

CBA Basketball Practice—U18 Girls

Practice Outline | Style of Play

Due to COVID, there are 2 Courts on **Day 3**

5:30pm to 7:30pm (Prolific Sports House)

Saturday, March 6, 2021

Dry-Land Training	pre-practice to be SAQ (<u>S</u> peed, <u>A</u> gility, <u>Q</u> uickness)—lead by Janelle - 30 minutes
Warm-up	Shooting Competition—Janelle
Retrieval	- ABC Discussion with a Partner re: Single Gap Actions Retrieval - ABC Discussion with two groups per court re: Double Gap Actions Retrieval - ABC Discussion with everyone per court re: EXPLODE – EXPLORE – EXECUTE Retrieval
Style of Play plenty of 5v0 to start followed by breakdowns	5v0 Full Court—players to go through every Single Gap Action 5v0 Full Court—players to go through every Double Gap Action <u>Single Gap Actions</u> - Pass & Cut, Pass & Pick, Pass & Slip, Pass & Get (4 total) - Dribble At to Back Door Cut, Dribble At to Post-up, Dribble At to Post-up to Replace on Perimeter, Dribble At to Laker Cut (Gatorade), Dribble At to Draft Drive, Dribble At to COD Move (6 total) <u>Double Gap ACTIONS</u> - DHO (Dribble Hand Off), Attack the Rim/Paint, Combo, GDP (Get, DHO, Pick), DHO to Slip, DHO to Pick (Twist Pick), DHO Weave (7 total)
Debrief Technique	<u>A</u> = Agree; <u>B</u> = Build; <u>C</u> = Challenge; <u>D</u> = Deeper - Use ABC Debrief Throughout Practice
Shooting	Shooting Drills and/or Competitions - Quick Hit Shooting: Shooter, Phoenix, Curry - 31-51
Cool Down	Partner or Small Groups: ABC Debrief Today's Style of Play & Actions Retrieval

DAY 3 REVIEW

Explode – Explore – Execute	Foundation of our Style of Play
Actions & Dominoes	Single Gap & Double Gap Actions
Style of Play	What is our CBA U18 Style of Play—define and describe it
Meeting After the Meeting	Janelle & Mark approach is to ensure player chatter is what we desire Team Culture is built when a positive and safe environment are created