

MCA Clinic Presentation
2019

Drills:

10 Minutes	Shooting Skill Progression – Don Meyer <ul style="list-style-type: none">-Wrist Extensions-Find Shooting Pocket-Frame Your Shot-Spin It Catch It<ul style="list-style-type: none">-Groove Your Shot – One Handed-Groove Your Shot – With Guide Hand-Catch & Shoot – 10 Foot Line to 15 Foot Line-With Right and Left Hand Drives
6-8 Minutes	10 Pass Drill – Dick Bennett <ul style="list-style-type: none">-Passing and Catching-Catch to Score-Variations<ul style="list-style-type: none">-Vs. No Switching-Vs. Switching-Gloves
6-15 Minutes	Transition Drills <ul style="list-style-type: none">-1 on 1-2 on 1-3 on 2-Michigan State – Tom Izzo
5 Minutes	Defensive Rope Drill <ul style="list-style-type: none">-Slide, Kick Foot Out
8-10 Minutes	Motion Cut Shooting <ul style="list-style-type: none">-Tight Curl-Banana Curl-Flare for Three-Flare to Middle Drive-Flare to Baseline Drive-Blast for Three-Blast for Baseline Drive
5 Minutes	Defensive Close Out <ul style="list-style-type: none">-Hands Active-Angle of Slide
8-10 Minutes	Two Ball Motion Shooting <ul style="list-style-type: none">-Tight Curl; Space to 45-Banana Curl; Space to Corner-Flare for Three; Seal in Post-Flare for Middle Drive; Space to Baseline-Flare for Baseline Drive; Space to Middle-Blast for Three; Slip to Basket-Blast for Baseline Drive; Stay High