

CBA Basketball Practice—U18 Girls

Practice Outline | Style of Play

Due to COVID, there are 2 Courts on **Day 5**

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

Saturday, March 20, 2021

Warm-up

P7R—footwork warm-up—Attack the Paint **Retrieval**

Review P7R Handout (emailed previously)

Dynamic

Fundamental Movement Skills

Shooting (Janelle)

Shooting Drills and/or Competitions

- 31-51; 4 Corner; Partner Half Court; Curry; Phoenix; etc.

Retrieval

- Discussion in Groups of 3-4: **2nd Side Series Retrieval**

Transition Actions

- Layup from wide lanes (angles)

- Rim Runner from opposite Alley (Why opposite?)

- 3 point shot from wing (with & without down screen)

- 3 point shot from corner (ROB)

- 3 point shot from Trailer (top—with & without Fill)

- Attack Double Gap for ball handler (give the ball a double gap)

Style of Play 'Cycles'

Single Gap Actions (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

Double Gap ACTIONS (5 total)

- DHO, Attack the Rim/Paint, DHO to Slip, DHO to Pick (Twist Pick), DHO Weave

3 Player ACTIONS (3 total)

- Combo; GDP (Get, DHO, Pick); Curry

2nd Side Series (KPI)

2=Reverse Ball; **2.3**=Reverse & Screen; **2.4**=Reverse & 4 Down; **2.5**=Reverse & Drive

Shooting (Janelle)

Shooting Drills and/or Competitions

- 31-51; 4 Corner; Partner Half Court; Curry; Phoenix; etc.

Cool Down

Partner or Small Groups: ABC Debrief Today's Style of Play & Actions **Retrieval**

Dry-Land Training

SEC (Strength, Endurance, Core)—lead by Janelle

- 30 minutes

DAY 5 REVIEW

Define and Describe our CBA U18 Style of Play **Retrieval**