

Vision Varsity Girls

Practice Outline | Style of Play.1

<u>Warm-up</u>	Janelle	Movement, Shooting, Games, Competitions, Dynamic, etc. (Janelle to choose – 15 min)
<u>Style of Play</u>	Mark	B1-E2-C4 Rebound & Go Pass & Cut Pass & Pick Pass & Slip Dribble At Dribble At Post DHO Dribble At Combo Double Gaps & Single Gaps Curry Action to 3on3 Live Post Action From Dribble At or FIST EXPLODE – EXPLORE – EXECUTE
D Priorities	Janelle	1. Defend the Basket 2. Stop the Ball 3. Guard 1.5 players
D21 & D9	Mark	ANGLE & DISTANCE Square-Shade-Influence-Force Body-Touch-Sag (7 x 3 = 21) D9 = Shade-Influence-Force to WEAK Hand
Full Court D	Mark	Run & Jump JUMP Middle & TRAP Sideline
<u>Shooting</u>		
Form	Janelle/Mark	Form: Turn, Dip & Sway Turn in the Air Sway Forwards
Scoring	Priority #1: Priority #2: Priority #3: Priority #4:	Attack the Rim 3 Point Shots Free Throws Mid-range Shots
Competition	Janelle	72-52-31 / Super 7 / 35-25 / Partner from Centre / ???
Scrimmage	4on4 Live	to be done throughout practice
Debrief	A B C D	Agree Build Challenge Deeper
Cool Down		Shoes Off Walk About Ankle Exercise & Deb
Conclusion		Announcements Next Practice

Vision Varsity Girls

Practice Outline | Style of Play.2

Intro & Warm-up

Movement, Shooting, Games, Competitions, Dynamic, etc.
(Janelle to choose – 15 min)

Style of Play (Review) Cycles

PACE & FLOW (1-2-3-4-5)
B1-E2-C4
Rebound & Go
Pass & Cut | Pass & Pick | Pass & Slip
Dribble At Single Gap | Cut or Post-up (Fist Option)
Dribble At Double Gap | DHO | Dribble At Combo
Attack Double Gaps & Pass Single Gaps
Curry Action | Phoenix
Screening Actions | 3 new Looks
EXPLODE – EXPLORE – EXECUTE

D Priorities

1. Defend the Basket 2. Stop the Ball 3. Guard 1.5 players
D21 Review | 7 Angles + 3 Distances
Send to Weak Hand (D9)

O Priorities

1. Attack Rim 2. 3 Point Shot 3. Free Throws 4. Mid-Range Shot

Full Court D

Run & Jump | JUMP Middle & TRAP Sideline

Shooting Competition

72-52-31 / Super 7 / 35-25 / Partner from Centre / ???

Scoring

Priority #1: Attack the Rim
Priority #2: 3 Point Shot
Priority #3: Free Throws
Priority #4: Mid-Range Shot

Scrimmage

5on5 Live | to be done throughout practice

Debrief

A Agree
B Build
C Challenge
D Deeper

Cool Down

Shoes Off | Walk About | Ankle Exercise & Debrief

Conclusion

Announcements | Next Practice

Vision Varsity Girls

Practice Outline – April 11th, 2019

April 4, 5 & 9

(J) It went really well! Went over 1,2,3,5 motion stuff, shell d, and a lot of transition work.

(J) Shooting practice was great. Really impressed with Ryann... her and Abbey finished 15 minutes before almost everyone else.

(J) Going to introduce Curry tonight, as well as go over the transition 1,2,3,5 again. Maybe on Thursday we can throw in an out of bounds (SLOBS & BLOBS)... I don't remember them from last year :)

(M) If you're doing 1/2, Full, Full reps, emphasize sprinting. If you're having a game to 3-ish, emphasize stamina. Doing cycles is a great way to work on sprints as well - sprint going down & execute coming back.

(J) Yes, I will do that do. I made them do that Thursday with the transition sprint one way then executing a play on the way back.

(J) Really good! Girls are actually looking a bit better in shape than last week. Went over all Curry plays and 4.

Intro & Warm-up

Movement, Shooting, Games, Competitions, Dynamic, etc.
(Janelle to do... 15 min max)

Style of Play (Review)

PACE & SPACE – Review Concept/Language (our Style of Play)

Explode – Explore – Execute

CYCLES – Sprint ½ (**Explode**) & back to **Execute** (5-on-0)

CYCLES – Sprint ½ (**Explode**) to Numbers (**Explore**)

(Janelle to add 1-2-3-4-5 defenders coming back)

Numbers = Explore | 5-on-0 or 5-on-5 = Execute

Decision Making Model

Shooting

Janelle to do...

Phoenix & Shooter

Phoenix – 3-on-0 & 2-on-2/3-on-3 Execution

Shooter – 5-on-0 Execution

D Phase – 5-on-5

Games to 3 | Explode – Explore – Execute

Conclusion

1-2 Together!

Dryland

Janelle to do...

8:00 to 8:30

Vision Varsity Girls

Practice Outline | April 16, 2019

Dryland & Warm-up

Janelle To Do

D Priorities

1. Defend the Basket 2. Stop the Ball 3. Guard 1.5 players
D21 Review | 7 Angles x 3 Distances
D9 Review | send player to Weak Hand | 3 Angles x 3 Distances

X O X Closeout Drill: **Stop the Drive – Touch a Pass – Contest a Shot**
Shell Drill – Janelle To Do

Full Court D

Run & Jump (**RED**) | JUMP Middle & TRAP Sideline (Blind Trap)
Breakdown Drills to Start: 1on1 (D21) | 3on3 to **JUMP** or **TRAP**

Shooting

Janelle To Do

Scoring Priorities

1. Attack Rim 2. 3 Point Shot 3. Free Throws 4. Mid-Range Shot

Style of Play (SOP Review)

PACE & FLOW (1-2-3-4-5)
B1-E2-C4
Rebound & Go
Pass & Cut | Pass & Pick | Pass & Slip
Dribble At Single Gap | Cut or Post-up or Laker Cut (Gatorade)
Dribble At Double Gap | DHO or Slip | Dribble At Combo
Attack Double Gaps & Pass Single Gaps
Curry | Phoenix | Shooter
EXPLODE – EXPLORE – EXECUTE

Cycles

5on0 | Cycle until all players fully grasp SOP Concepts

Scrimmage

5on5 Live | games to 3 | Defensive & Offensive Debrief

Debrief

A Agree
B Build
C Challenge

Cool Down

Shoes Off | Walk About | Ankle Exercises & **Debrief**

Conclusion

Announcements | Weekend Games + Thursday Practice

Thursday Practice

BLOB's & SLOB's | O & D Review (Cycles)

Vision Varsity Girls

Practice Outline | April 18, 2019

Parent Meeting	6:00pm to 6:30pm
Warm-up	Janelle
Review	<p>½ Court Walk-through Phoenix, Curry, Shooter Cycles Sprints & Execution Shot Priorities (4) Defensive Priorities (3) D21 & D9 RED (Run & Jump) Style of Play</p> <ul style="list-style-type: none">- PACE & SPACE- 1-2-3-4-5 FLOW- Rebound & Go- Explode-Explore-Execute- ROB Shots- REP'ing
Weekend Games	<p>5:00pm Friday vs. CBA U16 9:00am Saturday vs. CBA U17 2:00pm Saturday vs. St. Albert</p>
Gold Medal Model	IPP to be completed by Friday, April 26 th

Vision Varsity Girls

Practice Outline | April 23, 2019

Dryland/Warm-up

Janelle

Weekend Review

Areas of Improvement Required

DHO Positioning – Shooter & Combo
Two Foot Landing in Traffic (P7R)
Closeout Priority – stop the drive
Help Less vs. Shooters (ID Shooters in Scrimmage)
Free Throw Blockouts
Conditioning | One Pass, Long Pass & Other Full Court Drills
Defensive Commitment | Ten Commandments
Post Presence | Dribble-At & FIST

Made 3 Point Shots | 16% vs. CBA U17 | 28% vs. St. Albert
Attack the Rim | 41% vs. CBA U17 | 51% vs. St. Albert
Made Free Throws win games! | Missed 15-20 vs. St. Albert
Foul Trouble lose games! | Too many Fouls vs CBA U16

Highlight Ten Commandments

Hit FIRST
Get FAT
Help the Helper
Solve Problems

Run & Jump Review

Announcements

IPP to be completed by Friday, April 26
Individual Meetings scheduled during SS Tournament

Game on May 8 – In or Out?

59 Minute Fundraiser | Tuesday, May 30 at 5:30pm

Vision Varsity Girls

Shooting Practice Outline | May 7, 2019

Dryland/Warm-up

Janelle

Shooting Practice

Shooting Pep Talk

Shooting is Skill, Physical, Mental & Emotional

Open the door & get out of the Dryer...

Step off the Treadmill of Emotional Stress or Lack of Confidence...

REP Teammates but do not Coddle...

Toughness is to Overcome & not Dwell...

Proposed Shooting Drills

Non-competition Shooting

- FORM Shooting

- Dip, Turn & Sway

- Partner Shooting | start close, slowly expand range

31 with Proper Form | Long 3 is worth 2

31 Step-backs | Long 3 is worth 2

Phoenix Shooting (3 balls, 3 shots – 5 players)

Shooter Shooting (2 player hand-off to shot – 2 players)

22-33 Shooting (NEW)

Partner Half Court

Route 66 – 6 makes from 6 spots / groups of 3

Announcements

Practice on Thursday

Weekend Off

Kelowna Transportation – Who needs a ride?

59 Minute Fundraiser | Cool Books are Ordered

Vision Varsity Girls

Practice Outline | May 14, 2019

Dryland/Warm-up

Janelle

Review Practice

Review our Looks | 5on0 to Start | add D Randomly

1-2-3-4-5

2 Series | 2, 2.3, 2.4, 2.5

Curry / Curry Special

Phoenix (3 options)

Shooter

32 Left / 32 Right

Fist (1on1) / Post-up to Gatorade | add 2-Fist

10 / 10.3 / 10.4 / 10.5

Numbers!

Out of Bounds

3 / 4 / add 5 / add TIPS

Free Throw Line-up & Responsibilities

Jump Ball – Offensive & Defensive

Game of TIPS | Partners from Elbow

Announcements

Game on May 24 or 26 (Friday or Sunday) – IN or OUT

Kelowna – meet at the UBCO gym at 3:00pm | keys given out at gym

3:15 | Go for team walk & check into the dorms

Game at 5:00pm – Team Meal afterwards or Order Pizza

Vision Varsity Girls

Practice Outline | May 21, 2019

Dryland/Warm-up

Janelle

Skills Practice

Review Breakdowns

1on1 from the Top | Simulates 4 | Live dribble & before Live dribble

Dynamic 1on1 | Simulates ball reversal to a ROB or 5 (drive)

1on1 Live | Dribble-At to a Post-up

2on2 Live | Dribble-At to a Gatorade

Screen & Roll from Wing | Simulates Phoenix & Curry

Screen & Roll from Top | Simulates 5 Up

3on3 Live | Curry & Curry Special

3on3 Live | Phoenix (3 options)

3on3 Live | All looks covered above...

- 4, 5 Up, 2 Series, Fist / Post-ups, Gatorade

Shooting

Shooting Drills | Shooter, Phoenix, 51, 32 | NEW Outside Shoulder to Corner

Game of TIPS | Partners from Elbow

Thursday

Out of Bounds

3 / 4 / 5 (new) / Texas (new)

Free Throw Line-up & Responsibilities

Box OUT, not IN

Jump Ball – Offensive & Defensive

Solid set-ups thus far

NEW 3 Looks from the Top (3)

Screening Action

Announcements

Practice on Thursday – Team Emphasis

Weekend Off – enjoy!

Vision Varsity Girls

Practice Outline | May 23, 2019

Warm-up & Shooting

Janelle

Style of Play Practice

Review our Looks | 5on0 to Start | add D Randomly

1-2-3-4-5

2 Series | 2, 2.3, 2.4, 2.5

Curry / Curry Special

Phoenix (3 options)

Shooter

32 Left / 32 Right

Fist (1on1) / Post-up to Gatorade | add 2-Fist

10 / 10.3 / 10.4 / 10.5

Numbers!

Out of Bounds

3 / 4 / 5 / Texas

Free Throw Line-up & Responsibilities

Jump Ball – Offensive & Defensive

Shooting Practice/Drills

Janelle

Dryland

Janelle

Announcements

Two practices next week / CLASSIC Tournament next weekend

Shooting Stars Tournament / CYDC Tournament / ACC Championships

Vision Varsity Girls

Practice Outline | May 28, 2019

Dryland & Warm-up

Janelle

Style of Play Review

Player-Lead Discussion

SWOT Analysis

- Strengths
- Weaknesses
- Opportunities
- Threats

What do we need to Review and/or Build-on to continue our Success?

Shooting

3's & Quick Hits

Quick Hits

Phoenix, Curry, Shooter, 32, 4

Style of Play

1-2-3-4-5 / 2 Series

BLOBs / SLOBs

5, 4, 3, Texas

Time & Score

10 Series

Announcements

Game Friday at 4:00pm & 7:00pm

- who is here on Friday?
- both games at BOB

Game Saturday at 12:30pm & 6:30pm

- who is here on Saturday?
- both games at RDL

Mya Proctor will be playing with us this weekend...

Vision Varsity Girls

Practice Outline | June 4, 2019

Dryland & Warm-up

Janelle

Defensive Review

10 Commandments

1. Be Committed
2. Don't Talk, Communicate
3. Guard Your Yard
4. Help the Helper
5. Anticipate
6. Cover Two
7. Get FAT
8. Hit First
9. Run Opposite
10. Solve Problems (Fixer-Preventer-Eraser)

Close Out to D9

Be Committed

Drop to Help on the Backside

Help the Helper

Rub off of the High Post by Opponent

Hit First

Switch on Screens

1. Soft Switch to allow player to stay in D9
2. Hard Switch to stop strong hand dribble – Stop & Send to D9

Giving up a layup when we shoot a free throw (Happened Twice!)

Anticipate / Solve Problems / Don't Talk, Communicate

Our 3 Defensive Priorities

1. Defend our Basket
2. Pressure the Ball
3. Guard 1.5

Defensive Skills Practice

1. X O X – Stop the Drive / Trace the Ball / Touch a Pass
2. Close Outs – Ball Reversal to 1on1 Live
3. 'XD' – 2 Trappers 2 Interceptors 1 Basket Protector
4. Run & Jump – Trap on Sideline / Jump Switch in Middle (Verbal Cue: RED)
5. Diamond & 1 Looks – Full $\frac{3}{4}$ $\frac{1}{2}$ $\frac{1}{4}$ (Verbal Cues: Diamond 4, 3, 2, 1)

Vision Varsity Girls

Practice Outline | June 6, 2019

Warm-up

Janelle

Defensive Review

10 Commandments

1. Be Committed
2. Don't Talk, Communicate
3. Guard Your Yard
4. Help the Helper
5. Anticipate
6. Cover Two
7. Get FAT
8. Hit First
9. Run Opposite
10. Solve Problems (Fixer-Preventer-Eraser)

1on1 Live – D9

Be Committed

2on2 Live – D9 & Switching D | O – Pass & Pick; Pass & Cut; Pass & Slip

Be Committed; Anticipate; Communicate

Hard Switch vs. Soft Switch (When & Why)

3on3 Live – D9 & Trap | O – Curry or 1-2-3-4-5

Be Committed; Anticipate; Communicate; Cover 2; Hit First
Add Traps (XD – Trap a specific player)

Shooting Competitions

52 / Step Backs / Curry / Shooter / Phoenix

Defensive Skills Practice

1. X O X – Stop the Drive / Trace the Ball / Touch a Pass
2. Close Outs – Ball Reversal to 1on1 Live
3. 'XD' – 2 Trappers 2 Interceptors 1 Basket Protector
4. Run & Jump – Trap on Sideline / Jump Switch in Middle (Verbal Cue: RED)
5. Diamond & 1 Looks – Full $\frac{3}{4}$ $\frac{1}{2}$ $\frac{1}{4}$ (Verbal Cues: Diamond 4, 3, 2, 1)

Dryland

Janelle

Announcements

Two Friday Games | 5:30pm & 8:30pm at VSC

One Saturday Game | 1:00pm at SAIT

IPP Schedule

Vision Varsity Girls

Practice Outline | June 18, 2019

Warm-up / Dryland

Janelle

SISU – What is it? (Handout)

Up Tempo Drills

Toss Drills | Offensive Transition

- 2on0 / 3on0 / 4on0 / 5on0
- Rim Runner
- Hit the Trailer

Toss Drills | Defensive Transition

- D21 & D9
- Run & Jump
- 44 or Diamond 44
- 22 or Diamond 22

Jump to the Pass & Bump the Cutter

Screen & Roll D

Help-side D Looks | Defend 1.5

Shell Drill

10 Commandments

1. Be Committed
2. Don't Talk, Communicate
3. Guard Your Yard
4. Help the Helper
5. Anticipate
6. Cover Two
7. Get FAT
8. Hit First
9. Run Opposite

NEW Shooting Drill

4on4 Live – D Phase

Games to 3-5-7

Announcements

Edmonton Itinerary Update

Vision Varsity Girls

Practice Outline | June 20, 2019

SISU – What is it? (Handout)

Up Tempo Drills

Toss Drills | Offensive Transition (Quick Review)

- 2on0 / 3on0 / 4on0 / 5on0
- Rim Runner
- Hit the Trailer

Toss Drills | Defensive Transition

- D21 & D9
- **Run & Jump**
- **44 or Diamond 44**
- **22 or Diamond 22**
- **X Defence** / pick a player, position or # of passes

Screen & Roll D

Help-side D Looks | Defend 1.5

Jump to the Pass & Bump the Cutter

Shell Drill (TBA)

10 Commandments

1. Be Committed
2. Don't Talk, Communicate
3. Guard Your Yard
4. Help the Helper
5. Anticipate
6. Cover Two
7. Get FAT
8. Hit First
9. Run Opposite
10. Solve Problems (Fixer / Preventer / Eraser)

Re-do NEW Shooting Drill – X X X Shooting (3's)

4on4 Live – D Phase

Games to 3-5-7

Dryland

Janelle

Announcements

Edmonton Itinerary Update

Does anyone need a ride?

When/where to meet TBA

Schedule is posted on **Tourney Machine**

Vision Varsity Girls

Practice Outline | June 25, 2019

Dryland / Warmup

Janelle

Offensive Review

Cycles

- 5on0 Explode to 5on0 Execute (All O Looks)
 - > Hit 1st Open Look (Explode-Explore)
- 5on0 Explore to 5on0 Execute (All O Looks)
 - > Rim Runner
 - > Trailer
 - > 2 Alleys
 - > Off-side Shooter
- Add Defense at Execute End
 - > Numbers or Execute (Scan & Decision Making)

Defensive Review

Defensive Transition

- D21 & D9
- Run & Jump (D21)
- 44 or Diamond 44 (on Made FT to start)
- 22 or Diamond 22 (on Made FT to start)
- X Defence / pick a player, position or # of passes

Screen & Roll D – need a drill...!

10 Commandments

1. Be Committed
2. Don't Talk, Communicate
3. Guard Your Yard
4. Help the Helper
5. Anticipate
6. Cover Two
7. Get FAT
8. Hit First
9. Run Opposite
10. Solve Problems (Fixer / Preventer / Eraser)

4on4 Live – D Phase

Games to 3-5-7

- Debrief & Prebrief O & D Looks

Shooting (Variety)

X X X Shooting (3's or Step Backs) | 31-52 | 22-32 | Free Throws

Announcements

Edmonton Arrival | Friday Afternoon-Evening | Team Dinner

Does anyone need a ride?

NEW Schedule is posted on **Tourney Machine**

Rooming List Handout

Vision Varsity Girls

Practice Outline | June 25, 2019

Warmup	Team Pre-game
Walk Through NEW	Screen & Roll D
BLOB's Review	#'s: 3, 4, 5, Texas
Defensive Review	<u>10 Commandments</u> 1. Be Committed 2. Don't Talk, Communicate 3. Guard Your Yard 4. Help the Helper 5. Anticipate 6. Cover Two 7. Get FAT 8. Hit First 9. Run Opposite 10. Solve Problems (Fixer / Preventer / Eraser) <u>Team Defence</u> Guard the Basket Pressure the Ball Defend 1.5
Shooting	Partner 51 Free Throws Black Cat or Tips to end
Announcements	Edmonton Arrival When are Players Arriving? Team Dinner-reschedule Does anyone need a ride to games? I have 4 (Julia, Sarah, Ryann, Carley) NEW Schedule is posted on Tourney Machine Check-in on your own or come to the gym

AYBC 2019 Alberta Club Championship (ACC)

CHAMPIONS!