

CBA Basketball Practice—U18 Girls (pp11)

Practice Outline | Style of Play

Return to Play after an 8-week layoff

Saturday, June 12, 2021

Warm-up	<p>Curl Shots—variety of shots and footwork</p> <ul style="list-style-type: none">- non-competition <p>P7R—review & execution</p> <ul style="list-style-type: none">- partner—review first
Dynamic	<p>Player led</p>
Style of Play	<p>EXPLODE – EXPLORE – EXECUTE</p> <ul style="list-style-type: none">- brief review <p>Single Gap & Double Gap ACTIONS</p> <ul style="list-style-type: none">- Actions create Advantages—Actions breakdown the D (Dominoes falling)- Actions & Dominoes <p><u>Single Gap Actions:</u></p> <ul style="list-style-type: none">- Create Advantages & Dominoes Fall- oftentimes, multiple Actions are required to fell Dominoes <p>Pass & Cut / Pass & Pick / Pass & Slip / Pass & Get</p> <p>Dribble At / Dribble At to Post-up / Dribble At to Gatorade</p> <p><u>Double Gap Actions:</u></p> <ul style="list-style-type: none">- Attack Rim, DHO & Picks require a Double Gap <p>Dribble At in Double Gap = DHO Dribble At Combo</p> <p>Dribble At Continuity at the top (weave)—Double Gap & Attack</p> <p><u>3 Player Actions:</u></p> <ul style="list-style-type: none">- multiple Actions until Defence breaks down <p>Combo—DHO with 3 player Dribble At</p> <p>GDP—Pass & <u>G</u>et / <u>D</u>ribble At / <u>P</u>ick</p> <p>Curry—CB Multiple Actions</p>
Scoring Priorities	<p>Priority #1: Attack the Rim</p> <p>Priority #1a Attack the Paint</p> <p>Priority #2: 3 Point Shots—from the corner Golden</p> <p>Priority #2a 3 Point Shot—from the top or 45</p> <p>Priority #3: Free Throws—analytics now has FT at #1 in many leagues</p> <p>Priority #4: Mid-range Shots</p>
4v4 Full Court—Cycles	<ul style="list-style-type: none">- with Defence!- vs. 3 & 4 defenders- vs. 3 = <i>Numbers</i> (Rim Runner is a great Action in <i>Numbers</i>)- vs. 4 = <i>Execute</i>

2 nd Side Series (KPI)	<p>2.0 = Reverse Ball</p> <p>2.3 = Reverse & Screen</p> <p>2.4 = Reverse & 4 Down</p> <p>2.5 = Reverse & Drive</p>
Flow	<p>1 = Regular Offense</p> <p>2 = 2nd Side Series</p> <p>3 = Screen</p> <p>4 = 4 Down</p> <p>5 = Drive</p>
Transition Actions	<p>Explode Phase is Executed with a Purpose</p> <ul style="list-style-type: none"> - Layup from wide lanes (angles) - Rim Runner—opposite Alley (makes for a better passing angle—straight line pass to be avoided) - 3 point shot from wing (with & without down screen) - 3 point shot from corner (*ROB & *BRAD shots) - 3 point shot from Trailer (top—with & without Fill) - Attack Double Gap for ball handler (give the ball a double gap)
Breakdowns	<p>Breakdowns mirror Actions & Executions</p> <ul style="list-style-type: none"> - Shooting Footwork / Shooting Form - Post-up Footwork / Dribble-At Actions - Curry & Curry Shooting / Curry BIG & Curry Special (Janelle) - Phoenix & Phoenix Shooting - Shooter & Shooter Shooting
Debrief Technique	<p><u>A</u> = Agree; <u>B</u> = Build; <u>C</u> = Challenge; <u>D</u> = Deeper</p> <ul style="list-style-type: none"> - Utilize Debrief technique throughout practice
Pre-brief Technique	<p>To be used to pre-plan Actions & Executions</p> <ul style="list-style-type: none"> - games to 3; cycles; 1/2 Full Full
SAQ & SEC	<p>for Janelle to do...</p> <ul style="list-style-type: none"> - SAQ (Speed Agility Quickness) before practice - SEC (Strength Endurance Core) after practice
Practice Debrief	<p>Player Led</p>
Next Practice	<p>Tuesday, June 15 @ 8:30pm @ Prolific Sports House</p>
*Note:	<p>ROB Shot = in Range; Open; and Balanced</p> <p>BRAD Shot = Back Rim and Down (analytics supported)</p>