conditioning

COOL DRIBBLING.
(see diagram).

Cool Dribbling

- 3 x's right / 3 x's left
- emphasis: change direction / change speed.

FULL COURT CONE LAY UPS.
*(see diagram)

Cone lay ups

- dribbler through cones.
- runners outside cones.
- A dribbler.
- B runner.

3:00 minutes Right.

3:00 minutes Left.

Dribble weave.

*(see diagram).

*we will add in a ball screen after dribble weave.

*this year we may ball screen to initiate weave & rescreen.

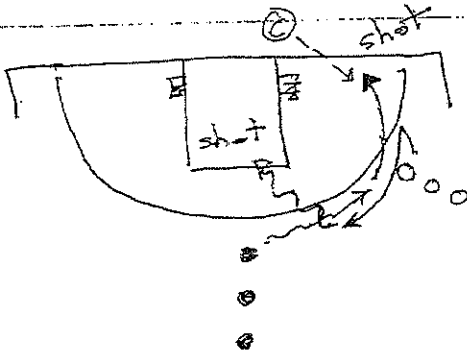
Back Door Cuts.

*(same set up as dribble weave).

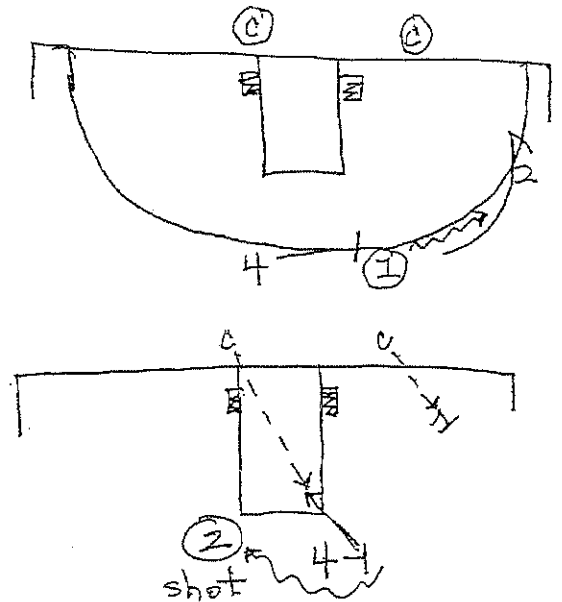
*(take your defense higher & good go back door).

Dribble Weave with ball screen

Dribble Weave



- emphasis:
 - read defense.
 - low, take lower!
 - eyes up and find rim.
 - Left & Right



Dad / Coach

- protection. • advice.
- security. • counsel.
- guidance. • discipline.
- instruction.
- example in habits.
- a boss, not a tyrant.
- develop character (fishing)
integrity, honor,
conviction
- self-control.
- industry.
- courtesy to spouse
- say "no". • discern.
- show interest.