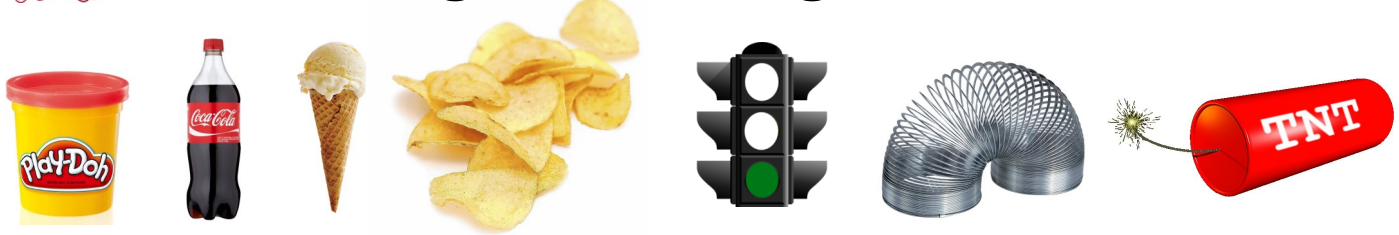




Green Light Shooting License



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.

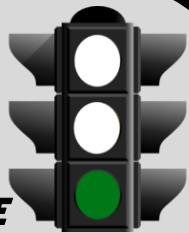
The birth of the Green Light Shooting License.






Green Light Shooting License

ARKANSAS



GLSL: 0000-0000-0000-0001

SHOOTING LICENSE

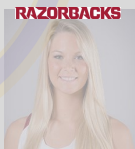


RAZORBACKS

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!!

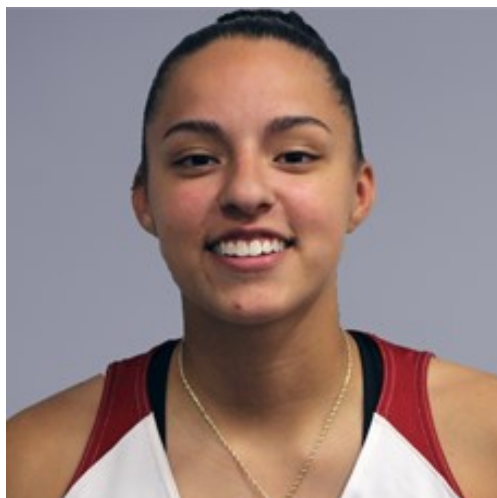
Next want to delve into how and why we chart the drills. We keep record of every shot with our players. We post them for everyone to see as well. Even in today's world of ever evolving technology, there is still something significant about seeing our name ranked among your peers.

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!

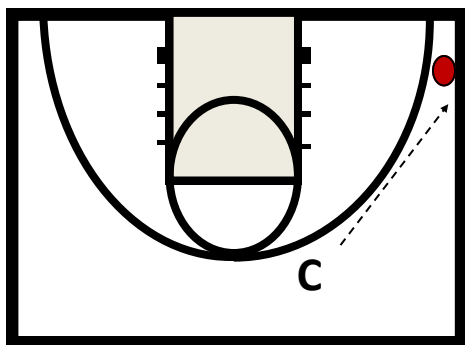




Sue Bird Shooting

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.

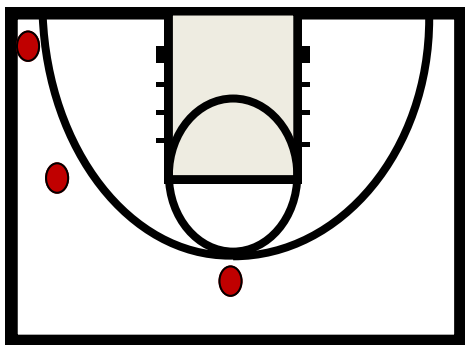
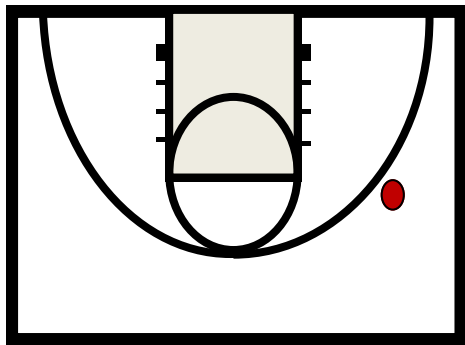
GAME SHOT



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

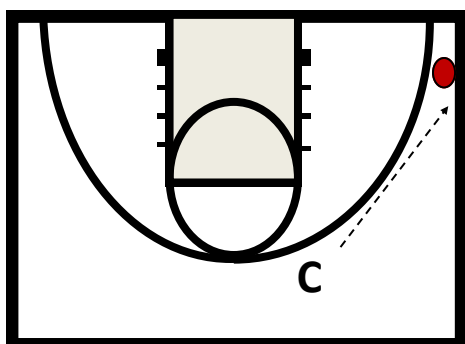


AND 1 Shooting

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.

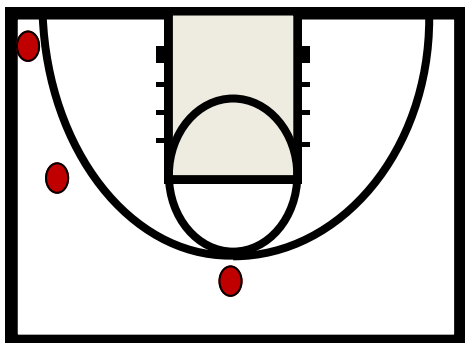
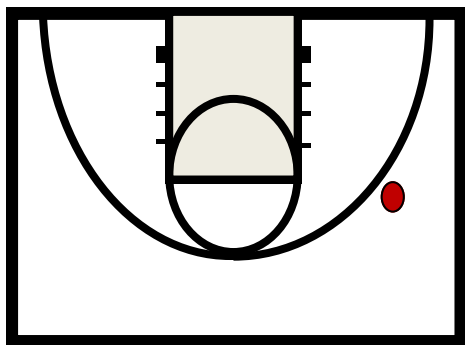
GAME SHOT



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

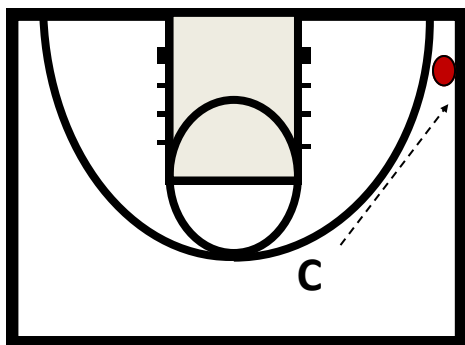
Record Standard: First spot of round 8



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.

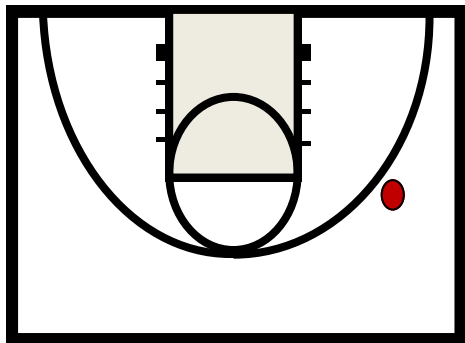
GAME SHOT



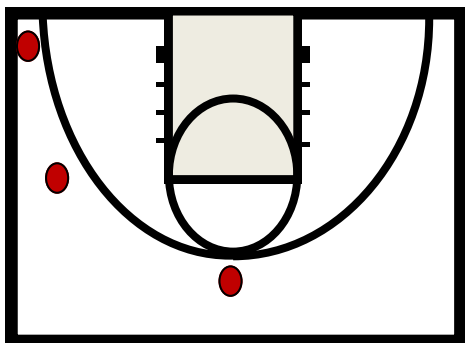
GAME SPOT



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

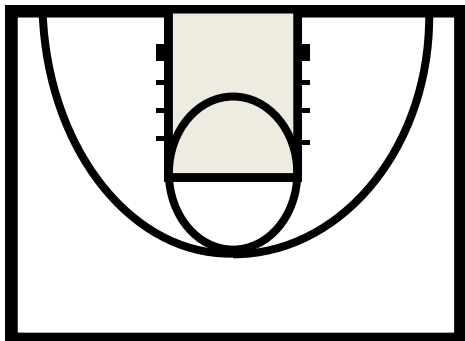
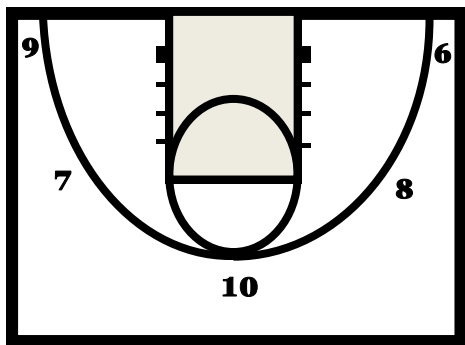
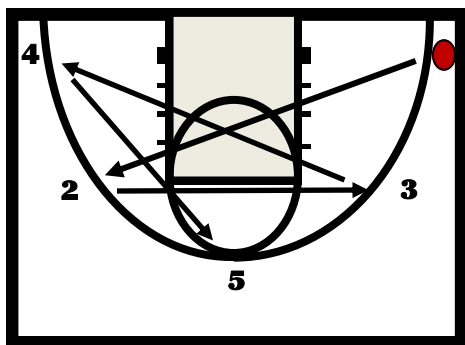
This a ten shot drill that when the players path is diagrammed, it forms a star.

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.

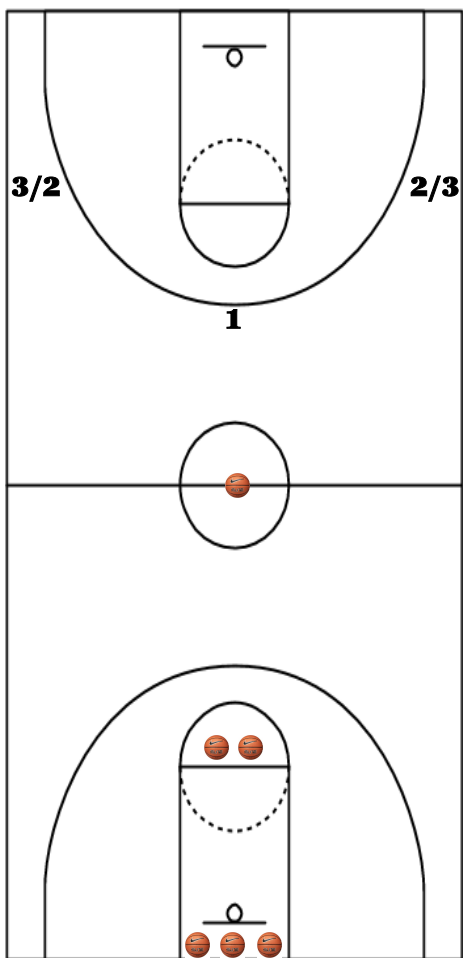
Since there is a time element involved it's very important that you have the same number of rebounders and passers available for each shooter attempting the drill.

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