

CBA Basketball Practice—U18 Girls (pp12)

Practice Outline | Style of Play

Return to Play—Day 2
Tuesday, June 15, 2021

Drills Review from PP.11

Curl Shots
Dynamic—led by Katie
P7R—to 1v1 Live
1v1 Live (cutthroat) from the top (4 Down)
- live dribble with no check by defence
- check with defence & start in triple-threat
- run at both ends / 2 hoops
4v0 Cycles—Action Review & Recall
Games to 3—did approx. 8 total games
31 Shooting
Gym Walk with ABCD Debrief

SAQ Training

Janelle to do...
- 20 minutes is fine (30 min will also work—Janelle's call)

Warm-up (do 1 of 3)

Curry Shooting
- with Hammer Action
Phoenix Shooting
Shooter Shooting

Actions Review & Recall

Single Gap—4v0 cycles
Double Gap—4v0 cycles
Three Player Actions—4v0 cycles
2nd Side Series—4v3 & 4v4 cycles (Numbers vs. Execution)
Flow: 1-2-3-4-5—4v4 & 5v5 cycles

Defensive Approach

1. Basket first
2. Pressure Ball—time, space & vision
3. Guard 1.5—stop the drive

D21 & D9

Go over 7 Angles x 3 Distances (D21)
Explain our Defensive approach—send ball to weak hand (D9)

Games to 3

Allow for Pre-brief & Debrief

Cool Down

Debrief gym walk

Next Practice/Game

Game vs Foundations on Saturday, June 19 at 6:00pm (CWA)