

# CBA Basketball Practice—U18 Girls (pp10)

## Practice Outline | Style of Play *with Masks*

Due to COVID, there continues to be 2 Groups  
Monday, April 12, 2021 / 8:00pm to 9:30pm @ CWA

### **Coaches and All Players to wear Masks**

*Activities to be low in Intensity b/c of mask wearing  
Minimal to No running required*

#### Introduction

Shooting—review three (3) Shooting Videos  
- Curry; Turn-Dip-Sway; 7 Best NBA Scorers

#### Shooting

Players to shoot at a hoop—implement any new techniques they'd like to try

#### Warm-up (Janelle)

Janelle to lead: Shooting &/or Dynamic

#### Breakdowns

We could still spend more time on **breakdowns**  
- Post-up Footwork from Dribble-At entry (Partner activity)  
- Dribble-At Actions (Partner activity) **Retrieval**  
- Curry & Curry Shooting / Curry BIG & Curry Special (Janelle) | Hammer Shooting  
- Phoenix & Phoenix Shooting  
- Shooter & Shooter Shooting  
- Criss-Cross (new name?) & Criss-Cross (new name?) Shooting

#### Shooting (Mark & Janelle)

Shooting Drills and/or Competitions  
- 31-52; 4 Corner; Partner Half Court; etc.  
- Curry; Phoenix; Shooter; Criss-Cross;  
- Taps Game  
- Free Throws | Free Throws Competition

#### Cool Down

Small Groups: ABC Debrief Today's Breakdowns & 'new' Actions **Retrieval**

#### DAY 10 REVIEW

Debrief Today's Mask-wearing Session **Retrieval**  
Also Debrief where we are today with Style of Play—all things considered