

CBA Basketball Practice—U18 Girls (pp18)

Practice Outline | Style of Play

Tuesday, July 20, 2021

Warm-up	Janelle to do... - Dynamic and/or Janelle to choose warm-up Activities
Shooting	Janelle to do... - competitive shooting drill
Shooter & Phoenix	Walk-thru both Quick Hits (QH) - emphasis on all shot opportunities
Cycles Review	4v0—lead by Janelle... - 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, QH (x3) - quick hits are: Curry, Phoenix, Shooter / <u>4 could be a quick hit as well</u> — to be discussed
Games to 3—2v2	Allow for Pre-brief & Debrief - Emphasis on 2 player Actions
Dry-Land Training (SEC)	SEC (<u>S</u> trength, <u>E</u> ndurance, <u>C</u> ore)—lead by Janelle... - 15-20 minutes

Defensive Approach	3 Primary Defensive Responsibilities - 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 - until told otherwise, switching on D is a requirement, not a suggestion
D9	Explain our Defensive approach—send ball to weak hand (D9) - 3 Angles x 3 Distances

July Schedule

Game: Thursday, July 22—8:00pm at PSH / 8:15pm tip-off—**vs. Supreme**

Practice: Tuesday, July 27—8:00pm to 9:30pm at PSH

Game: Thursday, July 29—8:00pm at JVC / 8:15pm tip-off—**vs. Supreme**

NOTE:

Game vs. Supreme on July 29 to be discussed—we will only have 5 players next week

Should we play or not?

ask players at practice...

Should we ask Bella and/or Kiara to join us for the last game?