

Practice Plan



Team:	GU14 Selects	Location:	Paul Desmarais
Date:	November 18, 2019	Phase of Season:	Competiton
Time:	6:00 - 7:30	Practice Number:	2

Objectives: 1. Fundamentals of our offence and defence, 2. Breaking full-court press, 3. Transition
Objectives Detail: None
Reminders: First OBL games on Sunday!
Match-Ups: **Green:** Avery, Corinne, Eda, Emmaleen, Kylee, Sabryna
Equipment Needed: Pinnies, 2 pylons, orange dots
Post Practice Notes:

Purple: Isabelle, Katie, Lei Lei, Olivia, Petra, Tarryn

Time	Part	Phase	Activity/Drill	Points of Emphasis	Visual Cues	Questions for Athletes	Coach Mark's Role	Coach Trevor's Role	Coach Tim's Role
5:30 - 6:00	Pre-Practice	N/A	Gym set-up	1. Gym safety, 2. Player registration, 3. Parent greeting	Benches out of play. Court clear. Baskets at 10'	How was your day?	All PoE's	All PoE's	All PoE's
6:00-6:02	Introduction	N/A	Energy Huddle: Players-only, meet in Mid-Court Circle with mission to get each other energized for practice. Players go there when coach blows whistle to start practice.	None	None	None	Blow the whistle.	None	None
6:02 - 6:07	Warm-Up	N/A	Dynamic Stretching: Led by one of the seniors. Athletes choose who leads it.	Loosen the joints	None	None	Ask Katie to lead it.	None	None
6:07 - 6:15	Warm-Up	E: 2+:2+ Unguided	The World's Greatest Game: 2 teams, full-court, trying to score by passing it over the baseline. No dribbling or travelling. Ball is turned over on an interception of if the ball touches the floor.	1. Talking - passer calls out name of receiver 2. Quick cuts (bursting to open space).	Line of ball (introduce concept). Do I have line of ball or is it impossible for my teammate to get the ball to me?	Were we loud enough? Did you use quick bursts to create a line of ball pass opportunity?	Observe for PoEs.	Instructions (including PoEs). Observe for PoEs.	Observe for PoEs.
6:15 - 6:16	Main Part	N/A	Water Break						
6:16 - 6:18	Main Part	A: On-Air	Form Shooting Reminder: Reminder of key PoEs from last practice. Shooting the ball into the air to practice.	1. Lower Body: Feet shoulder width and balanced. Initiate shot by <u>driving the glutes down to push feet into the ground to create energy.</u> 2. Wrist and Elbow at 90 (in shooting pocket and lift positions), 3. Extend up (not out) with a cookie jar finish. Hold cookie jar until ball goes in the basket.	Is my arm going up or out? 60 degree angle ideal (explain why).	Ask them what our PoEs are	Instructions (including PoEs). Observe for PoEs.	Observe and correct PoEs.	Observe and correct PoEs.
6:18 - 6:27	Main Part	A: On-Air	Transition Shooting: Girls form lines of three on the baseline (one under the basket, one about 5' in from each sideline). Player under the basket has a ball. She dribbles to mid-court line, while other two girls run to mid-court line at same time. They turn-around at mid-court line and start running to baseline. Girl with the ball passes it to girl on her right who cuts around a pylon placed on her "line" outside the arc. This girl takes a shot within her range. The center girl cuts to her right and takes a pass from the first girl in the right line. She shoots. The girl on the left takes a pass from the first girl in the left line. She shoots. Next girls repeat. Lines follow pinnie colours.	1. Passer calls receivers' name, 2. Receiver gives a target, 3. Set the feet before shooting (per form shooting PoEs)	Am I within my shooting range when asking for the ball?	When do we want to pass to our teammate (before she arrives on the spot or after)?	Instructions (including PoEs). Observe for PoEs.	Observe and correct PoEs.	Observe and correct PoEs.

6:27 - 6:37	Main Part	E: 2+:2+ Unguided	3 on 3: All four teams play at the same time in the two half-courts	1. Offence - pass, cut, replace; 2. Defence - talk "ball", "deny", "help"	Offence - read my defender. Can I do a back-door cut or a hand-off; Defence - am I 1 pass away (deny) or 2 passes (help)?	How did we do on our PoEs?	Instructions (including PoEs). Run one of the two half-court games. Observe for PoEs.	Run one of the two half-court games. Observe for PoEs.	
6:37 - 6:38	Main Part	N/A	Water Break						
6:38 - 6:44	Main Part	A: On-Air	Offensive Spacing: 4 out (2 slots, 2 wings) 1 in (short-corner). Instruction using orange dot markers to ensure girls know how we want to set up initially in the half-court.	Ensure everyone knows court taxonomy: point, slots, wings, corners, short-corner, elbows.	Spacing should be pretty even.	Which side of the court should the short-corner be on? Where should they rotate if the ball changes sides?	Ask girls to identify spots on the court with the orange markers.	None	None
6:44 - 6:54	Main Part	D: 2+:2+ Guided	Transition Offence: PG (Emmaleen and Katie) always dribble the ball up the court. Look for fast break, otherwise set up half-court offence. 5 on 5, play to a make or a stop. Defence starts in the back court as well. Half-court press only.	1. Defensive rebound goes to PG (1). 2 and 3 fill in the wings. 4/5 are short-corner/slot (trailer), 2. PG looks to push ball up court with a fast break pass to one of the wings, 3. Fast break offence if available, otherwise half-court, 4. Defence - help-side D	PG - is my wing open for a pass on the fast break?	Who should be talking? What should they be saying?	Instructions (including PoEs). Observe for PoEs.	Observe and correct PoEs.	Observe and correct PoEs.
6:54 - 6:55	Main Part	N/A	Water Break						
6:55 - 7:10	Main Part	E: 2+:2+ Unguided	Breaking a Full-Court Press: Curl play. After inbound play to a make or stop.	1. Offensive positions to start, 2. 5 has two options to inbound (1 or 2), 3. After catching it 1 should attempt fast break to 3, otherwise dribble it.	5 needs to determine if 1 is open, otherwise 2 becomes check-down option	Where do we not want the ball to be inbound? A: Strong-side corner	Instructions (including PoEs). Observe for PoEs.	Observe and correct PoEs.	Observe and correct PoEs.
7:10 - 7:11	Main Part	N/A	Water Break						
7:11 - 7:22	Main Part	E: 2+:2+ Unguided	Double-Gap: In the half-court offence, weak slot (when strong slot has the ball) cuts to basket creating a scoring option or clearing a double gap for the person with the ball.	1. Strong slot has two options - pass to cutter or dribble drive into double gap, 2. Cutter uses either a front-door or back-door cut depending on D pressure., 3. Weak side wing doesn't replace.	Strong slot - pass or dribble drive depending on how open the cutter is; Weak slot - front door or back door cut depending on D pressure (sag - front; body - back-door)	Who has to make the decision to replace the slot? What does the strong slot with the ball have to watch for?	Instructions (including PoEs). Observe for PoEs.	Observe and correct PoEs.	Observe and correct PoEs.
7:22 - 7:24	Cool Down	A: On-Air	Free Throw: 2 girls take free throws. If player makes, coaches run. Player misses, players run. High fives from everyone after every throw (make or miss).	High fives for shooter from everyone after every make or miss.	None	None	Run on a make	Run on a make	Instruct and run on a make
7:24 - 7:30	Cool Down	N/A	Static Stretching: Lead by a volunteer	1. Legs and shoulder stretching, 2. Hold each stretch for at least 20 seconds.	None	None	Stretch	Stretch	Stretch
7:24 - 7:30	Conclusion	N/A	Concluding Comments: Discuss values: 1) Work Hard, 2) Have Fun, 3), Respect Everyone (players, coaches, referees, opponents). Ask girls what we learned tonight. "Sisters!"	None	None	What do each of our values mean to us? What did we learn today?	Lead discussion	Add comments.	Add comments.