

CBA Basketball Practice—U18 Girls (pp9)

Practice Outline | Style of Play

Due to COVID, there continues to be 2 Groups
Thursday, April 08, 2021 / 8:30pm to 10:00pm @ PSH

Warm-up	Shooting—review three (3) Shooting Videos
Shooting	Players to shoot at a hoop—implement any new techniques they'd like to try
Dynamic	Janelle to lead
Breakdowns	<u>We could still spend more time on breakdowns—'must do' today!</u> <ul style="list-style-type: none">- Post-up Footwork from Dribble-At entry (Partner activity)- Dribble-At Actions (Partner activity) <u>Retrieval</u>- Curry & Curry Shooting / Curry BIG & Curry Special (Janelle)- Phoenix & Phoenix Shooting- Shooter & Shooter Shooting- Criss-Cross (new name?) & Criss-Cross (new name?) Shooting
Flow Review <u>Retrieval</u>	1. = Regular Offense 2. = 2 nd Side Series 3. = Screen 4. = 4 Down 5. = Drive
Scoring Priorities <u>Retrieval</u>	Priority #1: Attack the Rim / Attack the Paint Priority #2: 3 Point Shots Priority #3: Free Throws Priority #4: Mid-range Shots
Style of Play (Cycles)	<u>All Actions</u> : Single Gaps, Double Gaps, 3 Player Actions, 2 nd Side Series, Transition <ul style="list-style-type: none">- Cycles are getting a bit old—need more variety- with COVID Restrictions, we are somewhat limited to what we can do- Players to decide the number of Cycles as well as the Actions in Explode & Execute- Coaches to share with each team what they observed during player choice cycles- Players to debrief after coach's share
Shooting (Janelle)	Shooting Drills and/or Competitions <ul style="list-style-type: none">- 31-51; 4 Corner; Partner Half Court; etc.- Curry; Phoenix; Shooter; Criss-Cross;
Cool Down	Small Groups: ABC Debrief Today's Breakdowns & 'new' Actions <u>Retrieval</u>
Dry-Land Training	post-practice to be SEC (<u>S</u> trength, <u>E</u> ndurance, <u>C</u> ore)—Janelle <ul style="list-style-type: none">- 30 minutes- re-emphasize the importance of Athlete Development

DAY 9 REVIEW

Debrief Today's SEC Training Retrieval
Also Debrief where we are today—all things considered