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Welcome to the Women's Basketball Coaches Association's (WBCA) first e-newsletter devoted to high school coaches!

The WBCA has spent the last 35 years dedicated to developing coaches at every level of women's and girls' basketball and unifying them in order to promote and develop our game. To get involved in the WBCA start by [exploring our membership benefits](#), including an online library of plays and drills, and [registering for our WBCA Convention](#), held in conjunction with the NCAA® Women's Final Four®. The WBCA Convention will take place in Indianapolis, Indiana on April 1-5, 2016.

Most of all, we hope you will find the content of this newsletter valuable, and if you have any feedback or ideas for future issues, feel free to email us at [membership@wbca.org](mailto:membership@wbca.org).

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## **Coaches in Action**



**Passion for the Game.** [Leta Andrews](#) coached for 52 years in the high school ranks in Texas and ended her career with 1,416 wins – the most by any girls' or boys' coach in high school basketball history.

Andrews still conducts basketball workshops around Texas and travels the country doing speaking engagements.

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## **On-Court Education**

**Shooting Drills.** Nancy Fahey, head coach at Washington University in St. Louis, discusses [practice shooting drills](#).

**Scoring vs. 2-3 zone.** UNC Wilmington head coach Adell Harris covers [scoring versus the 2-3 zone](#).

**Rebounding Drill.** Gary Blair, Texas A&M head coach, has provided a drill to help players [crash weak-side boards](#) from game-situation positions.

**Footwork.** The [X Step](#) is a drill that Jane Albright, the head coach at the University of Nevada, has used to help players with proper footwork for defending the low post when fronting or going over the top.

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## **Health & Wellness**

**Reducing ACL Injuries.** Dr. Selena Budge, the founder and president of Stability Enhancement Systems LLC, discusses ways that coaches can help make players less susceptible to [ACL injuries](#).

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## **Player of the Week Honor**

**High School Player of the Week Award.** MaxPreps and the WBCA have partnered with one another to recognize high school girls' basketball players each week through the WBCA High School Player of the Week presented by MaxPreps award. One player from each of nine geographic regions of the country will receive the honor. Find out how to nominate your player [here](#). See award winners [here](#).



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## **Industry News**

[How sports prepares women for leadership and boosts career opportunities and earning power](#)