

## Indy Sports Film Girl's Skills Clinic Schedule (11:00 AM - 3:00 PM)

10:30-10:55 Registration, who will be at the table to register and collect

11:00 - 11:10 AM – Introductions and Expectations

- Welcome and overview of the clinic
- Emphasize energy, effort, and focus

11:10 - 11:25 AM – Guest Speaker

- Motivational talk, leadership, and mindset

11:25 - 11:40 AM – Dynamic Warm-Up

- Full-body activation (footwork, agility, mobility)

11:40 - 12:00 PM – Ball Handling – Change of Speed, Change of Direction

- Stationary drills → On the move → Game application

12:00 - 12:30 PM – Shooting Progression

- Form shooting → FT line → One-step load and balance
- Dribble pick-up (1 dribble straight, 1-2 right, 1-2 left)
- 3-point shooting → Floaters & pull-ups if time allows

12:30 - 12:45 PM – Defensive Drills

- Stance, lateral movement, closeouts, on-ball defense

12:45 - 12:55 PM – Water Break

12:55 - 1:15 PM – Transition Drills (Continuous 3-on-2) Teach Fake and Fall on Defense, offense concepts PG follow Pass

- If large numbers: ½ work transition, ½ work FT shooting

1:15 - 2:15 PM – Scrimmages (5-on-5 & 3-on-3)

- Emphasizing skill application in game-like situations

2:15 - 2:45 PM – 1 on 1 Queen of the Court

- Use All 4 baskets if needed, or 2 Main Courts and bring to 1 for final 10 players

If we need more games/competitions:

Knock Out, Quick Draw McGraw, Streak

2:45 - 3:00 PM – Awards or Recognition (if applicable) Q&A

- Acknowledging effort, improvement, and allow players to ask questions.