

CBA Basketball Practice—U18 Girls (pp15)

Practice Outline | Style of Play

Tuesday, June 29, 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	Hammer Screen Shooting <ul style="list-style-type: none">- far wing drive to off-wing drop (both sides)- far guard drive to off-wing drop (both sides)
More Shooting Drills	Janelle to do... <ul style="list-style-type: none">- 3-point competitions- partner from centre court- make 3-5-7 and rotate, etc.
Cycles	4v0 <i>and/or</i> 4v3 & 4v4 Numbers & Explore <i>or</i> Explore & Execution <ul style="list-style-type: none">- offensive team goes 2x / defensive team stays on D 2x- offensive team to recognize Numbers vs. Execute (Explore the situation)- defensive team to play D9 & Switch all screens
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 30 minutes of practice <ul style="list-style-type: none">- games to 3 <i>or</i> just play with Timeouts
Next Practice / Game	<u>Thursday, July 1—5:00pm at PSH / 5:15pm tip-off</u>