

2025 Nebraska Coaches Clinic

Jina Douglas – Hastings College

Favorite Drills

Shooting Drills:

- 1) Circle Shooting
- 2) Confetti Shooting
- 3) 4, 4, 4 Shooting
- 4) Star Shooting
- 5) Tug of War Shooting

Transition Offense:

- 1) Gator Transition

Transition Defense:

- 1) Arkansas Defense

Rebounding:

- 1) West Virginia Rebounding

Layups:

- 1) Rush
- 2) Fast Pass Finishes
- 3) Jackrabbit Layups
- 4) Shoulder 1 vs 1
- 5) D Slides into 1 vs 1