

CBA Basketball Practice—U18 Girls

Practice Outline | Style of Play

Due to COVID, there are 2 Sessions on **Day 2**
both at 7:30pm (separate courts)
Saturday, February 27, 2021

Warm-up

Dynamic Warm-up with a Partner (lead by Janelle—on both courts)
- ABC Discussion with a Partner re: **Single Gap Actions** *Retrieval*
- ABC Discussion with a Partner re: **EXPLODE – EXPLORE – EXECUTE** *Retrieval*

Style of Play

plenty of 5v0 to start
followed by breakdowns

EXPLODE – EXPLORE – EXECUTE (*Review*)

- brief description

Single Gap & Double Gap ACTIONS

- Actions create Advantages—Actions breakdown the D (Dominoes falling)
- Actions & Dominoes

Single Gap Actions: (Review)

- Create Advantages & Dominoes Fall
- oftentimes, multiple Actions are required to fell Dominoes
Pass & Cut / Pass & Pick / Pass & Slip / Pass & Get
Dribble At / Dribble At to Post-up / Dribble At to Gatorade

Double Gap Actions: (Day 2)

- Attack Rim, DHO & Picks require a Double Gap
Dribble At in Double Gap = DHO | Dribble At Combo
Dribble At Continuity at the top—Double Gap Attack
Dribble At to: Draft Drive or COD Move back to the Double Gap
GDP: Pass & Get / Dribble At / Pick

Shooting

Shooting Drills and/or Competitions
- Quick Hit Shooting: Shooter, Phoenix, Curry
- 31-51

Debrief Technique

A = Agree; B = Build; C = Challenge; D = Deeper

Cool Down

Partner or Small Groups: ABC Debrief Double Gap Actions *Retrieval*

Dry-Land Training

post-practice to be SEC (Strength, Endurance, Core)—lead by Janelle

DAY 2 REVIEW

Explode – Explore – Execute

Foundation of our Style of Play

Actions & Dominoes

Single Gap & Double Gap Actions

Debrief Technique

Players to Debrief Throughout Practice | WU and/or during Cool Down

Meeting After the Meeting

Janelle & Mark to ensure player chatter is what we desire