

CBA Basketball Practice—U18 Girls (pp16)

Practice Outline | Style of Play

Tuesday, July 6, 2021

Warm-up	Janelle to do... <ul style="list-style-type: none">- Dynamic and/or Janelle to choose warm-up Activities
Shooting	Shooter Shooting <ul style="list-style-type: none">- dribble weave for Shooter- unload to just second hand-off & shot Phoenix Shooting <ul style="list-style-type: none">- dribble entry to wing / push 3-point shooter through- 5 player Phoenix Shooting / 3 shots (1 each)
Shooter & Phoenix	Introduce Shooter <ul style="list-style-type: none">- dribble weave for Shooter- offside post is screener for shooter- screener rolls to hoop / Hammer screen on the backside Introduce Phoenix <ul style="list-style-type: none">- dribble entry to wing / push 3-point shooter through- first look is for the PnR / second look is 3-point shot on backside- ball handler to attack the elbow and create
Cycles Review	4v0 <u>or</u> 5v0 <ul style="list-style-type: none">- focus on Explode & Execute (more Pace more often is required—it wears down the opponent)- go through all Actions: single gaps, double gaps, GDP, combo, weave, quick hits (3)- quick hits are: Curry, Phoenix, Shooter / <u>4 could be a quick hit as well</u>—to be discussed
Games to 3	Allow for Pre-brief & Debrief <ul style="list-style-type: none">- Explode Explore Execute (too slow vs. Rockies last week—we had to go full-court to p/u Pace)
Dry-Land Training (SEC)	SEC (<u>S</u> trength, <u>E</u> ndurance, <u>C</u> ore)—lead by Janelle <ul style="list-style-type: none">- 15-20 minutes
Defensive Approach	3 Primary Defensive Responsibilities <ul style="list-style-type: none">- Defend Basket first- Pressure Ball—time, space & vision / send ball to weak hand (D9)- 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) <ul style="list-style-type: none">- 3 Angles x 3 Distances
<u>July Game Schedule</u>	Thursday, July 8—8:00pm at PSH / 8:15pm tip-off— vs. CYDC Thursday, July 15—8:00pm at PSH / 8:15pm tip-off— vs. Pivot Thursday, July 22—8:00pm at PSH / 8:15pm tip-off— vs. Supreme Thursday, July 29—8:00pm at JVC / 8:15pm tip-off— vs. Supreme ...more to follow