



CBA U15 Cobra—Practice Plan

Tuesday, February 15, 2022



Welcome	Welcome / introduce Ava Tonight's practice is only b/c we obtained some gym time We will NOT be practicing regularly on Tuesdays for the next 2 months We plan to begin in April—we hope to practice on Tuesdays & Thursdays with games on Wednesdays Plus, we will enter at least 4 tournaments, perhaps more If there is an Alberta Club Championship, we will enter it (July 1-4)
Warm-up	Dry-land Training— Janelle 20-30 minutes
Warm-up Shooting	After dry-land training, begin practice with an up-tempo shooting drill— Janelle
Main Part	Actions Review <ul style="list-style-type: none">- Spacing: Single Gaps & Double Gaps- Passing Actions: cut, pick, slip, get / cut = double gap = Attack the Rim or DHO- Dribble-at Actions: backdoor, draft drive, COD drive, post-up, Laker cut, replace- Wave Actions: Combo, GDP- DHO: dribble hand off
Other Reviews	B1-E2: Beat 1 Defender / Engage a Second Defender ROB Shot: Range, Open, Balanced BRAD Shot: Back Rim and Down ABC Debrief: Agree, Build, Challenge (What worked? Why did it work? How can it be corrected/fix?) Shot Priorities / Shot Spectrum: Attack the Rim, 3-point, free throw, mid-range Defensive Priorities: Protect the Basket, Pressure the Ball (D21 & D9), Guard 1.5
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes If necessary, mention PEBL is coming and they may be contacted
Prairie Elite Basketball League (Jr. Dinos)
Just another basketball club—nothing more, so don't be fooled with their rhetoric



CBA U15 Cobra—Practice Plan

Monday, February 28, 2022

STEM Innovation Academy—1204-96 Avenue SW

Welcome

Welcome—the next 5 weeks will be mostly skill-work followed by 3v3—4v4—5v5

Practice will be 7:30pm to 9:00pm for the next 5 Mondays

We will then begin in April—TeamSnap will have our schedule posted

Practice: Tuesday & Thursday / Games: Wednesday

Plus, we will enter 3-4 tournaments, perhaps more

- May 6-7 / May 13-15 / June 3-4 / July 1-4

Fundraising will be announced soon—if our budget allows, we will enter 1-2 additional tournaments

If there is an Alberta Club Championship, we will enter it (July 1-4)

Warm-up

Curl Shots (Horseshoe)

2-3 groups—depending on hoops & no. of players

Shooting Form

Shot Form Priorities

- backspin
- dip
- turn
- BRAD Shot
- ROB Shot

Shot Form Footwork (TBA—take a *TEMPerature Reading*)

- 1-2-3 & ball-1-2
- Dynamic 1v1 to P7R
- hop (2-foot stop)
- reverse pivot
- set shot (ready position)

Shooting Drill

- Drive—help defender—kick-out—shot or Dynamic 1v1 (P7R)
- 3 player B Phase to 1v1 C Phase drill
- receiver can shoot (ROB Shot) or Attack the Rim (w/ P7R)

Shooting Competitions

Janelle ToDo

- again, take a *TEMPerature Reading*
- go into shooting comps or move into 3v3 or 5v5

Scrimmage (D Phase)

Actions Review

- **Spacing** (*single-double gaps*); **Passing Actions**; **Dribble-at Actions**; **Wave Actions**; **DHO**;
- Actions Review can be done during ABC Debrief
- **debrief** your team's Actions; **debrief** opponent's Actions; **pre-brief** before 3v3—5v5

SEC Last 15 Minutes

Cool Down

Cool Down

- Gym Walk—ABC Debrief by Players

Conclusion

Conclusion

- Group Debrief with coach—at centre of gym

Post Practice Notes

- MRU game on Friday night at 7:00pm... Who wants a ticket?

- If necessary, mention PEBL is coming and they may be contacted

- Prairie Elite Basketball League (Jr. Dinos)

- Just another basketball club—nothing more, so don't be fooled with their rhetoric



CBA U15 Cobra—Practice Plan

Monday, March 7, 2022—8:00pm Start

STEM Innovation Academy—1204-96 Avenue SW

Welcome

Welcome

Confirm practice times for the next 3 Mondays: 6:00pm, 6:30pm or 7:00pm start time
Fundraising will be announced soon

SAQ

Speed Agility Quickness

Janelle ToDo

Warm-up

Janelle ToDo

Defensive Approach

D21—7 Angles x 3 Distances

Angle: Square, Shade Left, Influence Left, Force Left, Shade Right, Influence Right, Force Right
Distance: Body, Arm's Length or Touch, Gap or Sag

D9—send ball handler to their weak hand (usually to their left)

3 Angles x 3 Distances

Have a Defensive Plan vs. your opponent

Combo Drill

Offensive Drill

- Drive—help defender—kick-out—shot or Dynamic 1v1 (P7R)
- 3 player B Phase to 1v1 C Phase drill
- receiver can shoot (ROB Shot & BRAD Shot) or Dynamic 1v1 / Attack the Rim (w/ P7R)

Defensive Drill

- Close-out shooting shoulder
- send ball to weak hand
- Close-out **must** Stop the Drive

Shooting Competitions

Janelle ToDo

- take a *TEMPerature Reading*
- go into shooting comps or move into 3v3 or 5v5

Scrimmage (3v3 or 5v5)

D Emphasis

- D9 is the Priority / D21 is Secondary / No Defensive Plan is Unacceptable
- offensive Actions Review can be done during ABC Debrief
- **debrief** your team's Actions; **debrief** opponent's Actions; **pre-brief** before 3v3—5v5
- **debrief** must include **Defensive Plan**

Cool Down

Cool Down

- Gym Walk—ABC Debrief by Players

Conclusion

Conclusion

- Group Debrief with coach—at centre of gym

Post Practice Notes

- Confirm Practice Time for March 14, 21 & 28

- If necessary, mention PEBL is coming and they may be contacted
- Prairie Elite Basketball League (Jr. Dinos)
- Just another basketball club—nothing more, so don't be fooled with their rhetoric



CBA U15 Cobra—Practice Plan

Monday, March 14, 2022—Start Time _____

STEM Innovation Academy—1204-96 Avenue SW

Welcome

Welcome

SAQ

Speed Agility Quickness
Janelle ToDo

SEC

Strength Endurance Core
Janelle ToDo

Today's dryland training determined by Janelle

Warm-up

Janelle ToDo

Passing Actions

Pass & Cut
Pass & Pick
Pass & Slip
Pass & Get
Pass & Cut & Drive (receiver can drive in the **double gap** created by passer)

Dribble-At Actions

Dribble-At to Backdoor
Dribble-At to Draft Drive or COD Drive (attack the Rim with a drive—on same line or Change of Direction drive)
Dribble-At to Post-up
Dribble-At to Past-up to Laker Cut (Gatorade)
Dribble-At to Post-up to Relocate on Perimeter (3-point look)

2v2 or 3v3 Drills

After each Action Review, players to execute in 2v2 or 3v3 setting
Coach to determine if 2v2 or 3v3 is to be used
A round-robin or cut-throat format can be utilized
- **debrief** your team's Actions; **debrief** opponent's Actions; **pre-brief** before 3v3—5v5

Shooting Competitions

Janelle ToDo

- take a *TEMPerature Reading*
- go into shooting comps or move into 3v3 or 5v5
- if players are tiring, move into shooting
- if Actions Review need more work or look great, stick with 3v3 or 5v5

Scrimmage (3v3 or 5v5)

Actions Emphasis - offensive Actions Review to be done during ABC Debrief
- **debrief** your team's Actions; **debrief** opponent's Actions; **pre-brief** before 3v3—5v5

D Emphasis - D9 is the Priority / D21 is Secondary / No Defensive Plan is Unacceptable
- Retrieval Review from previous practice

Cool Down

Cool Down - Gym Walk—ABC Debrief by Players

Conclusion

Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes

- Confirm Practice Time for March 21 & 28

- If necessary, mention PEBL is coming and they may be contacted
- Prairie Elite Basketball League—PEBL (Jr. Dinos)
- Just another basketball club—nothing more, so don't be fooled with their rhetoric



CBA U15 Cobra—Practice Plan

Monday, March 14, 2022—Start Time 7:00pm

STEM Innovation Academy—1204-96 Avenue SW

Introduction	Welcome
Warm-up	Shooting Drill to start—Curl Shots from 5 distances or any shooting drill Mike wants to do... Dynamic—to be led by Ava Regier (apprentice coach)
Warm-up cont'd	If there are any drills that Mike or Ava want to run, go for it... Do as many drills as you'd like...
Passing Actions Review	Have players get with a partner to review passing actions (2-3 minutes) & then begin 2v2 games Have two games going on (main hoops) with 1 team waiting to play at centre court <u>2v2 Rules</u> : score a basket to win; losing team goes to centre court while new team enters from centre court Winning team keeps the ball on offense with the new team starting on defense Game goes to: first team to 5 points wins Pass & Cut; Pass & Pick; Pass & Slip; Pass & Get Pass & Cut & Drive (receiver can drive in the double gap created by passer)
Dribble-At Actions Review	Players Review dribble-at actions with their partner then begin next round of 2v2 games Same format as above—players must begin execution with a dribble-at action Dribble-At to Backdoor; Dribble-At to Drive (attack the Rim); Dribble-At to Post-up; Dribble-At to Post-up to Laker Cut (Gatorade); Dribble-At to Post-up & Relocate on Perimeter (3-point look)
Wave Actions Review	GDP (Get—DHO—Pick n Roll) & Combo Now move to teams of 3—should be enough players for at least 3 teams After players review GDP & Combo (verbally & on-court execution) play 3v3 games We play 3v3 at one basket—new defense after every single change of possession Team who scores keeps the ball with new team coming in from the baseline We do not check the ball on every possession—we play immediately by clearing the ball outside the 3-pt line Our 3v3 is a very fast pace game—game goes to: first team to score 3 wins (3-pt baskets are worth 2 points)
ABC Debrief	After each 2v2 or 3v3 game, players to do an ABC Debrief to discuss their play 3 Types of Debriefs : - debrief your team's Actions; debrief your team's Defense & debrief your opponent's Actions - pre-brief before each new 2v2 or 3v3 game (players game-plan their Next Best Actions in the next game)
Scrimmage (4v4 or 5v5)	Full Court Scrimmage—4v4 or 5v5 (depending on total number of players) Games go to 3 or 5—quicker games are preferred over prolonged games <u>Actions Emphasis</u> - offensive Actions to be the primary focus <u>D Emphasis</u> - D9 is the Priority / D21 is Secondary / No Defensive Plan is Unacceptable - players know what D9 & D21 are <u>Debriefs</u> - debrief after each game - your actions; your defense; opponents actions; pre-brief
Cool Down	Cool Down - Walk one lap around the gym with a partner—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym
Post Practice Notes	Next practice will be Monday, March 21 @ 7:00pm—at STEM



CBA U15 Cobra—Practice Plan

Monday, March 21, 2022—7:00pm

STEM Innovation Academy—1204-96 Avenue SW

Welcome	Welcome / How was last Monday's practice with coach Mike Blum?
SAQ	<u>Speed Agility Quickness</u> Janelle ToDo
Warm-up	Janelle ToDo
Hot Spot Rebounding	Hot Spot—Short Spot—Clean Up—Short Safety—Long Safety Drill: Run an Action with a perimeter shot—A Phase (5v0) On the shot, Players get to the 5 Spots/Positions Cycles: 5v0 Explode (sprint) to 5v0 Execute with Hot Spot Rebounding (HSR) Mark to focus on Explode / Janelle to focus on Execute / Mark, Janelle & Ava all watch HSR Cycles: 5v0 (A Phase) Explode to 5v5 (C-D Phase) Execute with HSR Add D9 on-ball defense focus after a few cycles
Partner Shooting	<u>Shoot & Follow</u> On a miss, quick put-back (if close) or kick-out for a 3-Point Shot Next, on a miss, quick put-back (if close) or kick-out for a Dynamic Attack
Scrimmage (4v4 or 5v5)	Pre-brief Actions—Games to 3-4 D Emphasis - D9 is the Priority / D21 is Secondary / No Defensive Plan is Unacceptable Hot Spot Rebounding
Shooting Competition	Janelle ToDo - take a <i>TEMPerature Reading</i> - go into a shooting competition or stick with 4v4 / 5v5 - if players are tiring, move into shooting - if scrimmage/D9/HSR look really sharp, stick with Games to 3-4
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	- <u>Confirm Practice Time for March 28—7:00pm</u> - Announce that an email will be sent re: a) parent meeting b) proposed tournament schedule c) practice begins April 5, fundraiser on April 6, practice on April 7 d) prepare for 2 practices and 1 game per week (plus tournaments) beginning April 12
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CBA U15 Cobra—Practice Plan

Monday, March 28, 2022—7:00pm

STEM Innovation Academy—1204-96 Avenue SW

Welcome	Welcome / Time to Sharpen our Style of Play: Explode—Explore—Execute Transition Actions (see below)
Warm-up	Curl Shooting
Hot Spot Rebounding	<u>Retrieval with a partner</u> - What is it? - What concerns/questions do you have?
Partner Shooting	<u>Shoot & Follow—to complement Hot Spot Rebounding</u> On a miss, quick put-back (if close to basket) <u>or</u> kick-out for a 3-Point Shot On a missed 3-point shot, quick put-back (if close to basket) <u>or</u> kick-out for a Dynamic 1v1 Attack - Note: perimeter receiver can either a) shoot the 3 (ROB Shot) or, b) Dynamic 1v1 (B1)
Transition Actions (Cycles)	- Layup from wide lanes (angles & location of defenders) - Rim Runner from opposite Alley (Why opposite?) - 3 point shot from wing (with & without down screen—bounce the baseline) - 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)
Scrimmage (4v4 or 5v5)	Pre-brief Actions—Games to 3-4 D Emphasis (on ball) - D9 is the Priority / D21 is Secondary / No Defensive Plan is Unacceptable Hot Spot Rebounding Transition Style of Play
Shooting Competition	- take a <i>TEMPerature Reading</i> - go into a shooting competition or stick with 4v4 / 5v5 - if players are tiring, move into shooting - if scrimmage/D9/HSR look really sharp, stick with Games to 3-4
SEC	<u>Strength</u> <u>Endurance</u> <u>Core</u> Circuit Workout / Janelle to send the outline...
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	- <u>Confirm Practice Time for April 5—7:00pm @ PSH</u> - Announce that an email has been sent re: a) parent meeting b) proposed tournament schedule c) practice begins April 5, fundraiser on April 6, practice on April 7 d) prepare for 2 practices and 1 game per week (plus tournaments) beginning April 12
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CBA U15 Cobra—Practice Plan

Thursday, April 7, 2022—8:00pm

Rundle Academy—16th Street SW

Welcome	Greater understanding & commitment to: Explode—Explore—Execute Transition Actions
Warm-up	Janelle to do...
B1-E2 Progression	Beat 1 defender full court (1v1) Engage a 2 nd defender full court (2v2) 3v3, 4v4 progression—O & D both being taught (D9 on the dribble)
Transition Actions	- Layups, 3's, Bounce Baseline, Rim Runner, Trailer, Numbers (advantage) - Explode & Explore
Offensive Actions	<u>Single Gaps</u> : Passing (4 looks); Dribble-At (5 looks); <u>Double Gaps</u> : DHO; Attack the Rim, PnR (Pick and Roll) requires a Double Gap <u>2 Series</u> : 2 nd side; 2, 2.3, 2.4, 2.5 <u>Wave Actions</u> : Combo; GDP - Execute
Coaching Emphasis	Janelle to Coach the Offensive End Mark to Coach Transition Ava to Coach Hot Spot Rebounding & put-backs vs. kick-outs on offensive rebounds
Scrimmage	5v5 Live—Games to 3-4-5—followed by ABC Debriefs Coaches to suggest changing the emphasis on each mini-game
Shooting Competition	- take a <i>TEMPerature Reading</i> - 31 Shooting or 4 Corner Shooting
SEC	<u>Strength</u> <u>Endurance</u> <u>Core</u> Janelle to do...
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	<ol style="list-style-type: none">1. Confirm Games on the weekend - Saturday at 5:30pm @ CWA - Sunday at 1:30pm @ CWA2. Which players can come to CWA Sunday AM from 10:30am to 12:00 noon? After the session, eat a light lunch and then play the 1:30pm game3. Next practice: Tuesday, April 12—7:00pm at PSH Next game: Wednesday, April 13—8:00pm @ Seton YMCA vs. Genesis Black Next practice: Thursday, April 14—8:00pm at Rundle Academy
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CBA U15 Cobra—Practice Plan

Tuesday, April 12, 2022—7:00pm

Prolific Sports House

Welcome

Game review from the weekend

- close one vs. U14 (10 pts) – we are much better than we played
- blowout vs. U16 (51 pts) – we appeared to throw in the towel
- We need to work on: B1-E2 (with middle help by a 'Big');
Rebounding; Close-outs; D9; 1.5 (help); D effort; transition D
Body Language (winners vs. losers)
- We have several pieces of the puzzle to be successful—**Let's get to work!**

SAQ

Speed Agility Quickness

Janelle to do...

Warm-up

Janelle to do...

Today's THEME

DEFENSIVE awareness & commitment

Beating **PRESSURE** (B1-E2)

B1-E2 Progression

Beat 1 defender full court (1v1)

Engage a 2nd defender full court (2v2)

Middle 'Big' to provide help as a release or a screener

Cobra Rebounding

2 teams; game to 11

Shell Drill

D9 awareness; 1.5 awareness; urgency of close-outs; **Defensive Urgency**

Defensive Transition

Scrimmage

5v5 Live—Games to 3-4-5—followed by ABC Debriefs

Coaches to review defensive awareness each mini-game

Explode—Explore—Execute awareness / we missed the **Execute** phase on the weekend

Shooting Competition

- take a *TEMPerature Reading*

- 31 Shooting or 4 Corner Shooting, etc.

Cool Down

Cool Down - Gym Walk—ABC Debrief by Players

Conclusion

Conclusion - Group Debrief with coach—at centre of gym



Post Practice Notes

1. Next game: Wednesday, April 13—8:00pm @ Seton YMCA vs. Genesis Black

2. Next practice: Thursday, April 14—8:00pm at Rundle Academy



CBA U15 Cobra—Practice Plan

Thursday, April 14, 2022—8:00pm

Prolific Sports House

Janelle to do...	MH doing 3 NCCP evaluations...
Welcome	<p>Game review from the weekend</p> <ul style="list-style-type: none"> - close one vs. U14 (10 pts) – we are much better than we played - blowout vs. U16 (51 pts) – we appeared to throw in the towel - <u>We need to work on:</u> <ul style="list-style-type: none"> B1-E2 (with middle help by a 'Big'); Rebounding; Close-outs; D9; 1.5 (help); D effort; transition D Body Language (winners vs. losers) - We have several pieces of the puzzle to be successful—Let's get to work!
Warm-up	Janelle to do...
Today's THEME	DEFENSIVE awareness & commitment Beating PRESSURE (B1-E2)
B1-E2 Progression	<p>Beat 1 defender full court (1v1) Engage a 2nd defender full court (2v2) <i>Middle 'Big' to provide help as a release or a screener</i></p>
Cobra Rebounding	2 teams; game to 11
Shell Drill	D9 awareness; 1.5 awareness; urgency of close-outs; Defensive Urgency Defensive Transition
Scrimmage	<p>5v5 Live—Games to 3-4-5—followed by ABC Debriefs Coaches to review defensive awareness each mini-game</p> <p>Explode—Explore—Execute awareness / we missed the Execute phase on the weekend</p>
Shooting Competition	<ul style="list-style-type: none"> - take a <i>TEMPerature Reading</i> - 31 Shooting or 4 Corner Shooting, etc.
SEC	<u>S</u> trength <u>E</u> ndurance <u>C</u> ore Janelle to do... / End of practice...
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	1. Next game: Wednesday, April 13—8:00pm @ Seton YMCA vs. Genesis Black
	2. Next practice: Thursday, April 14—8:00pm at Rundle Academy



CBA U15 Cobra—Practice Plan

Tuesday, April 19, 2022—7:00pm

Prolific Sports House



- Welcome** We're getting better again tonight!
- SAQ** Speed Agility Quickness
Janelle to do...
- Warm-up** Janelle to do...
- B1-E2 Progression** Beat 1 defender full court (1v1)
Engage a 2nd defender full court (2v2)
Middle 'Big' to provide help as a release or a screener
- B1-E2** ¼ Court 1v1 Live
Reverse ball then Offensive Player can shoot or drive
Defensive play to sprint to close-out

- Today's THEME** **Trapping Defense:** 1-2-1-1 (Diamond & 1 or 1-2-2)
Full court: Daffy Duck (ff)
Three quarter court: Taz
Half court: Bugs Bunny (Hare)
Quarter court: Donald Duck (Quack)



5v5 with FTHQ Traps

- Cobra Rebounding** 2 teams—game to 11
Rebounding Toughness!
- BLOB** **4** vs. man D or zone D
- SLOB** Post-up to Back Screen to Stagger
- Post-up** Positioning (Post Presence) & Footwork
- Scrimmage** 5v5 Live—Games to 3-4-5—followed by ABC Debriefs
Coaches to review defensive awareness each mini-game
Explode—Explore—Execute awareness / better **Execute** phase required
- Shooting Competition** - take a *TEMPerature Reading*
- 31 Shooting or 4 Corner Shooting, etc.
- Cool Down** Cool Down - Gym Walk—ABC Debrief by Players
- Conclusion** Conclusion - Group Debrief with coach—at centre of gym

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- Post Practice Notes**
 - Next practice: Thursday, April 21—8:00pm at Rundle Academy
 - Next game: Wednesday, April 27—8:00pm @ Seton YMCA vs. Supreme



CBA U15 Cobra—Practice Plan

Tuesday, April 26, 2022—7:00pm

Prolific Sports House

Welcome	We're getting better again tonight!
SAQ	<u>S</u> peed <u>A</u> gility <u>Q</u> uickness Janelle to do...
Warm-up	Janelle to do...
B1-E2 Progression	Beat 1 defender full court (1v1) Engage a 2 nd defender full court (2v2) <i>Middle 'Big' to provide help as a release or a screener</i> Load drill to 3v3 and/or 4v4 (coach's call)
Cobra Rebounding	2 teams—game to 11+ Rebounding Toughness!
D Phase 5v5	Emphasis on B1-E2 & Rebounding Explode & Explore with speed
BLOB	4 vs. man D or zone D Texas (or any other city name)
SLOB	Post-up to Back Screen to Stagger
Scrimmage	5v5 Live—Games to 3-4-5—followed by ABC Debriefs Coaches to review defensive awareness after each mini-game Start each game with an OB Play—Four (4), Texas or Sideline Explode—Explore—Execute awareness / better Execute phase required
Shooting Competition	31 Shooting or 4 Corner Shooting, etc.
Tips Game	Would be a great game to reinforce Texas BLOB
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	1. Next game: Wednesday, April 27—8:00pm @ Seton YMCA vs. Supreme
	2. Next practice: Thursday, April 28—8:00pm at Rundle Academy
	3. Tournament weekend—Friday 1 game & Saturday 2 games.



CBA U15 Cobra—Practice Plan

Thursday, April 28, 2022—8:00pm

Rundle Academy

Welcome	We're getting better again tonight!
Warm-up	Janelle to do... 15 minutes while Mark is doing a L2T coach debrief
B1-E2 Progression	If you can't be pressed, you'll always do well... Reinforce Turn the Corner technique
Cobra Rebounding	2 teams—game to 11+ Rebounding Toughness!
BLOB	4 vs. man D or zone D - tough 1v1 post-up: attack the paint or kick-out Texas (or any other city name) - Attack the Rim or Look to back-side
SLOB / SLAM	FIST: post-up 1v1 or back-side kick-out UP: post player comes UP to set back screen for in-bounder backdoor layup STAGGER: post sets backscreen for in-bounder sprinting through for a staggered 3-point shot
Scrimmage	5v5 Live—Games to 3-4-5—followed by ABC Debriefs Coaches to review defensive awareness after each mini-game Start each game with an OB Play—Four (4), Texas or Sideline Explode—Explore—Execute awareness / better Execute phase required
Shooting Competition	31 Shooting or 4 Corner Shooting, etc.
Tips Game	Would be a great game to reinforce Texas BLOB
SEC	<u>S</u> trength <u>E</u> ndurance <u>C</u> ore Janelle to do... / End of practice...
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	1. Next games: Friday, April 29—7:00pm @ HTA vs. Supreme Saturday, April 30—10:00am @ RDL vs. Saturday, April 30—6:00pm @ BCS vs.
	2. Sunday is a day of recovery
	3. Monday is p/u for perogies & cinnamon buns @ CWA at 6:00pm
	4. Next Practice is Tuesday, May 3 at 7:00pm @ PSH



CBA U15 Cobra—Practice Plan

Tuesday, May 3, 2022—7:00pm

Prolific Sports House



Welcome	Brief review from weekend SS Tournament - Pace is critical - Execution is critical
SAQ	<u>S</u> peed <u>A</u> gility <u>Q</u> uickness every rep <i>makes a difference</i> Janelle to do...
Warm-up	Janelle to do...
B1-E2 Progression	If you can't be pressed, you'll always do well... Reinforce Turn the Corner technique (again!) - defensively, sprint with dribbler & D9 - do not call for " Help! "
Post-ups	Getting a Big Seal (square to the ball—body language & body toughness) Hold your Seal Footwork (same as P7R) - use football pads to simulate contact 1v1 in the post to Dribble-At Post-up (2v2 Live)
Power Lay-up	Footwork when attacking baseline or when a tight defender is contesting the drive
Cobra Rebounding	2 teams—game to 11+ (elbow shots and 3-point shots) Rebounding Toughness!
Scrimmage	5v5 Live—Games to 3-4-5—followed by ABC Debriefs Coaches to review defensive awareness after each mini-game Variable Starts: OB's, etc. Explode—Explore—Execute awareness / better Execute phase required
Shooting Competition	31 Shooting or 4 Corner Shooting, etc.
Tips Game	Great game to reinforce Texas BLOB First game from the Elbow Next game from 3-point range
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	1.	Next game:	Wednesday, May 4—6:00pm at 7 Chiefs
	2.	Next Practice	Thursday, May 5 at 7:00pm @ PSH
	3.	Tournament:	Friday (1 game) & Saturday (2 games)



CBA U15 Cobra—Practice Plan

Thursday, May 5, 2022—8:00pm

Rundle Academy

Welcome	Tune-up for the weekend!
Warm-up	Ava to do...
B1-E2 Progression	If you can't be pressed, you'll always do well... Reinforce Turn the Corner technique & E2 Action
B1-E2 ¼ Court	B1-E2 or Dynamic 1v1 in our offense Execution Phase We are getting so much better at this...
DHO & D-A	Partner—go over Double Gap DHO & Single Gap Dribble-At Actions—retrieval 2v2 Competition—extra team at centre court to play vs. winning team Games to 2-3
3v3 Competition	Using DHO & Dribble-At Actions Post-up square to the ball Laker Cut or Replace
SLAM Review	FIST: post-up 1v1 or back-side kick-out UP: post player comes UP to set back screen for in-bounder backdoor layup STAGGER: post sets backscreen for in-bounder sprinting through for a staggered 3-point shot
Scrimmage	5v5 Live—Games to 3-4-5—followed by ABC Debriefs Coaches to review defensive awareness after each mini-game Explode—Explore—Execute awareness / better Execute phase required
Shooting Competition	31 Shooting, 4 Corner Shooting or Tips
SEC	<u>S</u> trength <u>E</u> ndurance <u>C</u> ore TBA
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	1.	Next games:	Friday, May 6—5:30pm @ CWA vs. HoopStrength Saturday, May 7—12:30pm @ CWA vs. Lethbridge Saturday, May 7—6:30pm @ CWS vs. Championship Game
	2.	Sunday	Day of Recovery
	3.	Next Practice	Tuesday, May 10 at 7:00pm @ PSH



CBA U15 Cobra—Practice Plan

Tuesday, May 10, 2022—7:00pm

Prolific Sports House

Welcome	Brief review from weekend SO Tournament - Pace worked really well for us - We need a couple of “Go to’s” now
SAQ	<u>S</u> peed <u>A</u> gility <u>Q</u> uickness every rep <i>makes a difference</i> Janelle to do...
Warm-up	Janelle to do...
B1-E2 Progression	If you can’t be pressed, you’ll always do well... We must continue to improve at B1-E2 Reinforce Turn the Corner technique (again!) - defensively, sprint with dribbler & D9 - do not call for “Help!” / Sprint back & recover—tap the ball from behind
B1 from Top	Beginnings of 4 Down 1v1 cutthroat with a live dribble and with a ‘checked ball’ Could do 1v1 on all 4 side hoops—players at centre court waiting for winners—Games to 1
Phoenix	Dribble to left wing, high post to set a ball screen for the ball handler Start 2v0 then compete 2v2 at the main hoops Games to 2-3 with an extra team waiting at centre court
Teach 4 Down	5v0 with down screens for shooters Live 5v5, from 2 Series (2-4), from sideline (SLAM)
Teach Phoenix	5v0—PnR (pick and roll) with staggered screen for a shooter Live 5v5 / Shooting drill: 3 players with 2 passers (3 shots taken)
Scrimmage	5v5 Live—Games to 3-4-5—followed by ABC Debriefs Coaches to review defensive awareness after each mini-game Variable Starts: OB’s, etc. Explode—Explore—Execute awareness / better Execute phase required
Shooting Competition	31 Shooting, 4 Corner Shooting, half-court partner competition, etc.
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	1.	Next Practice	Thursday, May 12 at 8:00pm @ Rundle
	2.	Next Practice	Tuesday, May 17 at 7:00pm @ PSH
	3.	Next Game:	Wednesday vs. Develop @ 6:10pm @ Seton YMCA



CBA U15 Cobra—Practice Plan

Thursday, May 12, 2022—8:00pm

Rundle Academy

Welcome	Tune-up—especially 4 Down & Phoenix Execution
Warm-up	Janelle to do...
B1-E2 Progression	If you can't be pressed, you'll always do well... We must continue to improve at B1-E2 Reinforce Turn the Corner technique (again!) - defensively, sprint with dribbler & D9 - do not call for "Help!" / Sprint back & recover— <u>tap the ball from behind</u>
B1 from Top	4 Down with a 'live dribble' and with a 'checked ball' May do 1v1 on side hoops—players at centre court waiting for winners—games to 1
PnR on Left Side	Phoenix Dribble to left wing, high post to set a ball screen for the ball handler Start 2v0 then compete 2v2 at the main hoops Games to 2-3 with an extra team waiting at centre court
Cycles	4 Down Phoenix 2 Series Default Actions (1)
Scrimmage	5v5 Live—Games to 3-4-5—followed by ABC Debriefs Coaches to review defensive awareness after each mini-game Coaches to review Quick Hits & Actions
Shooting Competition	31 Shooting, 4 Corner Shooting or Tips
SEC	<u>S</u> trength <u>E</u> ndurance <u>C</u> ore Janelle to do...
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	1.	Next Practice	Tuesday, May 17 at 7:00pm @ PSH
	2.	Next Game:	Wednesday vs. Develop @ 6:10pm @ Seton YMCA
	3.	Kelowna:	No Practice on Thursday, May 19 th



CBA U15 Cobra—Practice Plan

Tuesday, May 17, 2022—7:00pm

Prolific Sports House

Welcome

Today's focus will be: 4 Down & Phoenix + Trapping Defenses

We're getting there—we're getting closer to establishing a successful *Style of Play*

SAQ

Speed Agility Quickness | every rep *makes a difference*

Janelle to do...

Warm-up

Janelle to do... (Shooting)

B1-E2 Progression

B1 with some pizzazz—shake & bake—execute your B1 skills with a little attitude

Cycles

4 Down

Phoenix

2 Series (2)

Default Actions (1)

Multiple Actions—Combo & GDP

Trapping Defenses

Full Court = *Florida*

Three Quarter Court = *Tennessee*

Half Court = *Hawaii*

One Quarter Court = *Oklahoma*

Scrimmage

5v5 Live—Games to 3-4-5—followed by ABC Debriefs

Coaches to review offensive effectiveness

Coaches to review defensive traps

Explode—Explore—Execute awareness—this is the foundation of our *Style of Play*

Shooting Competition

31 Shooting, 4 Corner Shooting, half-court partner competition, etc.

Cool Down

Cool Down - Gym Walk—ABC Debrief by Players

Conclusion

Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes

1. Next Game: Wednesday vs. Develop—6:10pm @ Seton YMCA
2. Kelowna: Games times are not yet confirmed
Could be as early as Friday @ 3:00pm
Current schedule is: 3 games on Saturday & 1 game on Sunday
Trying for: 1-2-1 (Fri-Sat-Sun) / might be 2-2 (Sat-Sun)
Likely the 3 games on Saturday will be rescheduled for sure



CBA U15 Cobra—Practice Plan

Tuesday, May 24, 2022—7:00pm

Prolific Sports House

Welcome	Today's focus will be: Shooting, post O & D, footwork, shell drill—jump to the ball & bump the cutter We're getting there—our win/loss wasn't admirable on the weekend but our win/learn was fantastic
SAQ	<u>S</u> peed <u>A</u> gility <u>Q</u> uickness every rep <i>makes a difference</i> Janelle to do...
Warm-up	Janelle to do... (Shooting)
Shooting Form	Start close to basket—work your way out with a partner—2 misses in-a-row & switch (10 shots max)
B1 from the Top (4 Down)	1v1 Live from the top—get to the rim/paint as quick and as strong as you can Be efficient; Be tough; Attack with a Purpose
2v2 Live	Phoenix PnR
3v3 Live	Phoenix; Combo; GDP; all other Actions
Shell Drill	Jump to the pass; bump the cutter; no face cuts; stop the drive X O X Drill (TBA)
4v4 Live	Full court games to 3 All of our Actions and Looks can be done in a 4v4 format
Shooting Competition	31 Shooting, 4 Corner Shooting, half-court partner competition, etc.
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	1. Next Game: Wednesday vs. GEN Black—8:00pm @ Seton YMCA
	2. Thursday: Practice at Rundle Academy
	3. Weekend Off



CBA U15 Cobra—Practice Plan

Thursday, May 26, 2022—8:00pm

Rundle Academy

Welcome	Shooting Practice & more...
Warm-up	Janelle to do...
Shooting Form	
Shooting Footwork	Ball-1-2 (cross step); 1-2 (cross step); 1-2-3 (go step); step-backs; <i>P7R</i>
Free Throws	<i>Individual Free Throws</i> with a partner followed by <i>Team Free Throws</i> with sprints on a miss Free Throw Boxing <i>OUT—OUT—OUT</i>
Shooting Competition	TBD
Bump the Cutter	prevent the face-cut / attitude on Defense
Post Defense	$\frac{3}{4}$ Front
X O X Drill	Stop the Drive
Hunt the Paint	2-foot landing & <i>READ the D</i> Offensive players to <i>Open the Window</i> - Dot the I / relocate
2v2 Live	PnR; Regular Actions; 4 Down; <i>Hunt the Paint</i>
SEC	<u>S</u> trength <u>E</u> ndurance <u>C</u> ore Janelle to do...
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	1.	Next Game	Tuesday, May 31 vs. Supreme at 8:00pm @ 7 Chiefs
	2.	Next Game:	Wednesday, June 1 vs. Genesis Blue @ 6:10pm @ 7 Chiefs
	3.	Next Practice:	TBA
	4.	Tournament:	June 3 & 4 / U17 B Division



CBA U15 Cobra—Practice Plan

Thursday, June 2, 2022—7:00pm

STEM Innovation

Welcome

Warm-up

Shooting Form

Post Footwork

Footwork & Finishes

Free Throws

Individual Free Throws with a partner followed by *Team Free Throws* with sprints on a miss
Free Throw Boxing **OUT—OUT—OUT**

Shooting Competition

TBD

Hunt the Paint

2v2 Live—both hoops
2-foot landing & **READ the D**
Offensive players to **Open the Window**
- Dot the I or relocate

Bump the Cutter

prevent the face-cut / attitude on Defense

Post Defense

$\frac{3}{4}$ Front

X O X Drill

Stop the Drive

SEC

Strength Endurance Core
TBA

Cool Down

Cool Down - Gym Walk—ABC Debrief by Players

Conclusion

Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes

1. Tournament: June 3 & 4 / U17 B Division
Games: Friday at 5:30pm at CCS (Calgary Central Sportsplex)
Saturday at 11:00am at CCS (Calgary Central Sportsplex)
Followed by 3v3, 2v2, 1v1
2. Next Practice: Tuesday, June 7
3. Next Games: Wednesday, June 8
Thursday, June 9
4. Next Tourney: June 10 & 11—CMBA ACC playoffs



CBA U15 Cobra—Practice Plan

Tuesday, June 7, 2022—7:00pm

Prolific Sports House

Welcome	Today's focus is to clean up a couple of areas & shoot the ball
SAQ	<u>S</u> peed <u>A</u> gility <u>Q</u> uickness every rep <i>makes a difference</i> Janelle to do...
Warm-up	Janelle to do... (Shooting)
Shooting Form	Start close to basket—work your way out with a partner—2 misses in-a-row = switch
Shooting Comp	make 1 layup, make 1 mid-range, make 1 three = WIN - do 3-4 times Next, make 1 three, make 1 mid-range, make 1 layup = WIN - do 3-4 times
X O X Drill	<i>Stop the Drive</i> & Trace the Ball (Mirror the Ball) & <i>Touch a Pass</i>
Shell Drill	<i>Help on the First Dribble</i> Help not required if guarding a 3 Point Shooter <i>Bump the Cutter</i> (Jump to the Pass/Ball) No more Face Cuts
BLOB's	#2: Up Screen followed by a <i>second</i> (2) diagonal screen = screen the screener #3 Person throwing in the ball takes a <i>3 Point Shot</i> (3) off of a low post screen
5v5 Live	Start with a BLOB : 2, 3, 4, Texas or a SLAM : Fist, Up, Stagger Full Court Defense: <i>send the dribbler where you want the dribbler to go</i> (D9 or Sideline) <i>Trap the Dribbler</i> in the <i>Coffin Corner</i> if the opportunity presents itself (make a read)
Shooting Competition	31 Shooting & 6 Spot Shooting (6 spots mod-range and 6 spots from 3)
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	1. Next Game: Wednesday vs. Develop—6:10pm @ Seton YMCA
	2. Thursday: Practice at STEM
	3. ACC Playoff: 3 Games this Weekend



CBA U15 Cobra—Practice Plan

Thursday, June 9, 2022—7:00pm

STEM Innovation Academy

Welcome	Today's focus is to review Tuesdays activities, review BLOBS's & SLOB's & add new BLOB #3 Every Activity is to be shortened—short & sweet approach
Warm-up	Janelle to do... (w/ Shooting)
Shooting Comp	make 1 layup, make 1 mid-range, make 1 three = WIN - do 3-4 times Next, make 1 three, make 1 mid-range, make 1 layup = WIN - do 3-4 times
X O X Drill	Stop the Drive & Trace the Ball (Mirror the Ball) & Touch a Pass
Shell Drill	Bump the Cutter (Jump to the Pass/Ball) No more Face Cuts Help on the First Dribble & ROTATE Help not required if guarding a 3 Point Shooter
BLOB's	#2: Up Screen followed by a second (2) diagonal screen = screen the screener #3 Person throwing in the ball takes a 3 Point Shot (3) off of a low post screen
SLAM Review	Up, Stagger & Fist
5v5 Live	Start with a BLOB : 2, 3, 4, Texas or a SLAM : Fist, Up, Stagger Full Court Defense: send the dribbler where you want the dribbler to go (D9 or Sideline) Trap the Dribbler in the Coffin Corner if the opportunity presents itself (make a read)
Shooting Competition	31 Shooting & 6 Spot Shooting (6 spots mod-range and 6 spots from 3)
SEC	<u>S</u> trength <u>E</u> ndurance <u>C</u> ore every rep makes a difference Janelle to do...
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes

1. ACC Playoffs: Friday at 5:30pm
Saturday at 2:45pm
Saturday at 6:00pm

Who + Why = What + How

Most coaches teach **What** to do...
Advanced coaches teach **How** to do it...
The next level coach also teaches **Why** they are doing what they're doing...
The highest-level coach teaches match-ups and also focus on **Who** is best in specific situations...



CBA U15 Cobra—Practice Plan

Tuesday, June 14, 2022—7:00pm

Prolific Sports House



Welcome	Today's focus is Offensive review and Shooting
SAQ	<u>S</u> peed <u>A</u> gility <u>Q</u> ickness every rep <i>makes a difference</i> Janelle to do...
Warm-up	Janelle to do... (Shooting)
Shooting Form	Start close to basket—work your way out with a partner—2 misses in-a-row = switch
Shooting Comp	make 1 layup, make 1 mid-range, make 1 three = WIN - do 3-4 times Next, make 1 three, make 1 mid-range, make 1 layup = WIN - do 3-4 times
Pace Layups	Rebound, Dribble, Headman to Layup
1 Pass, Long Pass	Pace & Layups—timed
Actions Review	Groups of 3 Players Review all of our Actions - passing actions, dribble-at actions, hand-offs, DHO, combo, GDP
3v3 Live	Use all our Items
Quick Hit Review	Phoenix & 4 Down <i>- do we add Curry now?</i>
5v5 Live	Actions & Quick Hits
BLOB's & SLAM	#2 Up Screen followed by a <i>second</i> (2) diagonal screen = screen the screener #3 Person throwing in the ball takes a <i>3 Point Shot</i> (3) off of a low post screen #4 4 on the baseline
SLAM	Fist Up Stagger
Shooting Competition	31 Shooting & 6 Spot Shooting (6 spots mid-range and 6 spots from 3)
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	1. Next Game: Thursday vs. Foundations—6:50pm @ GCA
	2. Next Game: Tuesday vs. OBA Rockies U15—7:00pm @ PSH
	3. Next Practice: Thursday, June 23—7:00pm @ PSH



CBA U15 Cobra—Practice Plan

Thursday, June 23, 2022—7:00pm

Prolific Sports House

Welcome	Today's focus is to Review & Build
Warm-up	Janelle to do... (w/ Shooting)
Shooting Comp	make 1 layup, make 1 mid-range, make 1 three = WIN - do 3-4 times Next, make 1 three, make 1 mid-range, make 1 layup = WIN - do 3-4 times
X O X Drill	Stop the Drive & Trace the Ball (Mirror the Ball) & Touch a Pass
Pace Layups	Rebound, Dribble, Headman to Layup
1 Pass, Long Pass	Pace & Layups—timed
Shell Drill	Bump the Cutter (Jump to the Pass/Ball) No more Face Cuts Help on the First Dribble & ROTATE Help not required if guarding a 3 Point Shooter
BLOB's	#2: Up Screen followed by a second (2) diagonal screen = screen the screener #3 Person throwing in the ball takes a 3 Point Shot (3) off of a low post screen
SLAM Review	Up, Stagger & Fist
Jump Ball	Offensive & Defensive
5v5 or 3v3 Live	Offensive Emphasis: variety of Actions Defensive Emphasis: Stop the Drive & Help on the 1 st Dribble
Shooting Competition	31 Shooting & 6 Spot Shooting (6 spots mod-range and 6 spots from 3)
SEC	<u>S</u> trength <u>E</u> ndurance <u>C</u> ore every rep makes a difference Janelle to do...
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes Practices next week = Monday, Tuesday, Wednesday
6:30pm, 7:00pm, 6:30pm / STEM, PSH, STEM

Who + Why = What + How Most coaches teach **What** to do...
Advanced coaches teach **How** to do it...
The next level coach also teaches **Why** they are doing what they're doing...
The highest-level coach teaches match-ups and also focus on **Who** is best in specific situations...



CBA U15 Cobra—Practice Plan

Monday, June 27, 2022—6:30pm

STEM

Welcome

Today's focus is Athletic Development, Shooting, Actions & Review
- need to include Jump Ball

SAQ

Speed Agility Quickness | every rep *makes a difference*
Janelle to do for **30 minutes today...**

Warm-up

Janelle to do... (Shooting)

Shooting Form

Start close to basket—work your way out with a partner—2 misses in-a-row = switch

Shooting Drills

1. make 1 layup, make 1 mid-range, make 1 three = WIN
- do 3-4 times
next, make 1 three, make 1 mid-range, make 1 layup = WIN
- do 3-4 times
2. Phoenix Shooting (3 basketballs)
3. Half-court Partner Shooting (competition)
4. 4 Corner Shooting (competition—need 8 players)
5. 5 Ball Shooting (need 7 players—timed)
6. Pace Layups (rebound, dribble, headman to layup)
7. 1 Pass, Long Pass (Rebound, Outlet, Curl—33 seconds)

Actions Review

Partners Review followed by Teams of 3 Players
Review all of our Actions
- passing actions, dribble-at actions, hand-offs, DHO, combo, GDP

2v2 Live / 3v3 Live

Use all our Actions / Items

Quick Hit Review

Phoenix & 4 Down / Multiple Actions: Combo & GDP

5v5 Live

Actions & Quick Hits

BLOB's & SLAM

- #2 Up Screen followed by a **second** (2) diagonal screen = screen the screener
- #3 Person throwing in the ball takes a **3 Point Shot** (3) off of a low post screen
- #4 4 on the baseline

SLAM

Fist / Up / Stagger

Cool Down

Cool Down - Gym Walk—ABC Debrief by Players

Conclusion

Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes

1. Next Practice: Tuesday at PSH @ 7:00pm
2. Next Practice: Wednesday at STEM @ 6:30pm
3. Next Games: Friday, July 1 at Saville @ 12:30pm
Friday, July 1 at Saville @ 9:30pm



CBA U15 Cobra—Practice Plan

Tuesday, June 28, 2022—7:00pm

Prolific Sports House

Welcome	Today's focus is Athletic Development, Shooting, Actions & Review - need to include Jump Ball
Warm-up	Janelle to do... (Shooting)
Cobra Rebounding	Two Teams—games to 11 (2-3x)
Shooting Form	Start close to basket—work your way out with a partner—2 misses in-a-row = switch
Shooting Drills	<ol style="list-style-type: none">1. make 1 layup, make 1 mid-range, make 1 three = WIN - do 3-4 times next, make 1 three, make 1 mid-range, make 1 layup = WIN - do 3-4 times2. 5 Ball Shooting (need 7 players—timed)3. Pace Layups (rebound, dribble, headman to layup)4. 1 Pass, Long Pass (Rebound, Outlet, Curl—33 seconds)
Actions Review	Partners Review followed by Teams of 3 Players Review all of our Actions - passing actions, dribble-at actions, hand-offs, DHO, combo, GDP
2v2 Live / 3v3 Live	Use all our Actions / Items
Quick Hit Review	Phoenix & 4 Down / Multiple Actions: Combo & GDP
5v5 Live	Actions & Quick Hits - still need an emphasis on D9, Face Cuts and Help on the 1st Dribble
BLOB's Review	#2 Up Screen followed by a second (2) diagonal screen = screen the screener #3 Person throwing in the ball takes a 3 Point Shot (3) off of a low post screen #4 4 on the baseline
SLAM Review	Fist / Up / Stagger /// we need a name for our sideline 3 point shot with seconds remaining
Cool Down	Cool Down - Gym Walk—ABC Debrief by Players
Conclusion	Conclusion - Group Debrief with coach—at centre of gym

Post Practice Notes	1. Next Practice: Wednesday at STEM @ 6:30pm bring outdoor footwear for outdoor training
	2. Next Games: Friday, July 1 at Saville at 12:30pm Friday, July 1 at Saville at 9:30pm Saturday at 2:00pm Saturday at either 8:00pm or 9:30pm Sunday at 12:30pm