



HIGH SCHOOL NEWSLETTER

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Featured Content

Zihlman's three-tier foundation propels him to national ranks and a historic win

What type of foundation does one have to build to earn 900 victories in just 35 seasons? Andy Zihlman, head girls' basketball coach at Bishop Lynch High School in Dallas, Texas, who earned his 900th win in 2015, says it requires a tradition of hard work, intense focus and a desire to keep learning. [Read More](#)



Five vital exercises for basketball athletes (authored by Dr. Selena Budge)

Basketball strength and conditioning (S&C) programs consist of complex layering of strength development, power transformation and the on-court translation of both. When choosing exercises it is important to consider their relevance to basketball-specific movements and on-court explosiveness. [Read more](#)

Registration open for 2017 WBCA High School Coaches Day

The WBCA's High School Coaches Day will be held on Friday, March 31 (9:30 a.m. – 3:30 p.m. CT), during the 2017 WBCA Convention in Dallas, Texas. The day will include both on-court and classroom instruction, a boxed lunch and an opportunity to network with college coaches.



Topics will include:

- Running an efficient and intense practice
- Preparing players for the college level
- Creating a stronger team culture
- Preventing burnout
- Fundraising and marketing your program

Register [here](#). The cost is \$50 for the High School Coaches Day only.

Upgrade to the full WBCA Convention registration for \$199 and receive the remainder of the membership year (through August 2017) as a bonus. Learn more about the event at www.wbca.org.

Online at wbca.org!

Learn year-round with the WBCA [Coaching Library](#), featuring more than 350 videos and audio files. Topics range from transition drills to motivating players, from offensive sets to fundraising.

What's Trending Now:



Six in 30 Rebounding – Cori Close

Head Coach, UCLA

Coach Close discusses a two-person rebounding drill that focuses on boxing out during the 2016 WBCA Convention.



Press Break Drill – Barb Stevens

Head Coach, Bentley

Coach Stevens demonstrates a full-team drill to assist with breaking the press during the 2016 WBCA Convention.

USA Basketball and NBA develop youth basketball guidelines

USA Basketball and the NBA have teamed up to develop the first-ever youth basketball guidelines aimed at improving the way children, parents and coaches experience the game, with a specific emphasis on promoting player health and wellness. Through these guidelines and others to follow, both organizations have committed to fostering a youth basketball culture that prioritizes the health and well-being of young athletes – enhancing their enjoyment, participation, and development in the game. [You can view the material here.](#)



Join or renew your WBCA membership today!

The WBCA is your professional community! It's where more than 4,000 coaches in women's and girls' basketball come together to share, to grow and to work together to expand our sport. We want you to be a part of our team! [Get started.](#)