

# CBA Basketball Practice—U18 Girls

## Practice Outline | Style of Play

Due to COVID, there are 2 Sessions on **Day 1**  
Saturday, February 20, 2021

### Dry-Land Training

pre-practice to be SAQ (Speed, Agility, Quickness)  
post-practice to be SEC (Strength, Endurance, Core)

### Warm-up

Curl Shots—include variety of shots and/or footwork  
- players to make a certain number of shots to move on

### Style of Play

plenty of 5v0 to start  
followed by breakdowns

EXPLODE – EXPLORE – EXECUTE

- brief description

Single Gap & Double Gap ACTIONS

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

#### Single Gap Actions:

- 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  
GDP: Pass & Get / Dribble At / Pick

#### Double Gap Actions:

- Attack Rim, DHO & Picks require a Double Gap  
Dribble At in Double Gap = DHO | Dribble At Combo  
Dribble At Continuity at the top—Double Gap Attack

### Shooting

Shooting Competitions  
31-51 / Partner Half-Court Competition / Super 7 (or 3 x 6), etc.

### Cool Down

Gym Walk or Janelle's choice

### Debrief Technique

A = Agree; B = Build; C = Challenge; D = Deeper  
- Introduce Debrief and perhaps Pre-brief when time is right

## DAY 1 REVIEW

### Explode – Explore – Execute

Foundation of our Style of Play

### Actions & Dominoes

Single Gap & Double Gap Actions

### Debrief Technique

Time permitting, have players Debrief Day 1 / during Cool Down

### Meeting After the Meeting

Janelle & Mark to ensure player chatter is what we desire