Harvey Sr Girls

Practice #1

October 21, 2019

Teams

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| Drill | Description | Emphasis |
| 3:20 – 3:25  10 passes | Divide in two teams, play within the entire court.  Must complete 10 passes in a row to get a point. Ball hits ground it is a turnover. Anything out of bounds goes to the defense.  Person catching the pass must call out pass number and person throwing pass must call name. |  |
| 3:25 – 3:31  Diamond Passing | 4 lines  Pass and follow your pass to the next line  Must communicate  Don’t communicate or don’t shorten pass – 5 pushups | Pass from shoulder – 1 hand push pass  Must catch with a jump stop and shorten pass.  Pivot and step to pass – don’t rip ball through strike zone |
| 3:31 – 3:38  4 v 4 halfcourt – no dribble | Start 4 v 4 in the halfcourt. Trying to score.  No catches in the midrange  Must communicate name of person you are passing to. | Shorten passes.  Catch with and keep vision.  Don’t stand. If not open cut to score or create space |
| 3:38 – 3:58  1 v 1 Closeouts  Shooting Group | Start with form on closeouts. Toss to partner and closeouts  Play 1 v 1. Start stacked, D must closeout to O. Live on catch. Can always pass back to coach.  Layup going right – 3 points  Catch and shoot 3 – 3 points  Pull up going right – 2 points  Anything off dibble left – 1 point | Goal of closeout is to take away catch and shoot 3 and right hand drive  Not too open on closeout.  Must talk – weak is call. |
| 3:58 – 4:16  3 v 3 penetration – defensive focus  Shooting group | Start ball on left wing. Baseline penetration.  O starts weakside swing and wing.  Ball on back. Play live 3 v 3 on baseline drive  Offense must catch outside the 3 point line.  Scoring:  Right hand drive or catch and shoot 3 = 3 points  Any other basket = 1 point  O Rebound = -1  More than 1 O rebound per possession = back to 0 | Focus on defense.  Help outside the paint  Trap on help if possible  Weakside has 2 and takes first pass. Help rotates to next pass. |
| 4:16 – 4:29  4 v 4 penetration – defensive focus | Play 4 v 4 starting with a wing drive, from left wing. Spacing Swing, swing, opposite wing.  Work on D rotation – help from split line, weak side drop. Deny pass to strong side. Drop has first pass. Help has second pass to weak side.  Offense can only catch outside of the three point line.  Play down and back in transition.  Move to middle drive from wing – position is help. Stunt on first dribble, recover on line second dribble.  Same scoring as above | Communication  Rotations |
| 4:29 – 4:47  4 v 4 Shell Defense | 4 out spacing. Start with pass and hold, working on defensive positioning  On ball – forcing left – call is weak  1 pass away – in gaps – position is your help.  Weak side of the floor – be on the split line.  Move to ball becoming live on coach’s signal and add in transition down and back.  Catch and shoot 3s = 3 points.  Right hand drive to score = 3 points  Offensive rebounds = -1  More than 1 offensive rebound in a possession = back to 0.  Introduce concept of tagging up offensive rebounding | Close out to force left.  You must be closer to the ball than your girl is.  Chest always faces your girl one pass away  Position yourself where you would need to get to help.  Stunt at first dribble. Recover with hands up on second dribble. |
| 4:47 – 5:00  4 v 4 shell w/cutters | Same as above, but now adding cutters. Every pass from swing-wing, pass cut fill.  Live on coach’s signal. | Do not get face cut  Tag cutters. |