

CBA Basketball Practice—U18 Girls (pp19)

Practice Outline | Style of Play

Tuesday, July 27, 2021

SAQ Training	Janelle to do... - 15-20 minutes in duration - dynamic to be done before or after SAQ
Warm-up Activity	Shooting Competition or some sort of FUN Game - Janelle to do...
Switching on D Drill	Janelle to do...
Shooting Comp.1	Mark to do... - 31 x 2—both ends
Shooting Comp.2	Janelle to do...
Cycles Review	4v0 and/or 5v0 <i>Explode & Explore to Execute</i> - single & double Gap Actions, GDP, Combo, Curry, Phoenix, Shooter - 2 series, Pass Actions, Dribble-At Actions (Gatorade), Live PNR (pick & roll) - ball movement = better <i>Dynamic Actions</i> = better scoring opportunities
BLOBs Review	44—baseline Texas (or any city name)
3v3 Live	Games to 3—pre-brief and debrief each game
TIPS Game/Drill	3v3 (might be 2v2) - free throw range and/or 3-point range
Next Game	Thursday, July 29—8:00pm at <i>JVC</i> / 8:15pm tip-off Game vs. Supreme
<i>Thank you, Janelle!</i> - final night here...	