

CBA Basketball Practice—U18 Girls

Practice Outline | Style of Play

Due to COVID, there are 2 Courts on **Day 4**

6:30pm to 8:30pm (Prolific Sports House)

Saturday, March 13, 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	P7R—footwork warm-up—Attack the Paint (KPI—Canada vs. China)
Retrieval	- Discussion in Groups of Three (3): 3 Player Actions Retrieval - 1. Combo; 2. GDP; 3. Curry - In groups of 3, go through each 3 Player Action on the court Retrieval
Style of Play	5v0 Full Court— 2 Cycles - Explode, Execute, Execute, Explode - Execute to be Single Gap Actions to start (10 total) - then to be Double Gap Actions (5 total) 5v0 Full Court— 3 Cycles - Explode, Execute, Explode, Execute, Explode, Execute - Execute to be 3 Player Actions (may substitute on the fly with only 6 players) <u>Single Gap Actions</u> (4 Pass & 6 Dribble At—10 total) - Pass & Cut, Pass & Pick, Pass & Slip, Pass & Get - 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 <u>Double Gap ACTIONS</u> (5 total) - DHO, Attack the Rim/Paint, DHO to Slip, DHO to Pick (Twist Pick), DHO Weave <u>3 Player ACTIONS</u> (3 total) - Combo; GDP (Get, DHO, Pick); Curry
2 nd Side Series (KPI)	2 =Reverse Ball; 2.3 =Reverse & Screen; 2.4 =Reverse & 4 Down; 2.5 =Reverse & Drive
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; 4 Corner; Partner Half Court;
Cool Down	Partner or Small Groups: ABC Debrief Today's Style of Play & Actions Retrieval
<u>DAY 4 REVIEW</u>	Define and Describe our CBA U18 Style of Play