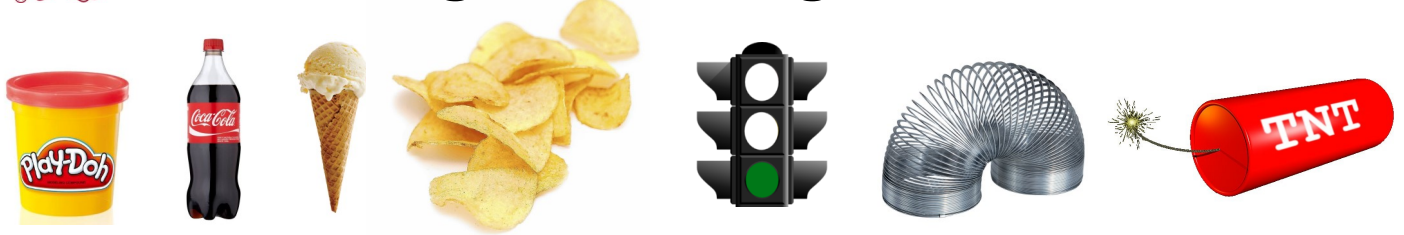




Green Light Shooting License



Do you know what the above items have in common with the Green Light Shooting License? Play-doh? Coca Cola? Ice Cream Cone? Potato Chips? Slinky? Dynamite?

Don't be a millennial and Google it... Guess?

They were all discovered by accident. Now, you can look up each of them and learn when and how and why. But I want to share how Green Light Shooting was accidentally discovered.

I was a first year coach. We had on campus a prolific scorer who was on pace, and would in two seasons break our schools All-Time scoring record. She was a junior. A team captain. A true leader. Everything a rookie coach would want.

We had also just signed the best recruit in the history of our program. She was a freshman. Was going to be a captain as a freshman. Was going to become a leader. And would graduate in four years the All-Time Leading scorer in the history of NCAA Division I Basketball.

We also had a roster full of players who were Shooters, not necessarily Makers, but players who had been recruited to fill that role.

See my dilemma?

We needed a system to help us determine Shot Distribution.

The old English proverb "Necessity is the mother of all invention" illustrated.

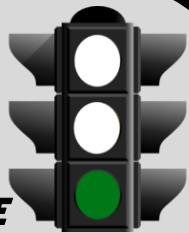
The birth of the Green Light Shooting License.






Green Light Shooting License

ARKANSAS



GLSL: 0000-0000-0000-0001

SHOOTING LICENSE

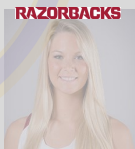


RAZORBACKS

SWENSON
KEIRYN
1201 LeRoy Pond Dr.
Fayetteville AR 72701

ISSUED **EXPIRES**
6-28-17 **7-3-17**

Sex	Ht	#
F	6-0	4



RAZORBACKS

To earn the Green Light in practice each of our players were given the opportunity to come to the gym, with coaches, and attempt to earn their License.

Each Monday we placed three shooting drills with qualifying times/scores on each. If the shooter completed all three they earned the Green Light. If they completed 2, they earned the Yellow Light. If they completed none, they were on a Red Light. Green light meant they could shoot any shot, any time in practice that they felt they could make. Yellow Light meant they could take open shots in regards to time/score. Red Light meant they should take shots they were fully confident in making a very high percentage of the time.

The license was good for one week. Players must re-earn their license each week.

Week 1 we had 6 players attempt to earn their Green Light. 2 earned the Green, 2 earned the Yellow, and 2 were Red.

Week 2 we had 5 players attempt. Same 2 were green, 2 yellow but different than week 1.

Week 3 we had 4 players attempt. Same 2 green, 1 yellow, and 1 red.

Week 4 only the 2 Green Lights even attempted.





Green Light Shooting License

Our plan was beginning to take shape.

Players were “surrendering” to the team. When a player would stop coming to even try, that opened the door for a very easy conversation. We would ask them why they stopped coming to try. Their usual answer was that they couldn’t reach the standards of times/scores on the drills.

At first I was worried this might be a bad thing. But it wasn’t. It was a great thing. These players wanted to know “other things they could do” to earn playing time and help the team win.

When we started to have this crucial conversation with multiple players, we also introduced lineup efficiency to our team to reward things other than scoring. This was a simple chart that kept track of each lineup and what the score was when that lineup was on the floor together. Now, who scored was of less importance.

Although it would take some months for us to conclude this, we were also seeing our two best shooters gaining even more confidence because there wasn’t talk of them being ball hogs/shot searchers/etc. They could survive in the locker room and, in fact, thrive.

As our Green Light Shooters began earning the respect of their teammates they also began pushing each other during the drills.

It forced us as coaches to constantly be creative in our drill design to keep things fresh for them.

With four seasons of evidence at Washington, we were convinced the implementation of this system had the most impact on our program winning 98 games in four years, playing in 3 NCAA Tournaments, 2 Sweet 16s, 1 Final Four, while producing three of the programs Top 5 scorers of All-Time.

As a result, we have continued and modified some things with our transition to Arkansas. We might not have enough evidence to draw conclusions yet, but we do see many of the same signs and the same “unintended consequences” beginning to take shape.





Green Light Shooting License

Since implementing this system, we as coaches, have felt well equipped to have discussions with players, parents of players, and family on the topic of shot distribution on our teams. While we aren't there yet at U of A, at Washington those conversations had virtually ceased.

We had one instance in which a parent asked for the meeting but once the player explained the system, the meeting never happened.

As we said earlier, 75% of this all happened by accident. The “unintended results” have been the magic though.

Our teams have tended to have:

- 1) Very identifiable roles for scorers
- 2) Team cohesion in the locker room and on the court
- 3) Tolerance and appreciation of other valued roles
- 4) Competition and desire to improve among the elite scorers
- 5) Produced teams who have peaked late in the season
- 6) ... and is FUN!!!

Not here to tell you that it's all rainbows, unicorns, and roses every day. It's not. But what is in the game of basketball these days!!

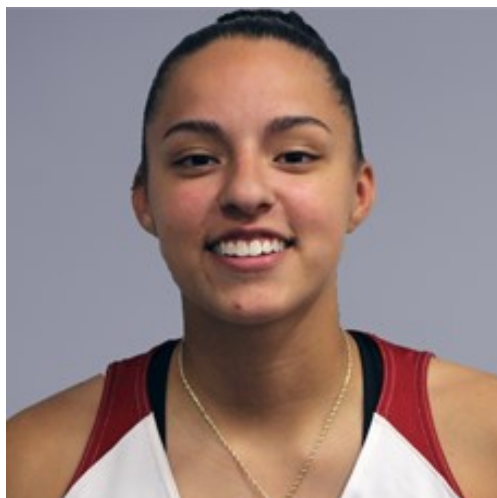
Next want to delve into how and why we chart the drills. We keep record of every shot with our players. We post them for everyone to see as well. Even in today's world of ever evolving technology, there is still something significant about seeing our name ranked among your peers.

We have made a board for each of our Green Light Drills. On the front of the board we have the Top 10 Scores/Times for our current teams. On the back of that same board, we have posted the Top 10 Scores/Times for any team that we have ever utilized the drills with. I have included examples on the next pages.





Green Light Shooting License



AMBER RAMIREZ

4.22



1. Amber Ramirez	4.22	2019
2. Amber Ramirez	5.35	2019
3. Chelsea Dungee	6.07	2019
4. Devin Cospers	6.77	2018
5. Amber Ramirez	6.94	2019
6. Chelsea Dungee	7.16	2019
7. Alexis Tolefree	8.13	2019
8. Alexis Tolefree	8.72	2019
9. Makayla Daniels	8.88	2019
10. Jailyn Mason	8.96	2019

STAR SHOOTING





Green Light Shooting License



KELSEY PLUM

-0.14



1. Kelsey Plum	0.33	Washington
2. Kelsey Plum	0.48	Washington
3. Kelsey Plum	1.22	Washington
4. Kelsey Plum	1.77	Washington
5. Kelsey Plum	1.96	Washington
6. Jazmine Davis	2.22	Washington
7. Kristi Kingma	3.13	Washington
8. Katie Rutan	3.92	Xavier
9. Natalie Romeo	4.01	Washington
10. Amber Ramirez	4.22	Arkansas

STAR SHOOTING





Green Light Shooting License

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The Shooting Drills

You can use any drill you want to design to fit your system and your style of play. These are the ones that we have developed over the years. Some are 20 years old, with 20 years of times/scores. Some are newer. All are constantly being tweaked. Please let us know if you have good ones that we might could use as well.

It's very important that all drills be simulated under the exact same conditions for each player. If you have two balls for one player, one morning, it's very important you don't all another player to have three in a timed drill. Do your very best to simulate exact conditions. This will eliminate the appearance of bias.

We want our drills to vary skills and vary game situations. Some drills simulate Game Shots at Game Spots at Game Speed. Some may simply choose to emphasize Game Shot from Game Spot.

Vary your plan to fit your style of coaching, your style of player, and your current players.

Set the time/scores so that they will be a challenge to the very best scorer on your team. Even if that player is consistently #1 on your team, they will be motivated by the All-Time highs of past players.

One season we competed against another University in our drills. We would do weekly challenges and found great value in doing this.

Just like in most every other aspect of our great sport, the secret sauce is NOT in the WHAT you are doing... but the HOW and with WHO!!! You ***must*** make this your own. Borrow and steal some ideas to help you get started, but simply trying to copy it will not yield the desired effects!

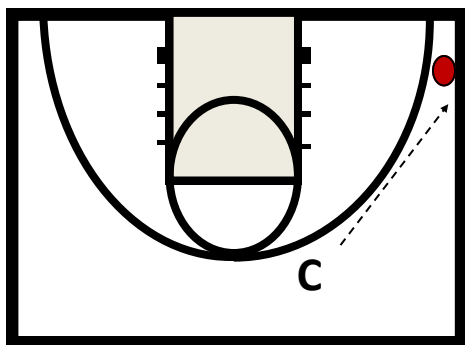




Sue Bird Shooting

Shooter begins in corner. We will attempt 10 three-point shots. If she makes 7 or more, she moves to the next spot on the wing. If she makes 6 she stays at the same spot. If she makes 5 or fewer she moves backward a spot. We shot corner-wing-top-wing-corner. *If she does not make 5 at the first spot, she remains there, as there is no spot to move backward to.

Time begins on the first made shot at spot 1 and continues until all spots are completed. Some players may not be able to finish this drill. That's okay... and in fact it's a GREAT thing. It will help you define the players on your team who should have the Green Light even more.



One passer and one rebounder recommended, but since this drill has no time element, it's not mandatory to keep circumstances exactly the same.

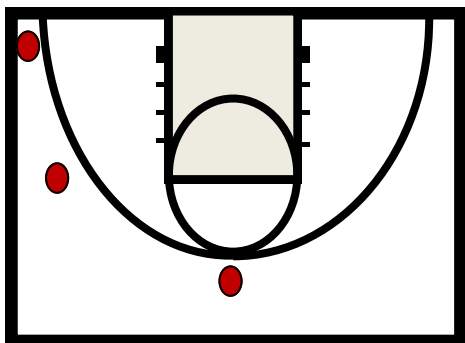
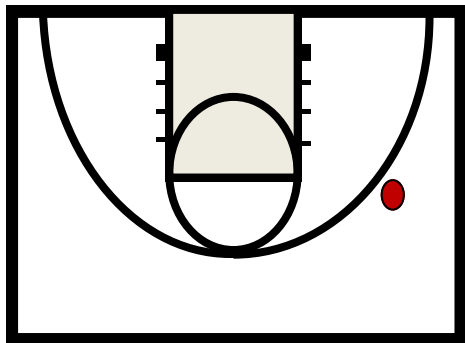
GAME SHOT



GAME SPOT



GAME SPEED



This drill works on our game shots from game spots very well, but is relatively low on the game speed chart.

This drill brings value in repetition and seeing the ball go in consistently for a Green Light Shooter.

Green Light Standard: Complete the drill

Plum Standard: Complete under 3:00

Record Standard: 2:21

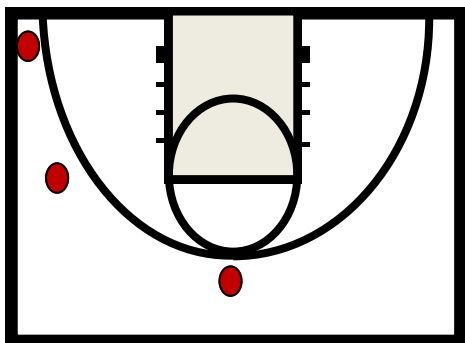
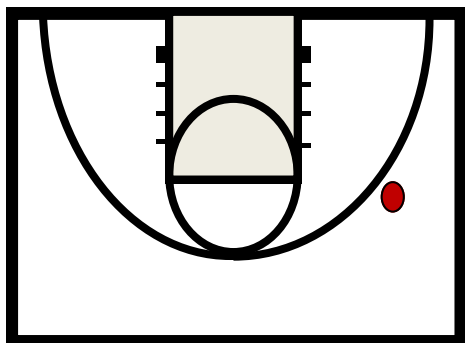
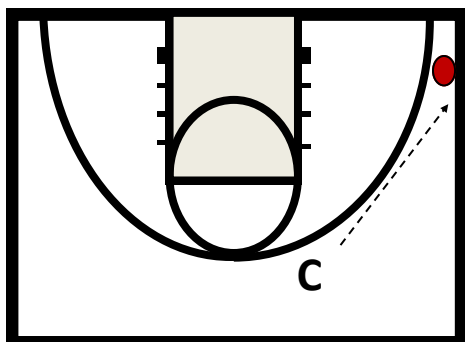


AND 1 Shooting

Thankfully this is NOT a drill where players drive the ball to the basket, sling up a ridiculous, non-game shot, and scream AND ONE!!!

It is, however, a great drill to again help separate your Shooters from your Makers. Put 1:00 on your clock. Begin the time when the first shot is made from the corner. On a make shooter moves to the wing until she makes a shot. To the top of key until a shot is made. Move to opposite wing after a make and then finish with a make in the corner opposite from where drill began. Stop the time on the last made shot to complete the first round.

Add one minute to the remaining time for round two. In round two, shooter must make two shots in a row from the spot before moving to next.



If another round is completed, add 1:00 to any remaining time. 3 makes in a row for round 3, 4 in round 4, and so on until 0:00 shows on the clock.

GAME SHOT



GAME SPOT



GAME SPEED



This drill rates the highest in all areas of GS/GS/GS. Since there is a time element involved, it's very important that you have the same number of rebounders and passers available for each shooter attempting the drill.

Green Light Standard: Make to Round 4

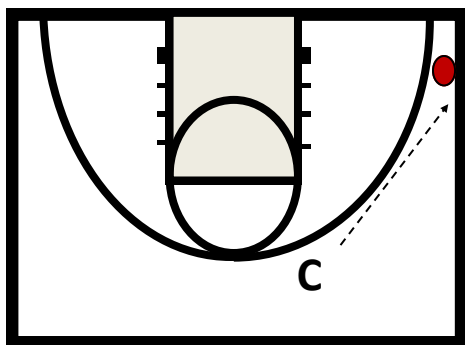
Plum Standard: Make to Round 6

Record Standard: First spot of round 8



Beat the Pro

Have your shooter choose their favorite Pro. Sue Bird. LeBron. A teammate. Doesn't matter who, but make them choose. This will be their opponent. We shoot from our main three point spots... Corners, 45s, and Top... This is a stand in one spot and shoot drill. There are some elements of game like pressure but again we are looking for consistent shot form and release points and angles. Shooter attempts first shot. A make is one point for them, a miss is 3 points for their PRO. Game is to 21. So, a shooter must make 21 shots before the miss 7. $21/28=75\%$ (unguarded) It's a best of five series against their pro. Win three and they Beat their Pro. Once a shooter can consistently beat their pro, have them go by 4s on a miss. Now they must go 21/27...



As the Elite shooters continue to had confidence, increase the difficulty by giving the pro an extra point on misses.

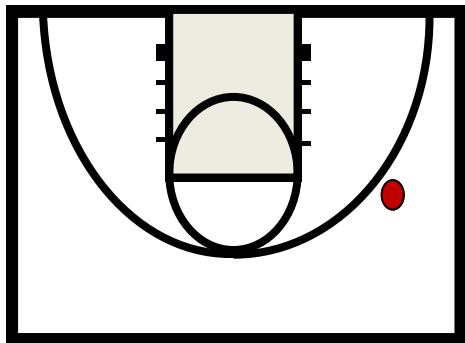
GAME SHOT



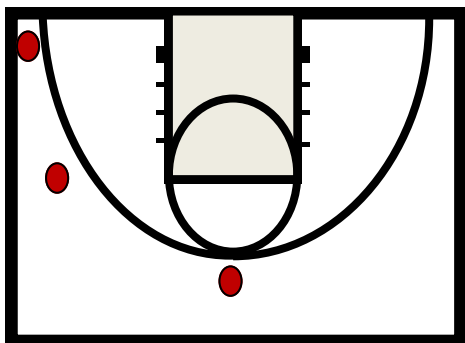
GAME SPOT



GAME SPEED



This drill has no time element so you can do with one passer/rebounder if necessary.



Green Light Standard: Beat the Pro

Plum Standard: Beat the Pro (by 7s)

Record Standard: 5-0 vs the Pro (by 7s)

(Have seen 21 straight makes!)



Shooting the Star

We put a new twist on an old classic... STAR SHOOTING

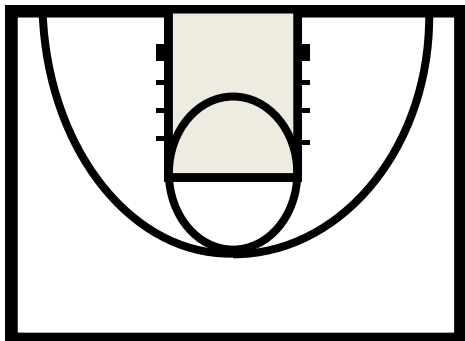
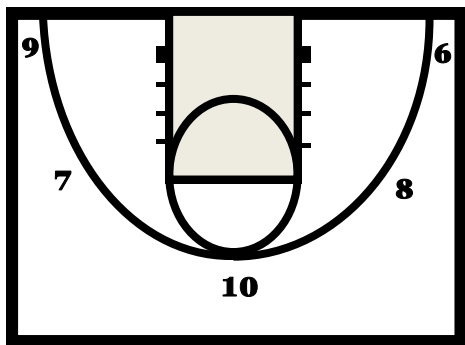
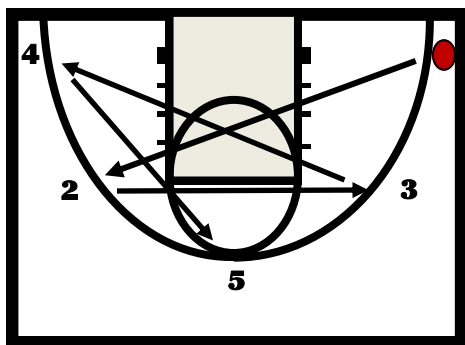
This a ten shot drill that when the players path is diagrammed, it forms a star.

Player shoots from the corner, sprints to opposite wing for shot 2, to the other wing for shot 3, to opposite corner for shot 4, finally to top of the key for shot 5.

Back to the starting corner for 6 and repeat the pattern of wing, wing, corner top to finish with 10 shot attempts.

We start the time as soon as she releases first shot and stop on release of shot 10.

We then take the total time and subtract three seconds for each made shot out of the ten. The goal is to finish with the lowest possible time.



Shooters must move quickly and efficiently to complete the pattern and still make as many shots as possible.

GAME SHOT



GAME SPOT



GAME SPEED



This drill rates the highest in all areas of GS/GS/GS.

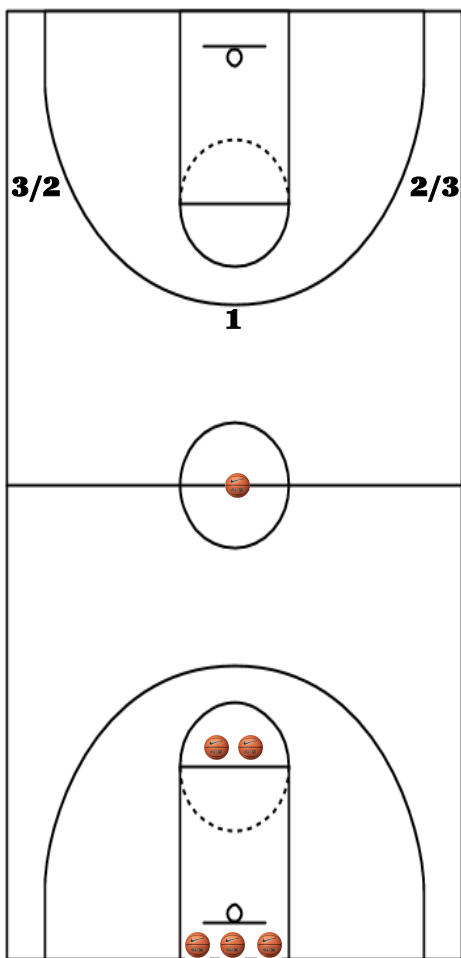
Since there is a time element involved it's very important that you have the same number of rebounders and passers available for each shooter attempting the drill.

Green Light Standard:	Under 5.00
Plum Standard:	Consistently under 5.00
Record Standard:	-0.14 seconds



3-6-9-12-15

This is another “eliminator drill” in that some who attempt will not even make it to the end round. Place one ball at half court, two at opposite FT line, and three balls on the opposite end-line. Round 1 is the 3. Shooter begins at half-court line where the one ball is and sprints into her shot at top of the key. Make or miss moves to one of the wings for shot 2 and then the opposite wing for shot 3. After that shot, the shooter attempts a FT and rest for 15 seconds. Round 2 (the 6) immediately starts after the rest with the shooter attempting shot 1, 2, and 3 again. After shot 3, the shooter must sprint around the number of balls that corresponds to how many shots she missed of those 3 attempts. One miss and she goes around one ball at half court, two misses around the two balls at FT line, and all three balls on end-line if missed all three shots. In any round that no shots are missed, the shooter simply goes back to the top of key without running around any balls. When 6th shot is attempted, she then goes to the FT line and 30 seconds of rest. The 9 round consists of three trips and ends with 45 seconds of rest. Four trips for 12 attempts with 60 seconds rest. Final round is 5 trips and 15 shots before attempting last FT and completing the drill. We are charting every made 3 and every made free throw. A total of 50 shots will be attempted.



This drill will challenge the elite of the ELITE. At the very least, this drill becomes a great conditioning drill. This can be done with one passer/rebounder/charter.

GAME SHOT



GAME SPOT



GAME SPEED



**This drill rates the highest in all areas of GS/GS/GS.

The rest between cycles is figured by multiplying the number of shots in the round by 5 seconds.

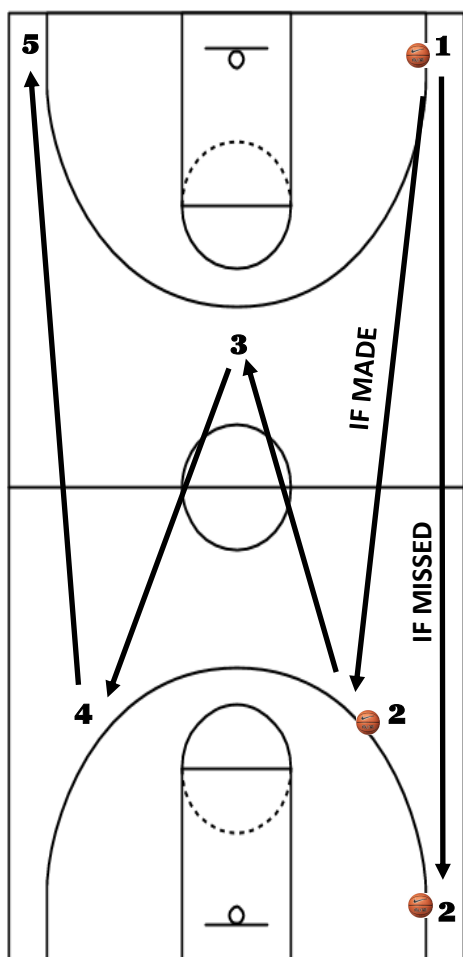
Green Light Standard:	38 makes
Plum Standard:	42 makes
Record Standard:	47 makes



Miles Simon

Credit always goes to person I saw do the drill for the first time or who we designed the drill for. In this case, it's the prior. The Arizona Wildcat legend was one of the first NBA legend to show great interest in supporting women's basketball. So, rather than change, I always give him the credit for the base of this drill and we have tweaked it some over the years.

Shooter chooses an end of the court and a corner. Her first attempt is a corner 3. Time starts on the release of first shot. If that shot is made, her next attempt comes from the opposite end of the court on the wing. If missed, her next attempt is in the corner again but on the opposite end. If she misses again in the corner, once again she will have to sprint the court back to the original corner. Shooter must make a corner 3 before progressing to wing no matter how many shot attempts it takes.



On a make shooter goes next spot. On misses they sprint to opposite end for same spot. Drill is complete and time stops when 5th shot is made.

GAME SHOT



GAME SPOT



GAME SPEED



**This drill rates the highest in all areas of GS/GS/GS.

You will have a number of players who may want to stop mid-drill or re-start after a few misses. Great teaching moments.

Green Light Standard: 18.0 seconds or less

Plum Standard: 15.0 seconds or less

Record Standard: 14.14 seconds



Swish Free Throws

Free Throw Rate is point of emphasis in our style of play so it is imperative that any Green Light Scorer is efficient in this area. As a result, we make it part of our license.

This is a 25 shot drill.

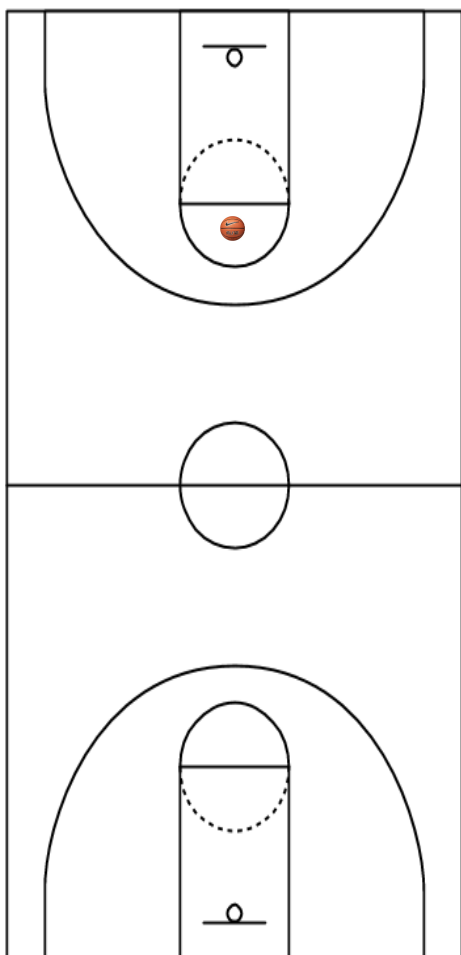
Shooter will simply attempt 25 straight free throws.

A “swished” free throw (no rim, no board, just chord) = +1 point

A made free throw that isn’t swished = 0 point

A missed free throw = -1 point

The scorekeeper, who might have the hardest job, tracks the running score and attempts. Will put some sample scores below to help. The secret of this drill is in the “narrowing of the focus”. Google these studies to learn how to apply to other areas.



Scorekeeper is also referee on THE SWISH.

Important to be consistent for all shooters. You will learn to “hear” a swish without needing to see it.

GAME SHOT



GAME SPOT



GAME SPEED



Some sample scorekeeper charts: (S=+1, M=0, X= -1)

M M S X S S S M M M S S S M S M X M M S M M S M = +8

M S S M M M S S S S S M S S M S M S S M X S S S M = +14

X M M M M S X X S M M S M M X M S M X X M M M X S = ___

Green Light Standard: +12

Plum Standard: + 15 (avg. of 5 rounds)

Record Standard: +19



BIG SHOT

Love the echo of hearing “Big Shot” during this drill to add a little pressure to the shooter trying to earn their Green Light.

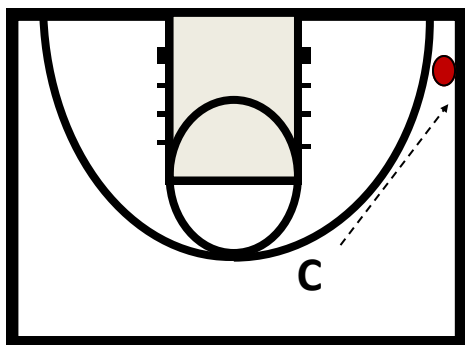
Although this drill rates the lowest of one ball in Game Speed, we find great value in this one in creating pressure of game makes from game spots.

The anatomy of this drill is very simple, but the impact is not.

Shooter begins in the corner. She stays in this spot until she misses two shots in a row. She gets one point for each made shot. Total for the spot is total number of makes before she misses two shots in a row.

We continue through all five spots for an overall score on BIG SHOT.

Anytime a shooter misses a shot, coach will say “BIG SHOT” to add the pressure.



The value of seeing the ball go through at a high rate builds confidence in your great shooters and will separate your shooters from makers quickly.

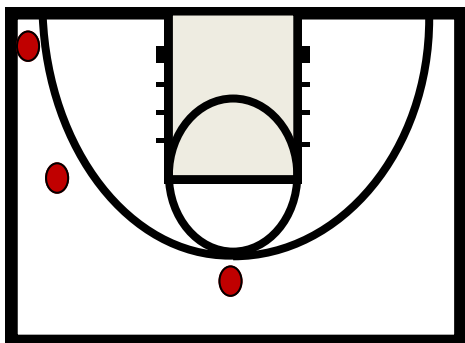
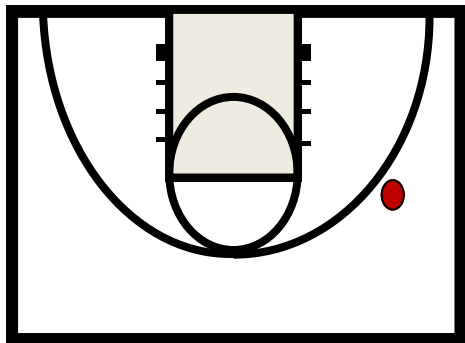
GAME SHOT



GAME SPOT



GAME SPEED



We keep records in this drill for high spots and high rounds. It could be divided into two separate Green Light indicators if you would like to.

Green Light Standard:

Round of 125/Spot of 50

Plum Standard:

Round of 400/Spot of 80

Record Standard:

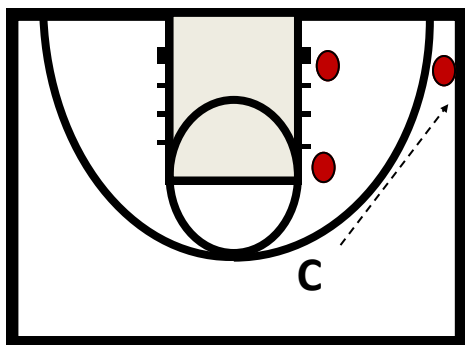
Round of 1067/Spot of 449



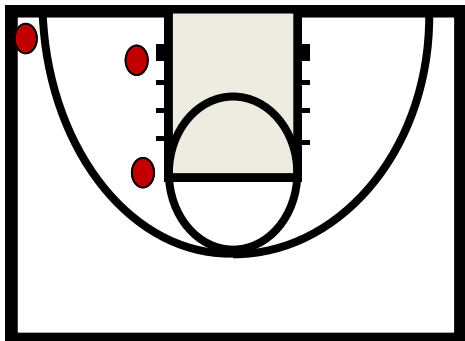
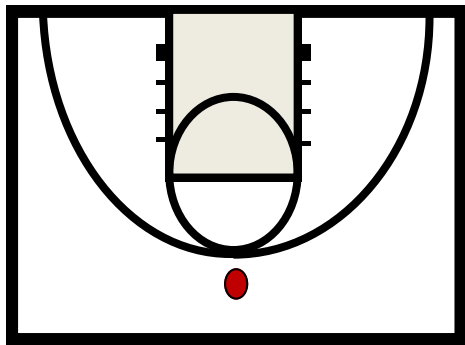
Georgia Tech (for Time)

Shooter begins in the corner beyond the three point line. Timer starts when shooter makes her first shot. She must make a total of 7 at this spot. On last make, she sprints to the block where she must make 7 IN A ROW (you choose if glass is a must). Next spot is the elbow for 7 mid-range spots. The next round of 3's come from the top of the key. The drill is completed with seven makes from the elbow, 7 in a row again on other block, and 7 more three's in opposite corner than she started.

Important in all Green Light Drills, but more urgent in this one, to insure you provide each shooter with the same number of passers and rebounders since there is a time element. There is usually very little separation in the times of your best performers, so this needs to be a point of emphasis.



To chart we are simply taking the time to complete the 49 shots sequence. The 7 in a row on the blocks will also be a time separator.



GAME SHOT



GAME SPOT



GAME SPEED



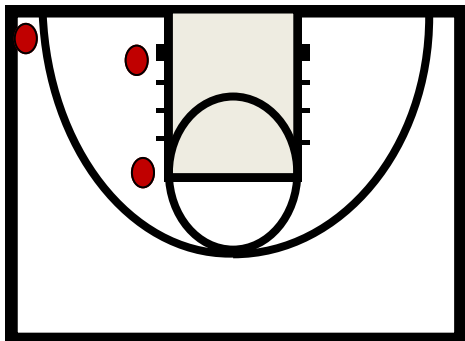
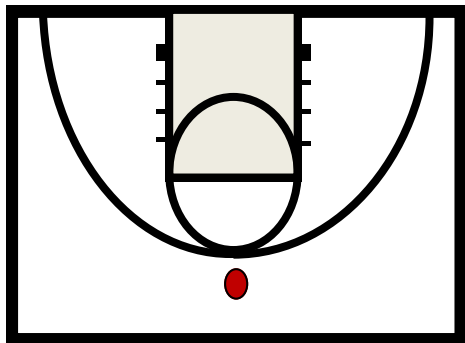
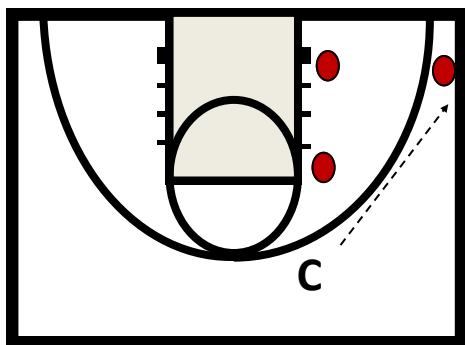
Green Light Standard:	< 3:00
Plum Standard:	2:30
Record Standard:	1:58



Georgia Tech (for Makes)

The format of this drill is the same as Georgia Tech for Time (previous page). But in this Green Light Drill we are only attempting 7 shots from each of the spots and recording the number of makes. In addition, since there is no time element, we shoot a Free Throw after the completion of the last spot to give us a nice round total of 50 potential makes.

Without the time element, this drill can be executed on a day that you might not have an extra rebounder or passer. You still want there to be a tempo standard but a long rebound or won't disrupt as much as if you were doing it for a time.



We like to introduce the drill for time first, then utilize this one later in the progression of the Green Light Drills for the best long term results.

GAME SHOT



GAME SPOT



GAME SPEED



Your best shooters will have the “can we start over” urge if they miss a few early. **DO NOT** allow this. Force them to battle through a rough start to finish strong. Taking an average of 3 or 5 rounds will help in this area.

Green Light Standard:	40 makes
Plum Standard:	45 makes
Record Standard:	50 makes



Hubies

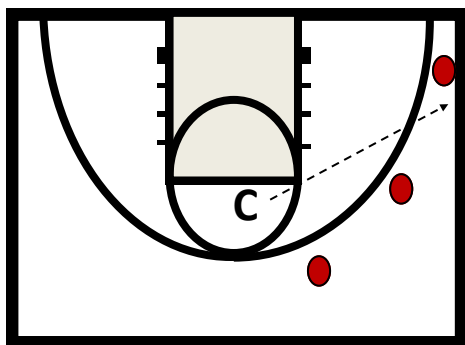
Named after Hubie Brown who I first saw demonstrate this drill at a Clinic in 1997. Shooter begins in the corner with a Coach/Passer, two balls on one extra rebounder. 2:00 on the Clock.

Shooter must make two in a row from the same spot to equal a HUBIE.

Drill goal is to get the most Hubies in those 2:00 minutes.

Shooter must move to the next open spot on each miss or completed spot.

We shoot the 7 spots where the most common three point attempts come within our offensive system. You can certainly move them, add some 2 point attempts, or even lay-ups... the key is to keep the parameters and shots consistent.



Good rebounders are key in this one. Tip for aging coaches like myself...if you stink at rebounding on day one they will make sure someone better shows up day 2.

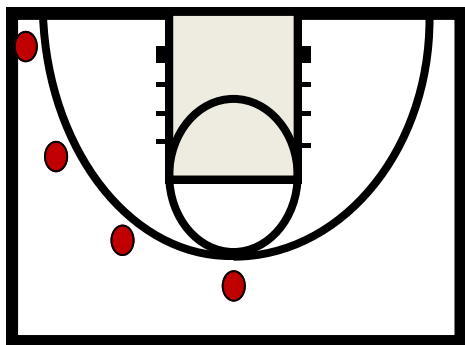
GAME SHOT



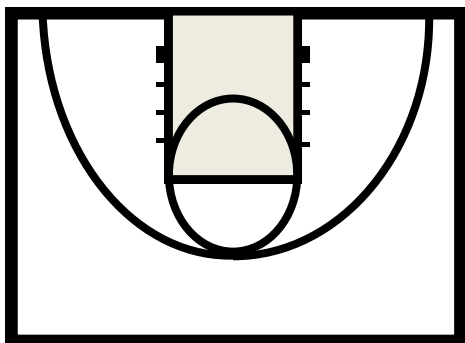
GAME SPOT



GAME SPEED



This is also a good drill to keep overall “averages” in. Chart the number of times attempted vs. makes. This will insure focus throughout the two minutes.



Green Light Standard:	18 Hubies
Plum Standard:	24 Hubies
Record Standard:	31 Hubies



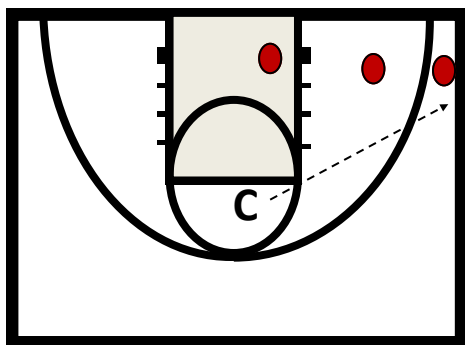
10:00 on the clock. Shooter in the corner beyond the arc. Can be done with or without a rebounder. Passer can do both in this drill.

Shooter takes first pass and with one dribble attacks the basket for a lay-in. This shot is worth one point. Shooter returns to arc. On pass to the shooter, she steps in for a 15 foot shot that is worth 2 points on makes. Shooter steps back beyond the arc for third attempt at this point. This shot is worth 3 points. Shooter moves to the wing and repeats the sequence. Shooter attempts the sequence from the five spots.

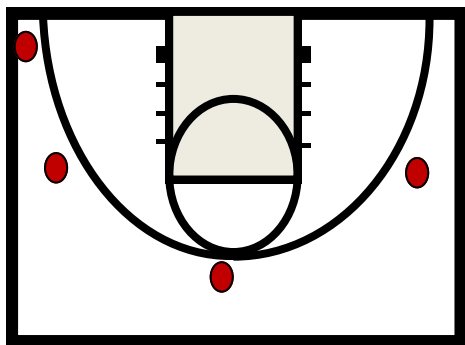
This gives a perfect score of 30 if all shots are made.

To get to the 32 total, shooter finishes with a 1 and 1. Must make first to get second.

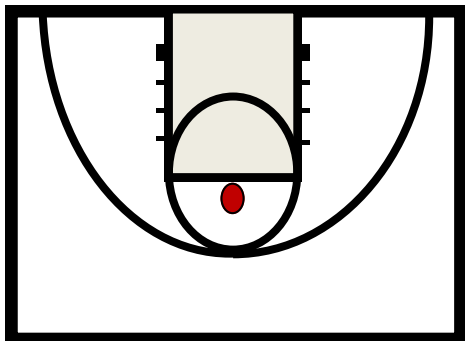
This completes the first of five rounds to be charted. The shooter needs to complete



each round in 2:00. If faster, can use the time as rest. So, we start the subsequent rounds at the 8, 6, 4, and 2 minute marks on the clock.



GAME SHOT



GAME SPOT



GAME SPEED



We chart high single rounds but the real magic is in the five round average of the shooter. This insures value being placed on each shot of each round.

Green Light Standard:	25.5 average
Plum Standard:	27 average
Record Standard:	29.5 average

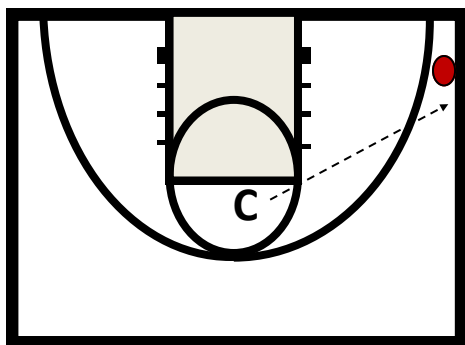


Shooter begins in the corner. Time on this is a stopwatch or a clock that will count up from 0:00. Time begins on the first made shot and time stops when shooter achieves a score of 99. This is more of a marathon than a sprint. Some “shooters” will never finish this one, but your “makers” will and they will be your Green Light kids.

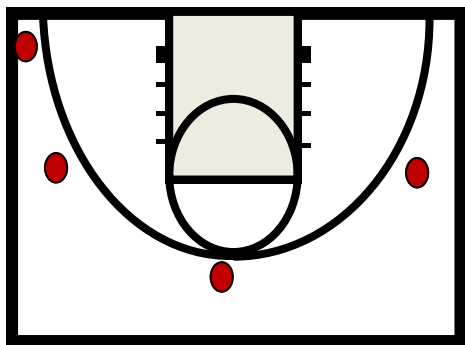
Shooter gets 3 points for a made 3. The total accumulates until we get to 99. Any time the shooter misses two shots in a row, 3 points are subtracted from their running total and they must move spots. Don't miss two in a row, and shooter never goes backwards.

Our records are kept by total elapsed time to get to 99.

We like this drill because some kids who “think they are shooters” will get great feedback that they might not be.



Resist the urge to let “shooters” start over when their scores get deep into the negative score. This is where allowing a player to fail will help build them up later.



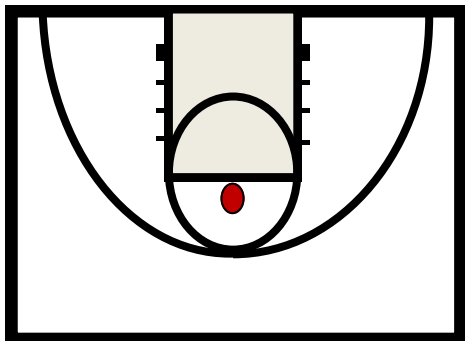
GAME SHOT



GAME SPOT



GAME SPEED



Important to keep passer, ball, and rebounder numbers the same with this one as if can effect times among your elite shooters.

Green Light Standard:	Under 3:30
Plum Standard:	Under 2:30
Record Standard:	1:33 (never missed 2 straight)

* this one was filmed and can be found with a Youtube search



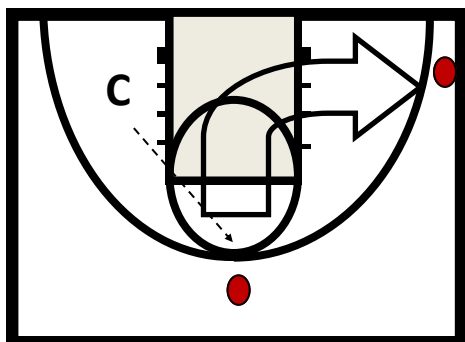
Big Six

We choose the number Six because that is how many games you have to win to capture a NCAA National Championship. We use the image that one make will win you one game, two makes get you to Sweet 16, three to the Elite 8, four to the Final 4, and so on... We shoot ten sets to determine Green Light License standards.

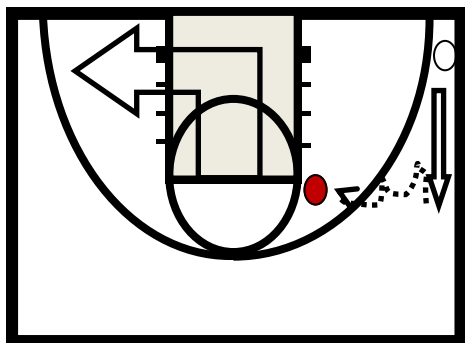
We vary the cuts, the simulate screens, and the off the dribble actions, but always want a mid-range shot, four threes, and one FT to complete.

We will diagram an option below, but the secret sauce is being able to tailor them to fit actions within your system. They can be in transition, the half-court, from BOB plays, versus zone... the options are limitless so that you can vary the drill throughout the season and work on game like finishes.

Shooter comes sprinting from half court for a transition spot-up 3 at top of key for



shot #1. Then cuts to the corner for a second 3pt shot in the corner. For shot #3 shooter rises out of corner and attacks one dribble for an elbow jump shot.



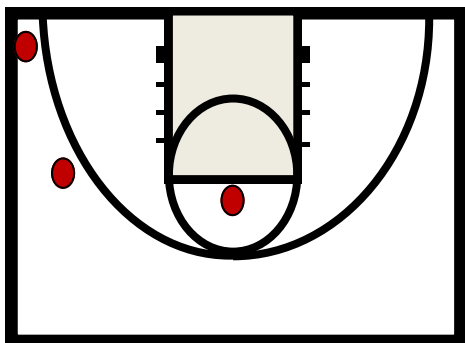
GAME SHOT



GAME SPOT



GAME SPEED



Shot #4 is another corner three, followed by a step up 3 on the wing off a simulated down screen for #5. #6 is the FT.

Green Light Standard:	48 makes
Plum Standard:	52 makes
Record Standard:	58 makes



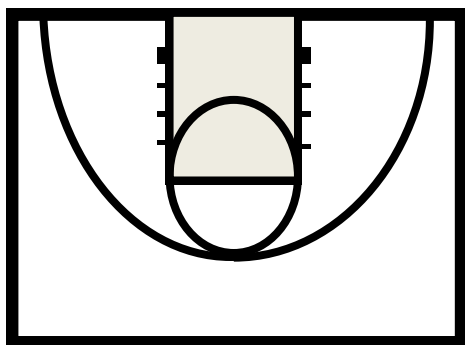
Hog 100

This one has undergone several “name changes” over the years as we have moved around the country. As with all we do as coaches... make it your OWN!!

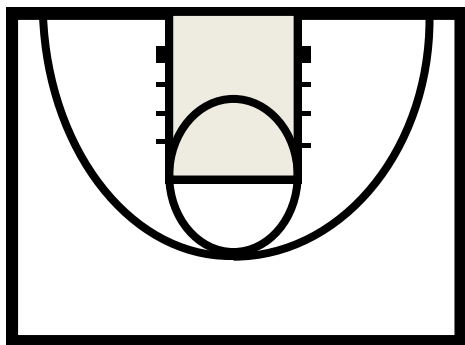
Hog 100 is a one hundred shot Green Light Drill that incorporates the shots we have to make a lot to be successful in our offense and our conference. They represent, based on percentages, the most common shots we create and must make to beat the best opponents on our schedule. Five shots of each type with only break for FT's.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	TOTAL	

- 1) Wing catch rip to right elbow. 2) Catch and shoot right wing. 3) Transition 3 at top of the key. 4) Flare from top to right wing for a 3. 5) Five FT's 6) Out of corner



to top of the key for 3 off stagger. 7) High on-ball to elbow jumper on left elbow. 8) Iverson cut to left wing from the right wing for a 3. 9) Corner catch versus a



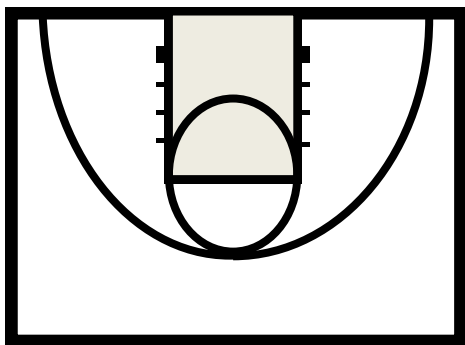
GAME SHOT



GAME SPOT



GAME SPEED



bad closeout to short corner jumper. 10) and so on...
Make them YOURS!!!

Green Light Standard:	75 makes
Plum Standard:	83 makes
Record Standard:	95 makes