

CBA Basketball Practice—U18 Girls (pp17)

Practice Outline | Style of Play

Tuesday, July 13, 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	Shooting Competition <ul style="list-style-type: none">- Janelle to do...
Attack the Rim/Paint	Ball reversed from Wing to Wing—skip pass or swing pass <ul style="list-style-type: none">- Live 1v1 from 2nd side wing (Dynamic 1v1)—attack the rim/paint- help D comes from 1st side—mix it up, show help or commit to help- ball handler to make a Read—Attack Rim, Attack Paint or Kick-out Pass for 3 pt shot
Defending the Face Cut	Janelle to do... <ul style="list-style-type: none">- defensive drill to prevent a face cut—we allow way too many face cuts- play defence early—prevent your player from getting the ball- Be a Defensive Problem Solver (3)—Preventer, Fixer, Eraser
Cycles	4v0 or 5v0 Explode & Explore to Execute <ul style="list-style-type: none">- single & double Gap Actions, GDP, Combo, Curry, Phoenix, Shooter- 2 series, Pass Actions, Dribble At Actions (Gatorade), Live PNR (pick & roll)- ball movement = better Dynamic Actions = better scoring opportunities
BLOB	44—baseline <ul style="list-style-type: none">- best post-up look in line with the ball- shooters in the corner- passer cuts opposite their entry pass Texas (any city name) <ul style="list-style-type: none">- lob to 3rd person in line- 1st two split in either direction- 4th person steps back (safety)
TIPS Game/Drill	3v3 (should be 2v2) <ul style="list-style-type: none">- game to 11- starts with a FT—missed shot = defenders can tip the ball 2x- if time permits, shot can come from the 3-point line
Games to 3 or 5	Allow for Pre-brief & Debrief <ul style="list-style-type: none">- start with specific Actions—variety- Dribble At post-ups (FIST)- games to 3 = more variety / games to 5 = more endurance
Next Practice / Game	Thursday, July 15—8:00pm at PSH / 8:15pm tip-off Game vs. CBA U16