

CBA Basketball Practice—U18 Girls

Practice Outline | Style of Play

Due to COVID, there are 2 Courts on **Day 6**

5:30pm to 7:30pm (CWA)

Saturday, March 27, 2021

Dry-Land Training

pre-practice to be SAQ (Speed, Agility, Quickness)—lead by Janelle
- 30 minutes

Warm-up

P7R—Penetration

Complete P7R Handout—teach & drill all 7P's

Players to then do P #6 (footwork) & R (footwork) **Retrieval**

Shooting (Janelle)

Shooting Drills and/or Competitions

- 31-51; 4 Corner; Partner Half Court

Breakdowns

- Shooting Footwork / Shooting Form

- Post-up Footwork / Dribble At Actions

- Curry & Curry Shooting

- Phoenix & Phoenix Shooting

- Shooter & Shooter Shooting

Style of Play **Retrieval**

(Cycles—use variety)

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

Transition Actions **Retrieval**

- 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)

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 Breakdowns & Actions **Retrieval**

DAY 6 REVIEW

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