

CBA Basketball Practice—U18 Girls (pp14)

Practice Outline | *Breakdown Actions*

Thursday, June 24, 2021

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| Warm-up | Janelle to do... <ul style="list-style-type: none">- Athlete Development, Dynamic, Shooting, P7R, etc... |
| Breakdown Actions | <p>1v1 Actions</p> <ul style="list-style-type: none">- from the top—4 Down- from the wing—double gap attack- from the post <p>2v2 Actions</p> <ul style="list-style-type: none">- Pass &: cut, pick, slip, get- Dribble At: backdoor, draft drive, COD, post-up, Gatorade- DHO: slip, hand-off, 'keep'- Live Pick: PNR (roll), PNP (pop), PNJ (jimmy/jumper), reject pick- Dynamic 1v1 off of the pass <p>3v3 Actions</p> <ul style="list-style-type: none">- Curry, Curry Special, Curry Big, Dribble At into Curry- GDP- Combo |
| Games to 3 | 4v4 Games with Pre-brief & De-brief <i>Explode, Explore & Execute</i> <ul style="list-style-type: none">- under the umbrella of E3, utilize Action after Action—use variety, avoid being predictable <i>Switch Screens, Defend 1.5 & D9</i> <ul style="list-style-type: none">- increased emphasis on D during 4v4 <hr/> |
| 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 | <i>High Switch</i> to be done <i>Automatically</i> <ul style="list-style-type: none">- unless told otherwise, switching on D is a requirement, not a suggestion |
| D9 & Guard 1.5 | Team Defensive approach—send ball to weak hand (D9) & Stop the Drive (1.5) <hr/> |
| SEC Training | Janelle to do... <ul style="list-style-type: none">- 15-20 minutes in duration- cooldown (likely <i>Core</i>) to be done after SEC |
| Next Practice | Tuesday, June 29—same time, same place... Practices for July still TBA |
| Next Game | Thursday, July 1, 5:00pm—vs. Okotoks Rockies @ CWA Thursday, July 8—vs. CYDC @ TBA |