

CBA Basketball Practice—U18 Girls (pp7)

Practice Outline | Style of Play

Due to COVID, there continues to be 2 Groups
Saturday, April 03, 2021 / 5:30pm to 7:30pm @ CWA

Warm-up

P7R Review—with a partner **Retrieval**
Shooting—curl shots competition, etc., (Janelle)

Breakdowns

Last week we didn't spend enough time on breakdowns

- Shooting Footwork / Shooting Form
- Post-up Footwork / Dribble-At Actions
- Curry & Curry Shooting / Curry BIG & Curry Special (Janelle)
- Phoenix & Phoenix Shooting (TBA)
- Shooter & Shooter Shooting (TBA)

Style of Play **Retrieval & Repetition**

(Cycles—**1-2-3-break**)

1. Explode-Execute
2. Explode-2x Execute-Explode
3. Explode-3x Execute-2x Explode

Pre-brief before each cycle

De-brief after all 3 cycles

Cycle **re-dos** are allowed

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 & Repetition**

- 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**

Dry-Land Training

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

DAY 7 REVIEW

Define and Describe our CBA U18 Style of Play
Debrief Today's Practice & Training **Retrieval**