

OBA Basketball Practice (pp1)

Practice Outline | Style of Play (SOP)

Due to COVID, there are Restrictions—no Defense, coach wears a mask, 10 total people, etc.

Friday, April 9, 2021—8:00pm to 9:00pm at Okotoks Recreation Centre

Introduction

What makes *Style of Play* work?

- ability to B1 (**Beat 1** defender)
- recognize E2 (**pass** to a teammate when you **Engage a 2nd** defender)
- take every single ROB Shot / even if you miss shots, **take every single ROB Shot**
- **Remind** teammates, **Encourage** teammates, **Praise** teammates / **REP'ing**

Warm-up

Curl Shots—include variety of shots and/or footwork

- players to make a certain number of shots to move on
- **Competition** (demonstrate the difference between non-competition & competition)

Style of Play

plenty of 4vs0 to start

followed by breakdowns

EXPLODE – EXPLORE – EXECUTE

- brief description

Single Gap & Double Gap ACTIONS | **SPACING**

- Actions create Advantages—Actions breakdown the D (Dominoes falling)
- Actions & Dominoes

Single Gap Actions: (for first practice)

- Create Advantages & Dominoes Fall
 - oftentimes, multiple Actions are required to fell Dominoes
- Pass & Cut / Pass & Pick / Pass & Slip / Pass & Get
Dribble At / Dribble At to Post-up / Dribble At to Gatorade
Gets & GDP: Pass & Get / Dribble At DHO / Pick & Roll

Double Gap Actions: (for second practice)

- Attack Rim, DHO & Picks require a Double Gap
- Dribble At in Double Gap = DHO | Dribble At Combo
Dribble At Continuity at the top (weave)—Double Gap Attack
Dribble At to: Draft Drive or COD Move back to the Double Gap

Cool Down

Gym Walk—have players walk in partners and discuss **SOP Concepts**

Retrieval Technique

Day 1 Group Review

Retrieval Technique

Explode – Explore – Execute Actions & Dominoes

Foundation of our Style of Play
Single Gap & Double Gap Actions

Debrief Technique

A = Agree; B = Build; C = Challenge; D = Deeper

- Introduce Debrief and perhaps Pre-brief when time is right
- likely NOT during the first practice / Read the Team