Harvey Sr Girls

Practice #1

October 21, 2019

Teams

Ava, Lexi, Rachel, Natalie, Haley, Maddy

Kate, Mae, Dara, Cassidy, Cameron, Kenley

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| Drill | Description | Emphasis |
| 3:20 – 3:2510 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 – 3:31Diamond Passing | 4 linesPass and follow your pass to the next lineMust communicateDon’t communicate or don’t shorten pass – 5 pushups | Pass from shoulder – 1 hand push passMust catch with a jump stop and shorten pass.Pivot and step to pass – don’t rip ball through strike zone |
| 3:31 – 3:384 v 4 halfcourt – no dribble | Start 4 v 4 in the halfcourt. Trying to score.No catches in the midrangeMust 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 – 3:581 v 1 CloseoutsShooting Group | Start with form on closeouts. Toss to partner and closeoutsPlay 1 v 1. Start stacked, D must closeout to O. Live on catch. Can always pass back to coach.Layup going right – 3 pointsCatch and shoot 3 – 3 pointsPull up going right – 2 pointsAnything off dibble left – 1 point | Goal of closeout is to take away catch and shoot 3 and right hand driveNot too open on closeout.Must talk – weak is call. |
| 3:58 – 4:163 v 3 penetration – defensive focusShooting group | Start ball on left wing. Baseline penetration.O starts weakside swing and wing.Ball on back. Play live 3 v 3 on baseline driveOffense must catch outside the 3 point line.Scoring:Right hand drive or catch and shoot 3 = 3 pointsAny other basket = 1 pointO Rebound = -1More than 1 O rebound per possession = back to 0 | Focus on defense.Help outside the paintTrap on help if possibleWeakside has 2 and takes first pass. Help rotates to next pass. |
| 4:16 – 4:294 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 | CommunicationRotations  |
| 4:29 – 4:474 v 4 Shell Defense | 4 out spacing. Start with pass and hold, working on defensive positioningOn ball – forcing left – call is weak1 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 pointsOffensive rebounds = -1More 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 awayPosition yourself where you would need to get to help.Stunt at first dribble. Recover with hands up on second dribble. |
| 4:47 – 5:004 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 cutTag cutters. |