



**Welcome Coaches! We will begin promptly at 7:00PM CT!**

**Position less Skill Development Drills and Best Practices**

*With Former WNBA Star & Sacramento Skills Academy Owner Danielle Viglione*





# MY STORY....

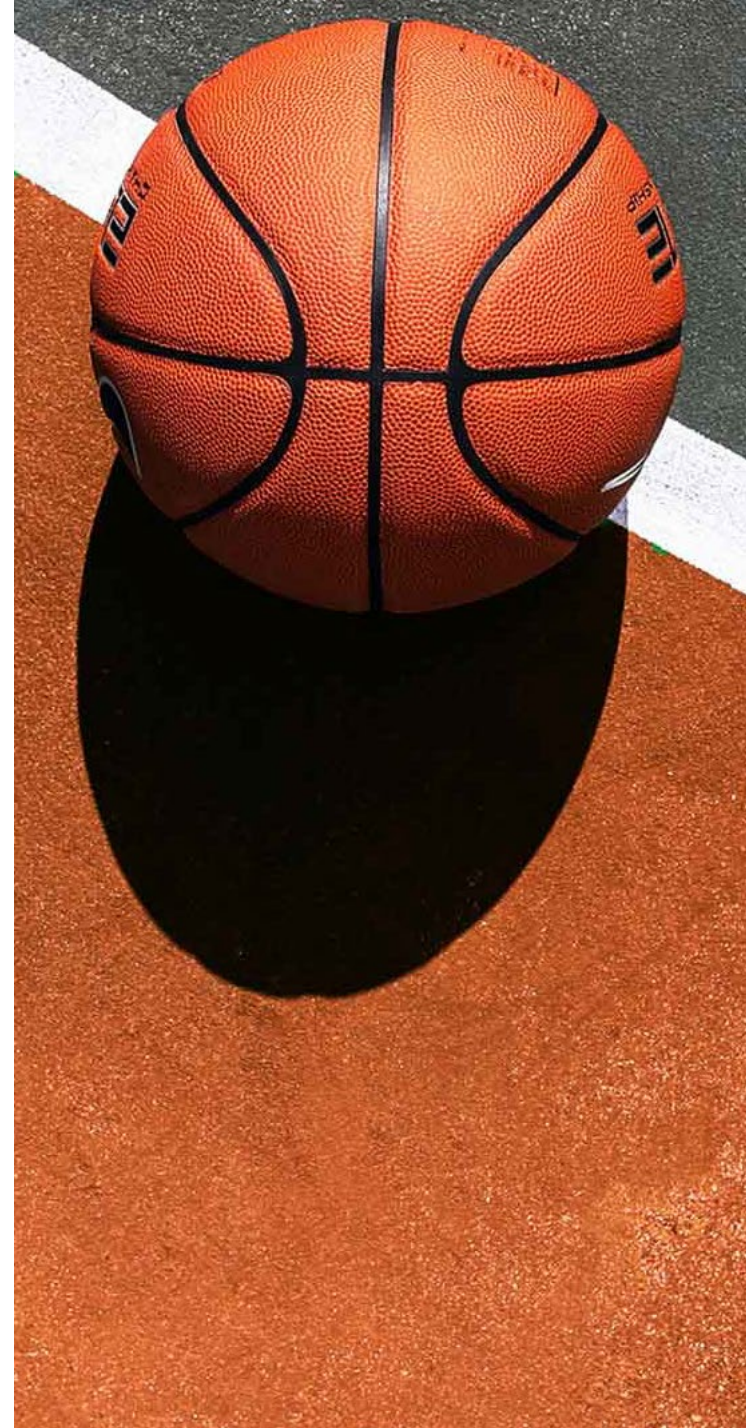
- Former WNBA Star
- Current Owner of Sacramento Skills Academy
- Inducted into the Texas Hall of honor, Sacramento HOF and CIF San Joaquin HOF!
- Played professionally for the WNBA's Sacramento Monarchs and for 9 yrs in Israel, Turkey, & Italy





# THE 11 CATEGORIES

- Effort
- IQ
- Shooting
- Footwork
- Finishing Around The Rim
- Passing, Spacing and Moving without the Ball
- Ball Handling
- On Ball Screens
- Off Ball Screens
- Defense
- Rebounding



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# VIDEO #1

- Main Focus: Footwork
- 6 pivots
  - right reverse
  - left reverse
  - right front
  - left front
  - right drop
  - left drop

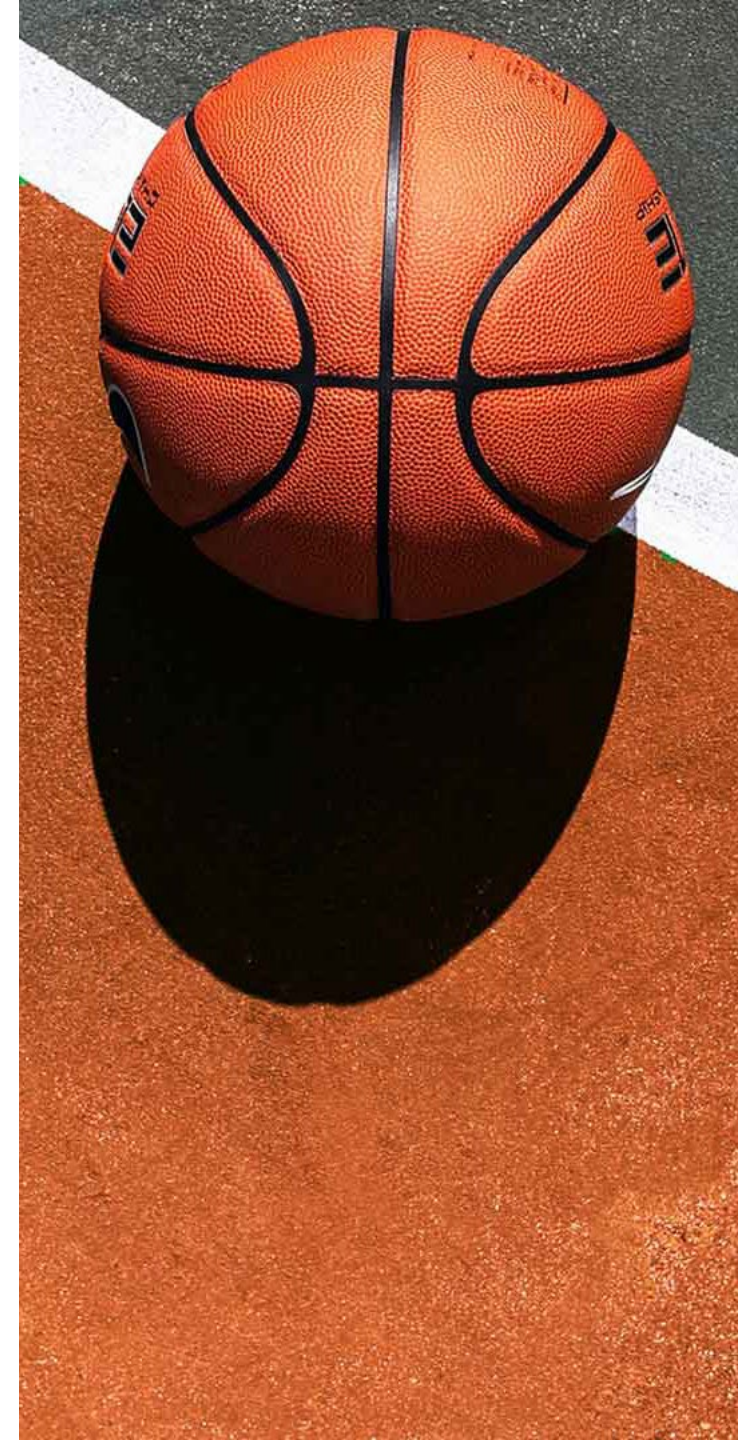


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# VIDEOS 2, 3, 4:

- Main Focus: Finishing Around The Rim
- Types: (Not All Shown)
  - inside and outside foot layup
  - power layup
  - inside hand finish
  - backward reverse layup off 1 and 2 feet
  - front reverse layup off 1 and 2 feet
  - floater/runner
  - jump hook
  - euro step
  - pro hop
  - counters (outside pivot turn around, spin,
  - half spin, step through, step around)



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# VIDEOS 2, 3, 4:





# Video 5:

- Main Focus: Cut & Finish
- Types:
  - Cutting & Reverse Lay-up
  - Cutting & Front Finish
  - Fake & Finish
  - Jump Hooks
  - Step Throughs
  - Outside Pivot
  - Outside Pivot W/ Step-Through
  - Outside Pivot W Step Around



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# Video 6:

- Main Focus: Ballhandling Drills
  - warm up routine stationary (pocket, circle, over line forward and back, over
  - line side to side, over line cross, over
  - line between legs, over line behind behind back)

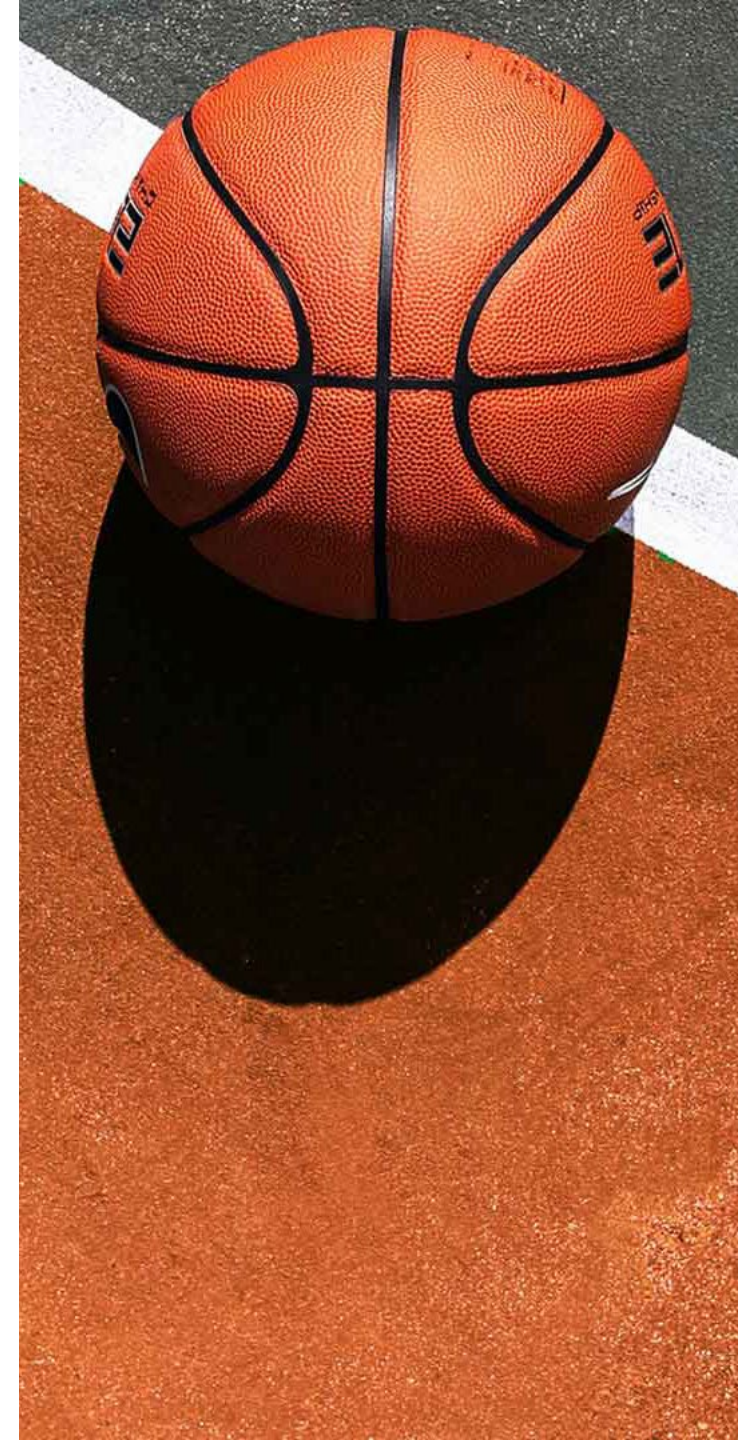


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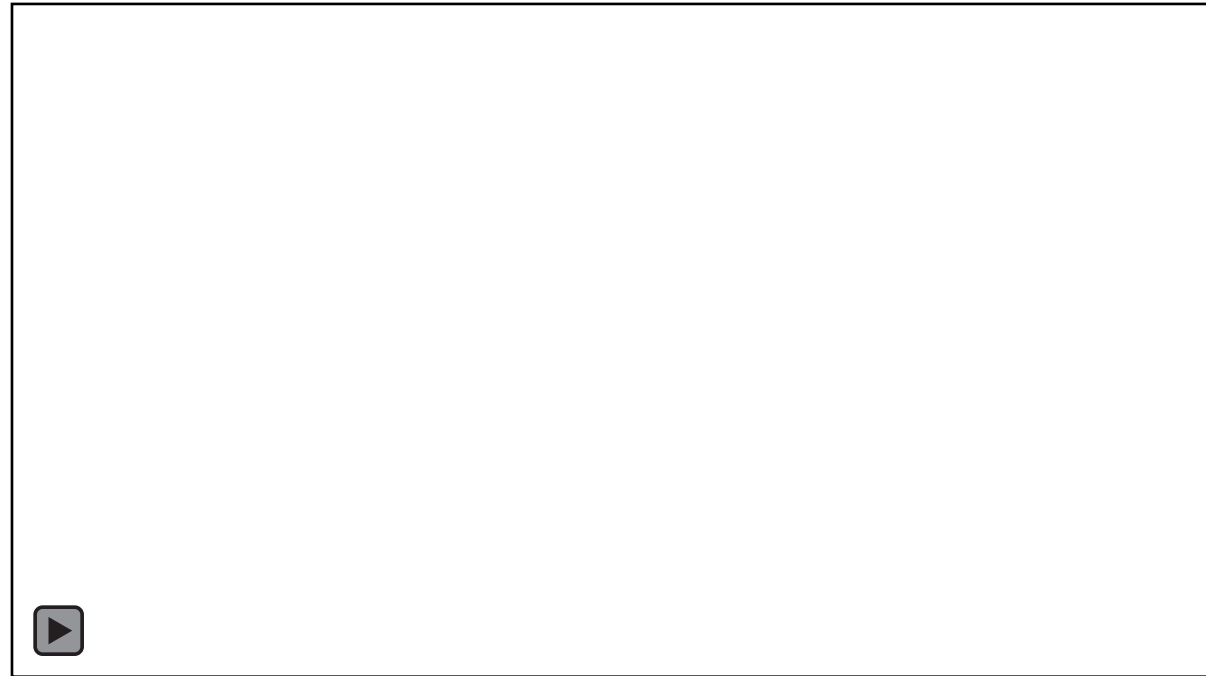
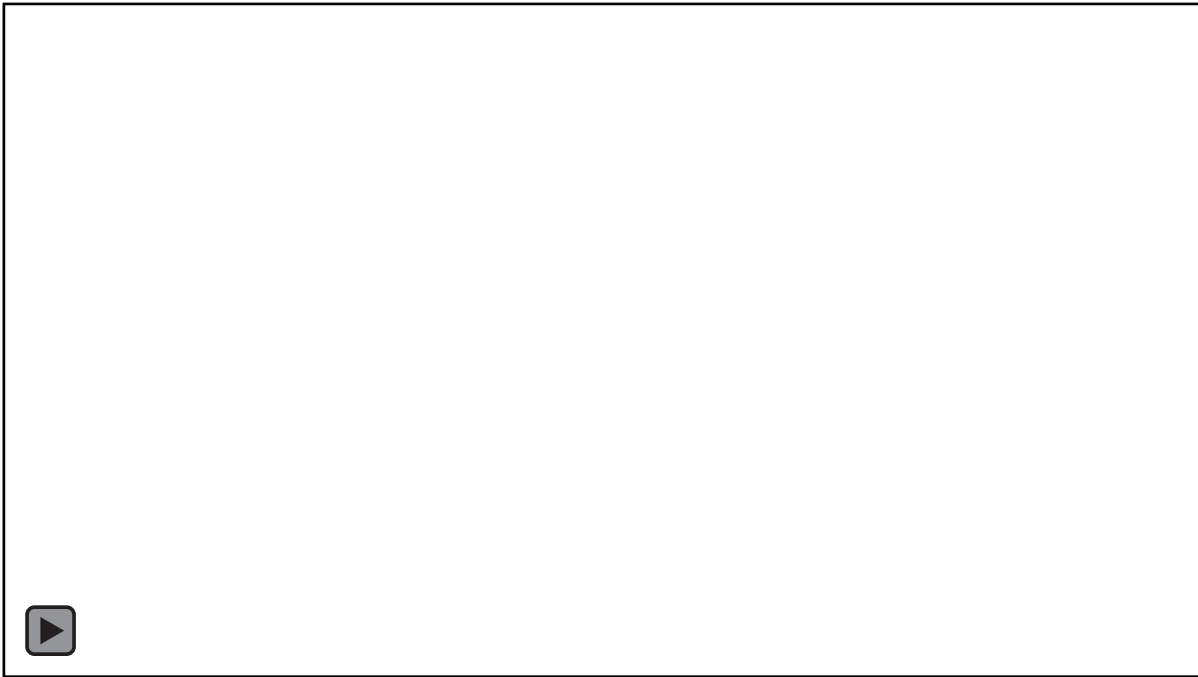
# Videos 7 & 8

- Main Focus: Ballhandling Drills
  - Off Move: change speed skip, change speed out of stationary hip turn, shifts into change speed, shifts into change direction, lift fakes, fake the go with off arm and shoulder jerk, misdirection jab, misdirection cross jab, misdirection in and out, create space using inside and outside foot



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# Videos 7 & 8





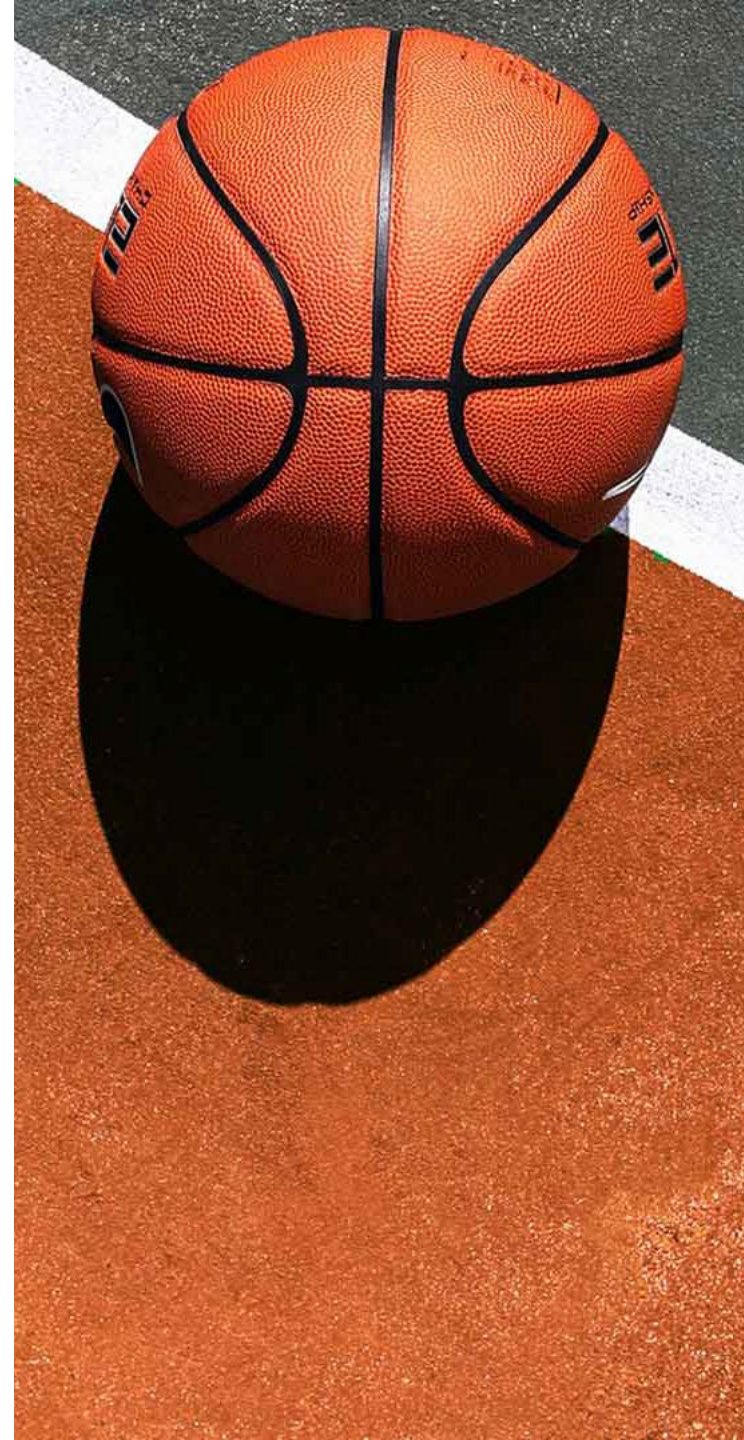
# Video 9:

- Main Focus: On Ball Screens
  - Work on options with defensive and offensive rules (2 on 0, 2 on 1, 2 on 2, etc)
  - Same thing for Off-Ball Screen work



# Videos 10 & 11

- Main Focus: Rebounding
  - ball bounce rebound and face all spots
  - 1 on 1 cartwright drill
  - team rebounding drill 2 on 2, 3 on 3
  - every 1 on 1 or competition drill can make into rebounding drill



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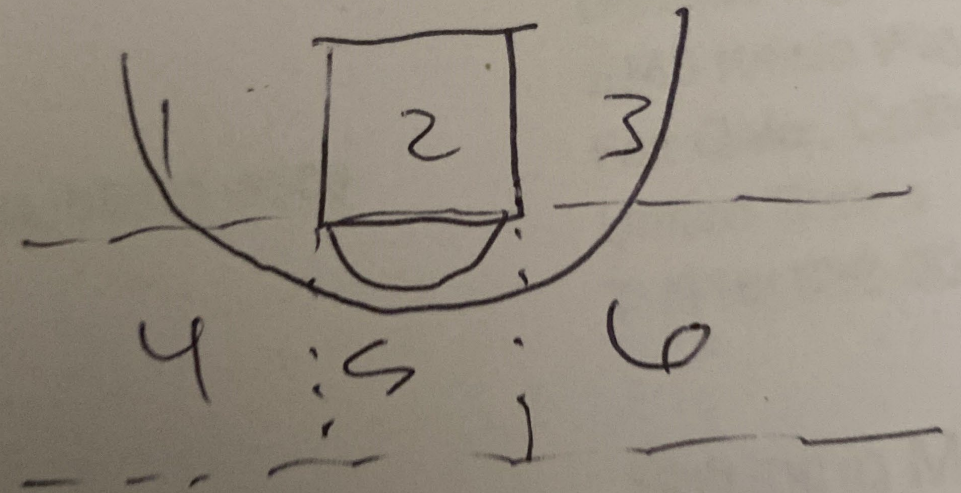


# Videos 10 & 11



# 6 Square Drill

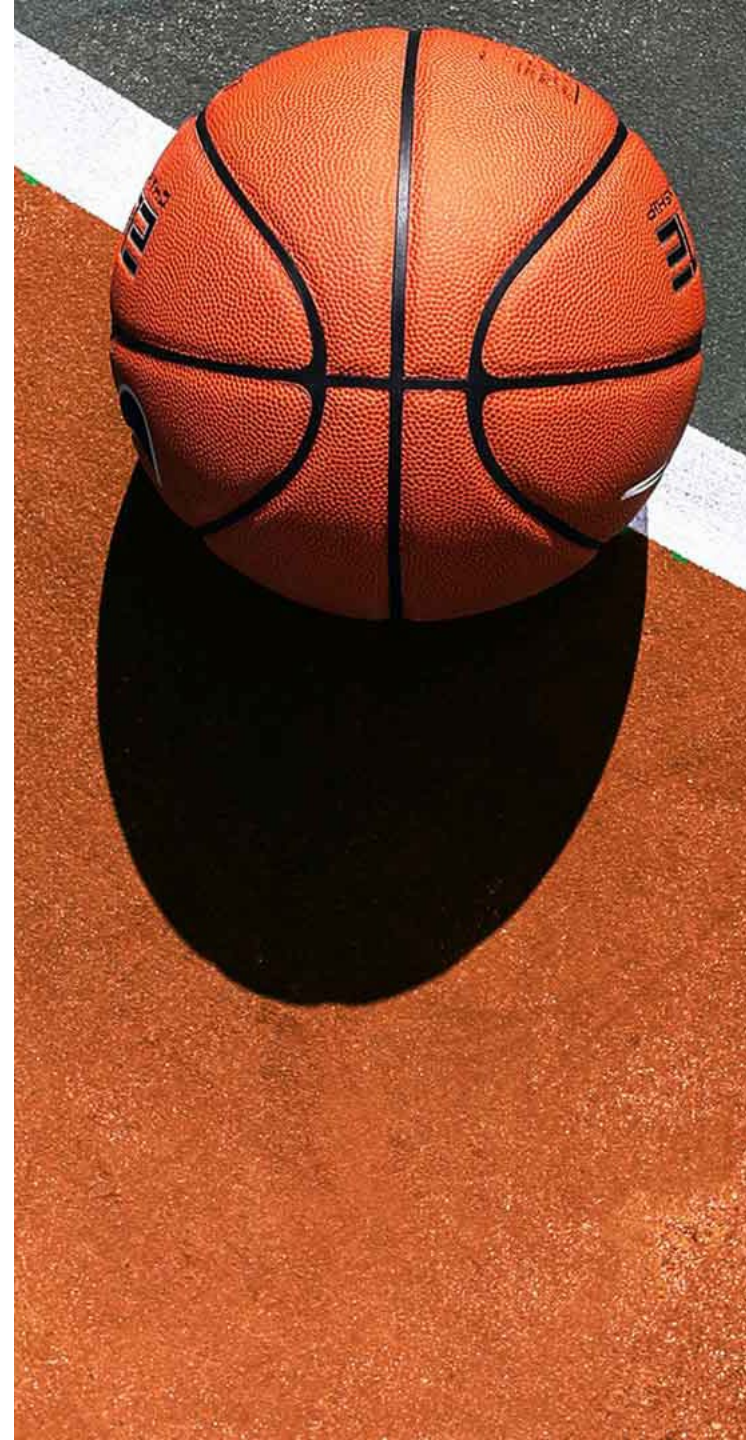
- 6 squares (2 on 0, 3 on 0, 4 on 0, 5 on 0, 2 on 2, 3 on 3, 4 on 4, 5 on 5)





# Favorite Passing Drills

- 8 person passing with footwork
- 4 person passing with footwork
- diamond 8 person passing
- 2 ball partner passing,
- PNR passing
- 2 person drill for all options,
- 2 ball triangle passing
- around the horn 3 on 0, 3 on 3



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# ADDITIONAL QUESTIONS?

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