

# OBA Basketball Practice (pp2)

## Practice Outline | Style of Play (SOP)

Due to COVID, there are Restrictions—no Defense, Coach Mask, 10 Total people, etc.

Friday, April 23, 2021—8:00pm to 9:00pm at Okotoks Recreation Centre

### Retrieval

- ABC Discussion with Group re: **Single Gap Actions** Retrieval
- ABC Discussion with Group re: **EXPLODE – EXPLORE – EXECUTE** Retrieval
- if necessary, have players walk-through Single Gap Actions

Single Gap Actions: (from first practice)

Pass & Cut / Pass & Pick / Pass & Slip / Pass & Get

Dribble-At / Dribble-At to Post-up / Dribble-At to Laker Cut

Dribble-At to Draft Drive / Dribble-At to COD / Dribble-At to Relocate

### Warm-up

P7R—footwork warm-up—Attack the Paint (KPI—Canada vs. China)

- see page 2 below

### Scoring Priorities

Priority #1: Attack the Rim / Attack the Paint

Priority #2: 3 Point Shots

Priority #3: Free Throws

Priority #4: Mid-range Shots

### Cycles

Single Gap Action

### Double Gap Actions

Attack a Double Gap—Attack the Rim / Attack the Paint

Dribble-At in Double Gap = DHO | Dribble At Combo

Dribble-At Continuity at the top (weave)—Double Gap Attack

### 3 Player Actions

1. Combo; 2. GDP; 3. Curry

- In groups of 3, go through each **3 Player Action** on the court

### Cool Down

Gym Walk—have players walk in partners and discuss *SOP Concepts*

Retrieval Technique

### Day 2 Group Review

Retrieval Technique

# P7R Penetration

7 Letter P's & 1 Letter R = P7R

Good Things Happen When You Attack the Rim! Top Priority Scoring Area!

Players must be willing to play 1-on-1 for their Team to be successful! (B1)

If a player does not have a good shot, they must then pass to a teammate! (E2)

Players are to always see their four teammates! (C4)

Attacking the Rim is most successful when done in a Double Gap (Double Gap Action)

Players are to look for their ROB Shot: in Range, Open and Balanced

## Penetration—Attack the Rim—P7R

1. Paint – get into the key | Hunt the Paint
2. Pull-up Jump Shot
3. Power Lay-up – usually going baseline
4. Peek at the Rim – ‘look’ to score
5. Patience – 3 seconds is a long time
6. Power Finish (P7R Footwork)

Pivot foot is closest to defender

Land in the key with a two-foot jump stop

Land in a Shoulder-Shoulder-Rim alignment

1. Rip Through;
2. Drop Step;
3. Fake the Drop Step, Pivot Back & Shoot;
4. Fake the Drop Step, Fake the Shot & Step Through (Up & Under)

7. Pivot & Pass | Pivot out of Pressure | Look for an open 3-point shooter
- R. **Rondo** Pivot (change the pivot foot – furthest foot from Defender)
  1. Step Fake, Pivot Back & Shoot
  2. Step Fake, Pivot Back, Fake the Shot & Step Through (Up & Under)

*P7R Footwork is a great warm-up activity in A Phase followed by 1v1 Live (C Phase).*