

CBA Basketball Practice—U18 Girls (pp13)

Practice Outline | Style of Play

Tuesday, June 22, 2021

SAQ Training	Janelle to do... <ul style="list-style-type: none">- 15-20 minutes in duration- dynamic to be done before or after SAQ
Warm-up Shooting	Curry Shooting <ul style="list-style-type: none">- without and then with Hammer Screen Action
Actions Review & Recall	Single Gap—5v0 cycles—Explode to Execute Double Gap—5v0 cycles—Explode to Execute Three Player Actions—5v0 cycles—Explode to Execute 2 nd Side Series—5v0 cycles—Explode to Execute
Cycles	5v3, 5v4 & 5v5 cycles Numbers & Explore <u>or</u> Explore & Execution <ul style="list-style-type: none">- offensive team goes 3x / defensive team stays on D 3x- offensive team to recognize Numbers vs. Execute (Explore) the situation)
Defensive Approach	<ol style="list-style-type: none">1. Defend Basket first2. Pressure Ball—time, space & vision / send ball to weak hand (D9)3. Guard 1.5—stop the drive
Switch on All Screens	High Switch to be done Automatically <ul style="list-style-type: none">- until told otherwise, switching on D is a requirement, not a suggestion
D9	Explain our Defensive approach—send ball to weak hand (D9)
Games to 3	Allow for Pre-brief & Debrief <ul style="list-style-type: none">- if time allows (see next activity)
Scrimmage vs. Ted's Team	Last 20 minutes of practice <ul style="list-style-type: none">- depending on numbers, there may be 2 scrimmages going on at once- coaches from both teams to discuss the scrimmage format- games to 3 <u>or</u> ½, Full, Full <u>or</u> just play with Timeouts
Next Practice	Thursday, June 24—same time, same place...