

CBA Basketball Practice—U18 Girls (pp8)

Practice Outline | Style of Play

Due to COVID, there continues to be 2 Groups
Tuesday, April 06, 2021 / 8:30pm to 10:00pm @ PSH

Dry-Land Training

pre-practice to be **SAQ** (Speed, Agility, Quickness)—Janelle
- 30 minutes
- re-emphasize the importance of **Athlete Development**

Warm-up

Shooting—curl shots competition, etc., (Janelle)
- Criss-Cross Shooting (new name?), Curry—Phoenix—Shooter Shooting (TBA)

Breakdowns

We could still spend more time on **breakdowns**
- Shooting Form
- Post-up Footwork / Dribble-At Actions
- Curry & Curry Shooting / Curry BIG & Curry Special (Janelle)
- Phoenix & Phoenix Shooting
- Shooter & Shooter Shooting
- Criss-Cross (new name?) & Criss-Cross (new name?) Shooting

Style of Play **Retrieval & Repetition**

(Cycles—1-2-3-break)

1. Explode-Explode
2. Execute x 4
3. Explode x 2 + Execute x 2
4. Coach's Call: variety + chaos

All Actions: Single Gaps, Double Gaps, 3 Player Actions, 2nd Side Series, Transition
- players to pre-brief each cycle
- players to de-brief after 3 consecutive cycles
- players to de-brief after Coach's Call
- Coaches to create chaos as much as possible / indecision & hesitation
- introduce concept of **FLOW**

Flow

1. = Regular Offense 2. = 2nd Side Series 3. = Screen 4. = 4 Down 5. = Drive

Scoring Priorities

Priority #1: Attack the Rim / Attack the Paint
Priority #2: 3 Point Shots
Priority #3: Free Throws
Priority #4: Mid-range Shots

Shooting (Janelle)

Shooting Drills and/or Competitions
- 31-51; 4 Corner; Partner Half Court; etc.
- Curry; Phoenix; Shooter; Criss-Cross;

Cool Down (Lap Walks)

Lap 1: Small Groups: ABC Debrief Today's Breakdowns & 'new' Actions **Retrieval**

DAY 8 REVIEW

Lap 2: Debrief Today's Overall Practice & Training **Retrieval**

Lap 3: Define and Describe our CBA U18 Style of Play