

Jamie Carey (USA Women's)

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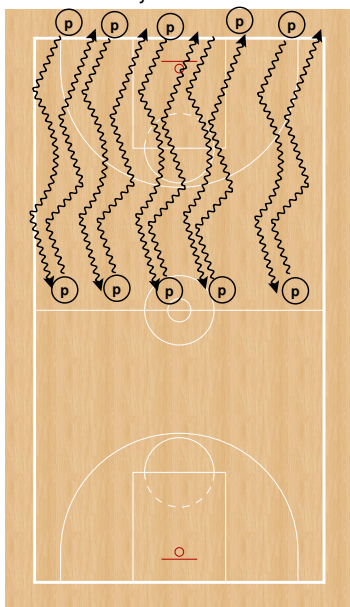
1. Transition Drills

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Transition Drills

Jamie Carey - Transition Drills

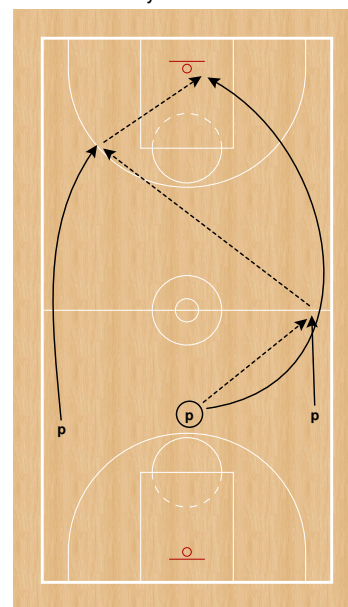


Warm Ups - Players do moves back and forth.

Every player with a ball, eyes up and working on moves.

Makes players keep eyes up.

Jamie Carey - Transition Drills



Middle lines are layups.

Pass outside and follow around.

Pass across, hit the middle for a layup.

Middle lines are layups.

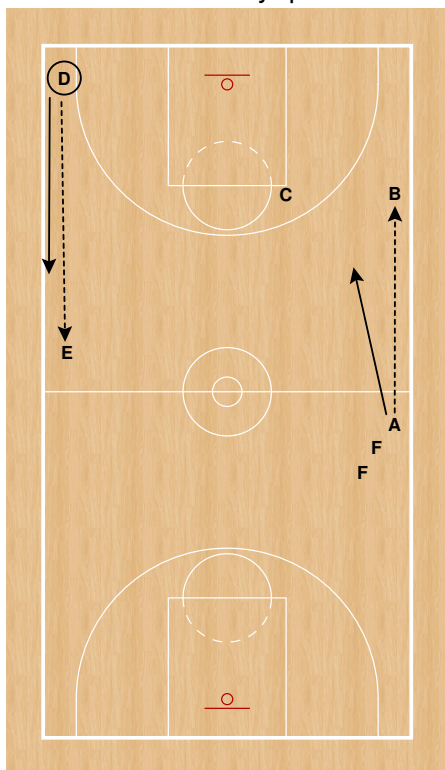
COMMUNICATE!

Work right and left side, work on finishing school moves.

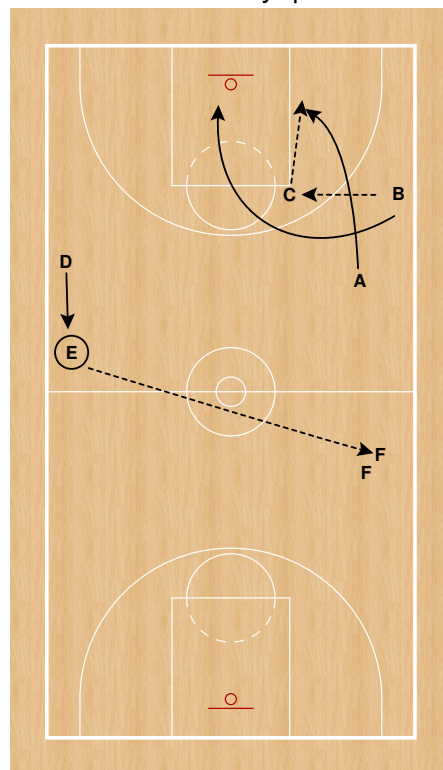
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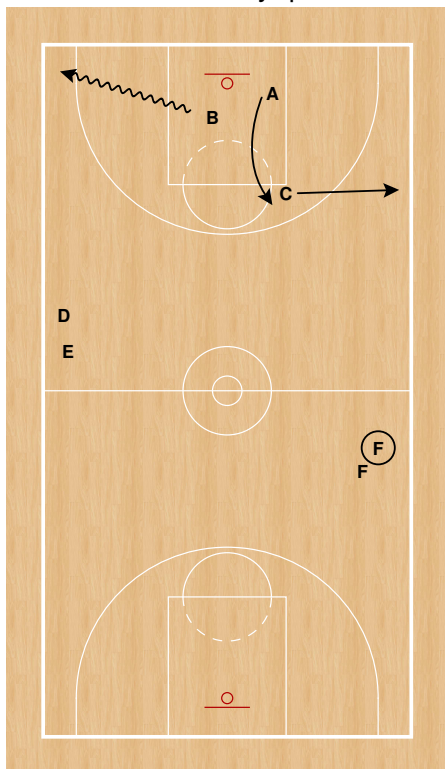
Elbow Layups



Elbow Layups

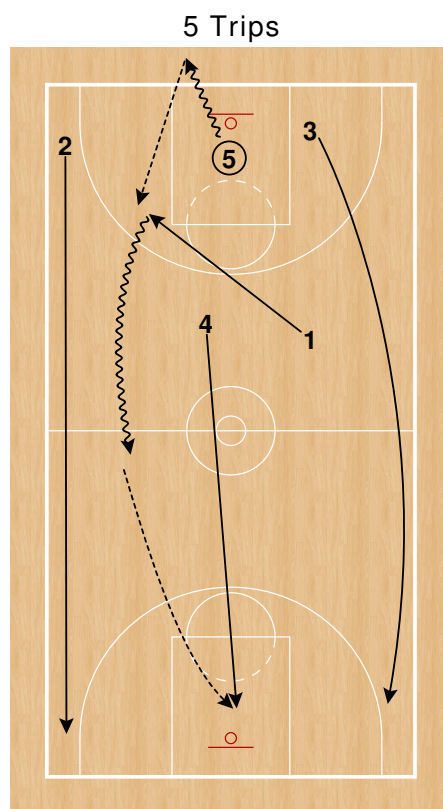
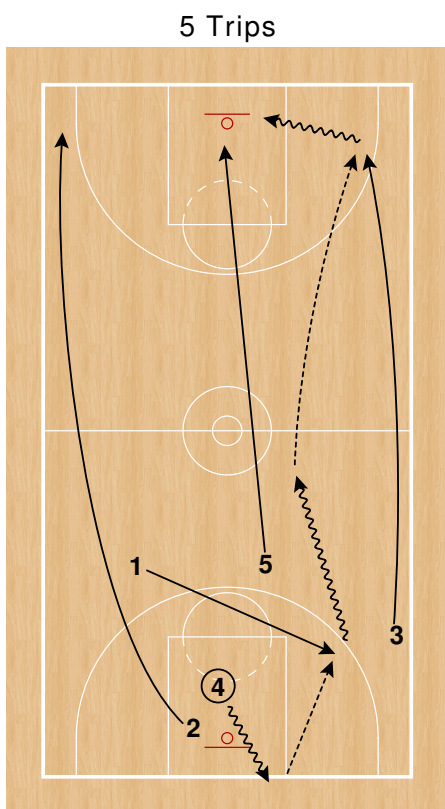
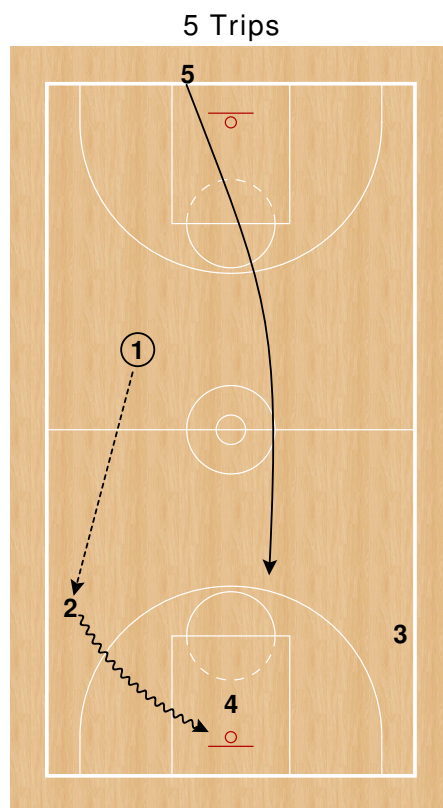
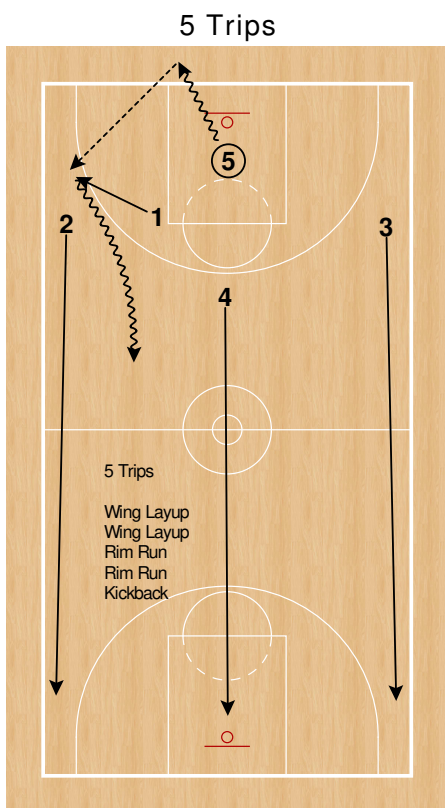


Elbow Layups



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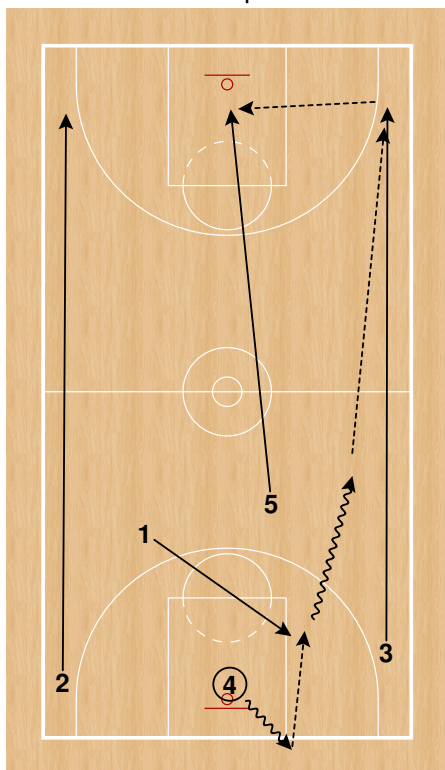
Transition Drills



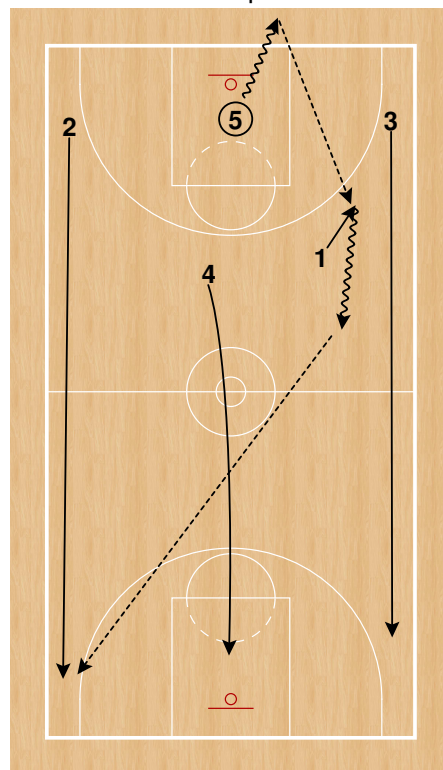
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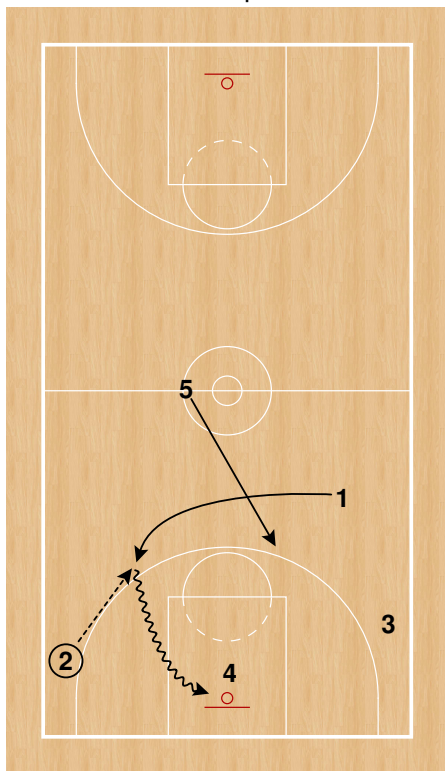
5 Trips



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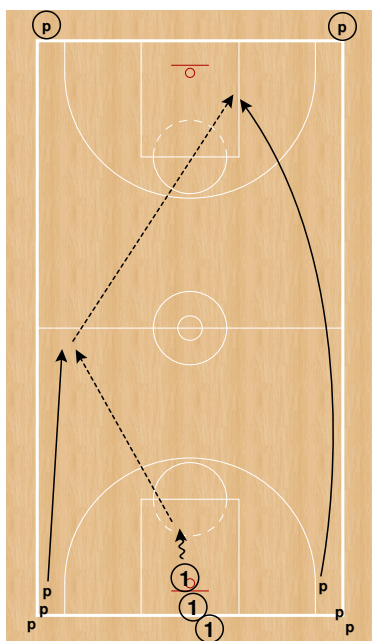
5 Trips



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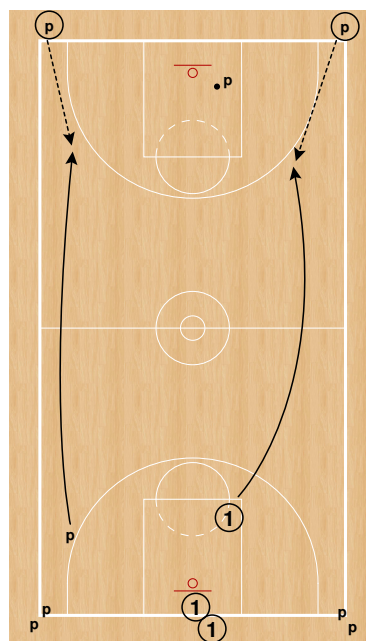
Transition Drills

4:15 Drill



Middle passes to wing, opposite wing sprints to the rim
Wing passes to the opposite for a layup.

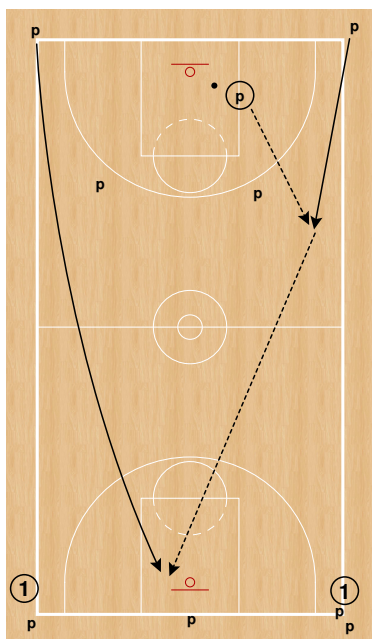
4:15 Drill



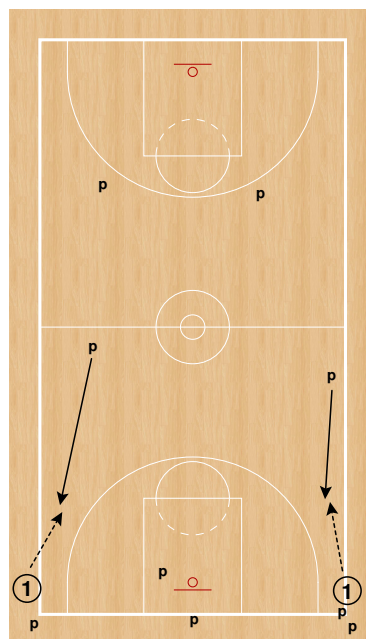
Players in corners pass to the non shooting players for a shot.

After the passes, they sprint down opposite, player who made the layup passes to the wing, who then passes to the other wing for a layup.

4:15 Drill



4:15 Drill



Middle player catches ball out of net and takes off back down with the two passers.