

U18G – Vision Basketball

Practice Outline | Style of Play (1 & 2)

How many SOP looks can we incorporate the first week?

Warm-up Janelle

Curl Shots, Dynamic, etc.
(Janelle to choose – 15 min)

Style of Play

plenty of 5v0 to start
followed by breakdowns
1v1 / 2v2 / 3v3
followed by 4v4 full court

B1-E2-C4
EXPLODE – EXPLORE – EXECUTE
Double Gaps & Single Gaps
- Attack Rim & Picks require a Double Gap
- Actions in Single Gaps create Advantages create Dominoes
Rebound & Go
Pass & Cut / Pass & Pick / Pass & Slip
Dribble At (Single Gap) / Dribble At to Post-up / Dribble At to Gatorade
GDP: Get / Dribble At / Pick
Dribble At | DHO in Double Gap | Dribble At Combo
Phoenix Action to 2v2 Live | Curry Action to 3v3 Live
Screening Action | set-use more screens more often
Establishing Flow: 1-2-3-4-5

D-21 vs. D9

ANGLE & DISTANCE
Square-Shade-Influence-Force | Body-Touch-Sag (7 x 3 = 21)
Send Ball to weak hand = D9 (3 x 3 = 9)

Actions & Dominoes

Actions create Advantages
Advantages create Dominoes

Shooting Janelle

Shooting competitions
31-51 / Partner Half-Court Competition / Super 7 (or 3 x 6), etc.
Curry Shooting / Phoenix Shooting / Shooter Shooting

Scoring Priorities

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

Debrief Technique

A = Agree; B = Build; C = Challenge; D = Deeper

Dry-Land Training

Janelle: post-practice to be **SEC** (strength, endurance, core)
pre-practice to be **SAQ** (speed, agility, quickness)
- variations are always welcomed

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Practice Outline | Style of Play (3)

Warm-up	Mark	Shooting: Phoenix & Curry
Warm-up	Janelle	Dynamic
Style of Play		<p>B1-E2</p> <p>Pick & Roll from Wing & Top 2v2 Live</p> <p>3v3 Live Curry / use Dribble At action</p> <p>Single Gap Options</p> <ul style="list-style-type: none">- Actions in Single Gaps create Advantages create & recognize Dominoes- Pass & Cut / Pass & Pick / Pass & Slip- Dribble At Dribble At Post-up Dribble At Gatorade <p>Double Gap Options</p> <ul style="list-style-type: none">- Attack Rim (B1) & Picks require a Double Gap- Dribble At Dribble At Combo <p>NEW GDP: Get / Dribble At / Pick (National Team)</p> <ul style="list-style-type: none">- Pass & Get the ball back / Dribble At the double gap / Pick from original receiver <p>3v3 Live or 4v4 Live Use All Options above</p> <ul style="list-style-type: none">- Execute = ½ Court- Explode Explore = Full Court
D-21 vs. D9		<p>ANGLE & DISTANCE</p> <p>Square-Shade-Influence-Force Body-Touch-Sag (7 x 3 = 21)</p> <p>Send Ball to weak hand = D9 (3 x 3 =9)</p>
Actions & Dominoes		<p><u>Actions create Advantages</u></p> <p><u>Advantages create Dominoes</u></p>
Shooting	Janelle	<p>Shooting competitions</p> <p>31-51 / Partner Half-Court Competition / Super 7 (or 3 x 6), etc.</p> <p>Curry Shooting / Phoenix Shooting / Shooter Shooting</p>
Scoring Priorities		<p>Priority #1: Attack the Rim</p> <p>Priority #2: 3 Point Shots</p> <p>Priority #3: Free Throws</p> <p>Priority #4: Mid-range Shots</p>
Debrief Technique		<p>A = Agree; B = Build; C = Challenge; D = Deeper</p>
Flow		<p>1. = Regular Offense 2. = 2nd Side 3. = Screen 4. = 4 Down 5. = Drive (STYLE of PLAY)</p>
Dry-Land Training		<p>Janelle: post-practice to be SEC (strength, endurance, core)</p> <p>pre-practice to be SAQ (speed, agility, quickness)</p> <p>- variations are always welcomed</p>

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Practice Outline | Style of Play (4)

Dry-Land Training	Janelle	pre-practice to be SAQ (speed, agility, quickness) pre-practice to be SEC (strength, endurance, core)
Warm-up	Janelle	Dynamic (if necessary)
	Janelle	Shooting Competition to start
Style of Play—Team		<u>5v0 Cycles—All Options</u> Single Gaps / Double Gaps / GDP (new) / Phoenix / Curry / Combo / Mouse (Fist) Single Gap Options - Actions in Single Gaps create Advantages create & recognize <u>Dominoes</u> - Pass & Cut / Pass & Pick / Pass & Slip - Dribble At Dribble At Post-up Dribble At Gatorade Double Gap Options - Attack Rim (B1) & Picks require a Double Gap - Dribble At Dribble At Combo GDP: Get / Dribble At / Pick (National Team) - Pass & <u>Get</u> the ball back / <u>Dribble At</u> the double gap / <u>Pick</u> from original receiver
D-21 vs. D9		ANGLE & DISTANCE Square-Shade-Influence-Force Body-Touch-Sag (7 x 3 = 21) Send Ball to weak hand = D9 (3 x 3 =9)
Run & Jump		Middle Dribble = Run & Jump Sideline Dribble = Trap - Blind-side Traps - Coffin Corners (4)
Shooting	Janelle	Shooting competitions 31-51 / Partner Half-Court Competition / Super 7 (or 3 x 6), etc. Curry Shooting / Phoenix Shooting / Shooter Shooting
Scoring Priorities		Priority #1: Attack the Rim Priority #2: 3 Point Shots Priority #3: Free Throws Priority #4: Mid-range Shots
Debrief Technique		<u>A</u> = Agree; <u>B</u> = Build; <u>C</u> = Challenge; <u>D</u> = Deeper
Flow		1. = Regular Offense 2. = 2 nd Side 3. = Screen 4. = 4 Down 5. = Drive (STYLE of PLAY)
4v4 Live		Games to 3 Defensive Emphasis—D-9 / Traps / Stop the Drive—Protect the House

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Practice Outline | Style of Play (5)

Warm-up	Janelle	Dynamic & Shooting: Phoenix, Curry or Curl Shots
	Janelle	Shooting Competition
Style of Play—Review		Single Gaps / Double Gaps / GDP / Gets / Phoenix / Curry / Combo / Mouse (Fist)
<u>Cycles</u> (Janelle—Execution) (Mark—Explode / Explore)		Single Gap Options - Actions in Single Gaps create Advantages create & recognize Dominoes - Pass & Cut / Pass & Pick / Pass & Slip - Dribble At Dribble At Post-up Dribble At Gatorade Double Gap Options - Attack Rim (B1) & Picks require a Double Gap - Dribble At Dribble At Combo GDP: Get / Dribble At / Pick - Pass & Get the ball back / Dribble At the double gap / Pick from original receiver Gets —pass and Get the ball back / or, Dribble towards a player so she can Get Transition: Lay-up / Corner 3 / Rim Runner / Post to opp. corner / opp. corner Hammer Curry Looks / with Hammer screen / Curry Big Phoenix Combo Mouse in the House / Fist
D-21 vs. D9		We will go with D9 all the time
Transition Looks		Explode = Pace / Explore = Decision-making & Dominoes Execution = Decision-making & Dominoes Style of Play is a Decision-making Model—Actions cause Dominoes to fall
Shooting	Janelle	Shooting competitions 31-51 / Partner Half-Court Competition / Super 7 (or 3 x 6), etc. Curry Shooting / Phoenix Shooting / Shooter Shooting
Scoring Priorities Review		Priority #1: Attack the Rim Priority #2: 3 Point Shots Priority #3: Free Throws Priority #4: Mid-range Shots
Flow		1. = Regular Looks 2. = 2 nd Side 3. = Screen 4. = 4 Down 5. = Drive - we always default to 1. if there are breakdowns in Execution
Dry-Land Training	Janelle	pre-practice to be SAQ (speed, agility, quickness) pre-practice to be SEC (strength, endurance, core)
Announcements		2 Games this week Wednesday at 7:30pm @ GCA vs. Big Rock Thursday at 7:30pm @ BCS vs. Foundations

U18G – Vision Basketball Team

Practice Outline | Tweak Night (6)

Warm-up	Janelle	Dynamic
Review		End-of-Game OB vs. FYB <ul style="list-style-type: none">- Angle of 1st screen (Nisha)- Angle of 2nd screen (Nisha)- Timing/Angle of Back Screen (Tessa)- Penetrate middle (Sarah)- Shooter to Replace/Drift (preferably wing to corner)- Options: Back Cutter (Carley), Drive (Sarah), Shot (Ava)
Other Tweaks		Free Throw Block-outs Free Throws Quicker Actions = Dominoes Falling Down Penetrate, <i>Pass-Pass</i> Press Break BLOBs & SLOBs Hard Switch vs. Screens
5v0 Cycles		Incorporate the Tweaks with Cycles and/or 3v3
3v3 Live		Incorporate: Quick Actions, P-PP, Hard Switch, Free Throws w/ Block-outs
Shooting Comps	Janelle	
Dry-land	Janelle	pre-practice to be SAQ (speed, agility, quickness) post-practice to be SEC (strength, endurance, core)

U18G – Vision Basketball Team

Practice Outline | Review Night (7)

% Exercise		% Handout
Warm-up	<u>Sarah</u>	Team Dynamic
Tweaks Review		Free Throw Block-outs Quicker Actions = Dominoes Falling Down Hard Switch vs. Screens NO FOULS—none at all—% takes precedent Press Break
SLOB Review		End-of-Game OB vs. FYB <ul style="list-style-type: none">- Angle of 1st screen (Nisha)- Angle of 2nd screen (Nisha)- Timing/Angle of Back Screen (Tessa)- Penetrate middle (Sarah)- Shooter to Replace/Drift (preferably wing to corner)- Options: Back Cutter (Carley), Drive (Sarah), Shot (Ava)
BLOBs		4 vs. Zone or Man 2 review Texas review 3 new
NEW		P7R—Canada vs. China—Attack the Key—1 foot vs. 2 foot stop Most shots missed in basketball—a contested layup! (best % is 2 foot stop) Hunt the Paint—Penetrate, <i>Pass-Pass</i>
3v3 Live		Incorporate: Quick Actions, HTTP: P-PP, Hard Switch, Free Throws w/ Block-outs
Shooting Comps		31—52
Dry-land	<u>Team</u>	pre-practice to be SAQ (speed, agility, quickness) post-practice to be SEC (strength, endurance, core)