



CBA U16 Cobra—Practice Plan

Wednesday, March 22, 2023

Short Practice—6:45pm to 8:00pm

Welcome

Welcome & Introductions

Tonight's practice is b/c we obtained some gym time

We will practice next Wednesday as well—spring break for some

We will officially begin on April 3—we will practice Mondays & Wednesdays

Plus, we will enter at least 5-6 tournaments—to be determined

We're also looking in attending a Team Camp at Gonzaga from July 7-10

If there is an Alberta Club Championship, we will enter it (late June)

Warm-up Shooting

Begin practice with an up-tempo shooting drill—**Janelle**

Dynamic Warm-up

Janelle to do

Main Part

B1-E2: Beat 1 Defender / Engage a Second Defender

PACE: **Explode—Explore—Execute**

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, Attack the Paint, 3-point corner & top, free throw, mid-range

Defensive Priorities: Protect the Basket, Pressure the Ball (D21 & D9), Guard 1.5

Actions - **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

Cool Down

Cool Down

Gym Walk—ABC Debrief by Players

Conclusion

Conclusion

Group Debrief with coach—at centre of gym

Post Practice Notes

Parent/Player meeting on Wednesday, April 5th at 6:45pm at Clearwater Academy (CWA)



CBA U16 Cobra—Practice Plan

Wednesday, March 29, 2023

Short Practice—6:45pm to 8:00pm

Welcome	Welcome Back Official practices begin next week—spring break for some We will enter 6-7 tournaments—to be announced We're also looking in attending a Team Camp at Gonzaga from July 7-10 If there is an Alberta Club Championship, we will enter it (late June)
Warm-up Shooting	Begin practice with an up-tempo shooting drill— Janelle
Dynamic Warm-up	Janelle to do
Main Part	B1-E2: Beat 1 Defender / Engage a Second Defender PACE: Explode—Explore—Execute 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/fixe?) <u>Shot Priorities</u> / Shot Spectrum: Attack the Rim, Attack the Paint, 3-point corner & top, free throw, mid-range <u>Defensive Priorities</u> : Protect the Basket, Pressure the Ball (D21 & D9), Guard 1.5 Actions - 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
Hand Signals	<u>Fist</u> = set a Pick (ball screen) <u>Thumbs up</u> = DHO <u>Tap Head</u> = Post-up (likely from the dunkers spot—could be a Dribble-at as well)
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes **Yellow highlights = done last week—March 22, 2023**
Parent/Player meeting on **Wednesday, April 5th at 7:45pm** at Clearwater Academy (CWA)
Stay connected to TeamSnap—documents, availability, schedules, etc.



CBA U16 Cobra—Practice Plan

Monday, April 3, 2023

6:30pm to 8:00pm—Rundle Academy

Welcome	Welcome Back Official 1 st Practice We're looking in attending a Team Camp at Gonzaga from July 7-10
IPP Discussion	Hopefully at 6:15pm IPP Expectations
Warm-up Shooting	Begin practice with an up-tempo shooting drill— Janelle
Dynamic Warm-up	Janelle to do
Full Court B1-E2	B1-E2: Beat 1 Defender / Engage a Second Defender
Review	Actions
Defence	Go over D21, D9 & 1.5
Main Part / Cycles (Build to 5v5)	PACE: Explode—Explore—Execute 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/fixe?) <u>Shot Priorities</u> / Shot Spectrum: Attack the Rim, Attack the Paint, 3-point corner & top, free throw, mid-range <u>Defensive Priorities</u> : Protect the Basket, Pressure the Ball (D21 & D9), Guard 1.5 Actions - 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
Hand Signals	<u>Fist</u> = set a Pick (ball screen) <u>Thumbs up</u> = DHO <u>Tap Head</u> = Post-up (likely from the dunkers spot—could be a Dribble-at as well)
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes Parent/Player meeting on **Wednesday, April 5th at 7:45pm** at Clearwater Academy (CWA)
Stay connected to TeamSnap—documents, availability, schedules, etc.



CBA U16 Cobra—Practice Plan

Wednesday, April 5, 2023

8:00pm to 9:30pm—CWA

Welcome	Welcome—combined practice with U17 team (supposed to be 20 total players—11 + 9) Only combined practice of the season Our team activity level will be announced soon (post parent meeting)
IPP Reminder	Book an appointment with Janelle and I starting next week
Warm-up Shooting	Begin practice with an up-tempo shooting drill— Janelle
Dynamic Warm-up	Janelle to do
Full Court B1-E2	Partner with a player from U17 B1-E2: Beat 1 Defender / Engage a Second Defender Build from 1v1, 2v2, 3v3, 4v4
5v0 Transition	Layup; Trailer 3; Rim Runner (RR); RR to corner 3; RR to Trail 3 Stop at far end
Review	Actions—players from each team to review (4 total groups—2 groups per team)
Main Part / Cycles (Build to 5v5)	PACE: Explode—Explore—Execute (use Actions in Execute phase) 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?) Pre-brief: before each scrimmage (games to 3) <u>Shot Priorities</u> / Shot Spectrum: Attack the Rim, Attack the Paint, 3-point corner & top, free throw, mid-range <u>Defensive Priorities</u> : Protect the Basket, Pressure the Ball (D21 & D9), Guard 1.5 Actions - 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
Hand Signals (still TBA)	<u>Fist</u> = set a Pick (ball screen) <u>Thumbs up</u> = DHO <u>Tap Head</u> = Post-up (likely from the dunkers spot—could be a Dribble-at as well)
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes	Book an IPP appointment for Monday and/or Tuesday beginning next week Stay connected to TeamSnap—documents, availability, schedules, etc.
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CBA U16 Cobra—Practice Plan

Monday, April 10, 2023

5:30pm to 7:00pm—MRU

Welcome	Welcome—combined practice with U17 team (supposed to be 20 total players—11 + 9)
IPP Reminder	Book an appointment with Janelle and myself IPP Meetings—only Jamie so far (Wednesday) / IPP is for PLAYER Development
Warm-up Shooting	Begin practice with an up-tempo shooting drill— Janelle
Dynamic Warm-up	Janelle to do
Full Court B1-E2	Partner with a person in a similar position B1-E2: Beat 1 Defender / Engage a Second Defender Build from 1v1, 2v2, 3v3, 4v4
5v5 Mini Games (to 3)	Emphasis on Actions & D21—D9 Defence D21 & D9 to be taught/drilled first
Full Court Pressing D	Diamond & 1 (1-2-1-1) 22 (2-2-1) - see notes
Main Part	Scrimmages using Diamond or 22 / Games to 3 or “Basket Good” commands Fall back into Man-to-Man D or 32 (3-2 ¼ Court D) Actions - 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
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes Book an IPP appointment for Wednesday and Mon/Wed next week
Stay connected to TeamSnap—documents, availability, schedules, etc.

Hand Signals Fist = set a **Pick** (ball screen)
Thumbs up = **DHO**
Tap Head = **Post-up** (likely from the dunkers spot—could be a Dribble-at as well)

Zone Press Information

1-2-1-1 Set-up

“Diamond” & 1

Full court; $\frac{3}{4}$ court; $\frac{1}{2}$ court; $\frac{1}{4}$ court

Philosophy

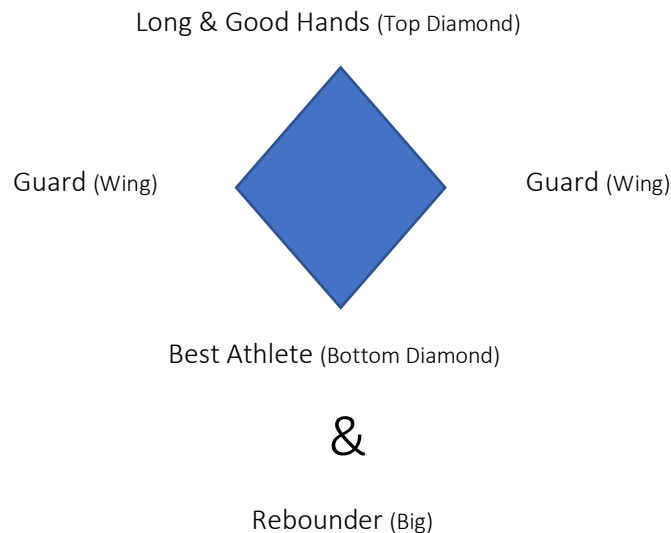
Ball in Middle = Diamond

Ball on Sideline = TRAP

TRAP occurs on the Sideline

TRAP the Pass

1. Full Court (F = FLORIDA)
 - Pressure the Inbounds Pass (Touch a Pass & Influence to Outside)
 - Immediately TRAP the Receiver (Inbounds Pass)
 - Take Sideline & Middle away (risk-reward)
 - Taking the Return Pass away is an acceptable option (higher risk)
 - Rotations to be Taught/Learned
 - Back 2 players may set-up side-by-side depending on Offensive Set and/or ball movement



2. $\frac{3}{4}$ Court (T = TEXAS)
 - Do not Pressure the Inbounds Pass
 - Top Player to Influence the Dribbler towards sideline
 - TRAP the Dribble, NOT the first Pass
 - Rotations are the same as 1. above
3. $\frac{1}{2}$ Court (H = HAWAII)
 - Top Player to Influence the Dribbler towards sideline
 - TRAP can occur in either Coffin Corner (front court or back court)
 - Take away Sideline, Return Pass and/or Middle
 - Long Pass to be Left Open (Big & Low Diamond may have to switch if ball is reversed)
 - Most Often this is **One & Done**
4. $\frac{1}{4}$ Court (O = OKLAHOMA)
 - Most often, Diamond becomes 3-2 (32)
 - 32 is best vs. a perimeter-oriented team whereas 23 is more effective vs. a better inside team
 - TRAPS can occur on the Wings or Corners
 - Very effective when ball reversal is NOT allowed
 - Best Athlete on the baseline (covers both corners)
 - Best Big stays at Home (in the middle—post defender)
 - Long-Hands on Top with Guards on the Wings

2-2-1 Set-up

“22”

Full court; $\frac{3}{4}$ court; $\frac{1}{2}$ court; $\frac{1}{4}$ court

Philosophy

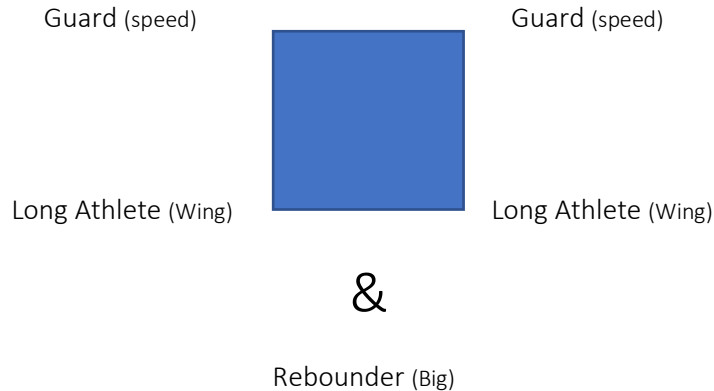
Ball in Middle = Influence to Sideline

Ball on Sideline = TRAP

TRAP occurs on the Sideline & Corners

TRAP the Dribble

1. Full Court (F = FLORIDA)
 - Allow the Inbounds Pass
 - Influence the Receiver Towards Sideline
 - Trap the Dribbler on the Sideline
 - Taking the Return Pass away is an option (higher risk)
 - Rotations to be Taught/Learned
 - Guard & Wings are interchangeable (both looks have merit)



2. $\frac{3}{4}$ Court (T = TEXAS)
 - Do not Pressure the Inbounds Pass
 - TRAP the Dribbler, NOT the first Pass
 - Influence the Receiver Towards Sideline
 - TRAP any of the 4 Corners (front court or back court)
 - Take away Sideline, Return Pass &/or Middle
 - Long Pass to be Left Open (Big & Off-side Low player may have to switch if necessary)
 - Then Rotations are the same as 1. above
3. $\frac{1}{2}$ Court (H = HAWAII)
 - Top Player to Influence the Dribbler towards Sideline
 - TRAP to occur in in the Coffin Corner (usually the O team's front court)
 - Take away Sideline, Return Pass &/or Middle
 - Long Pass to be Left Open (Big & Off-side Low player may have to switch if necessary)
 - Most Often this is a **One & Done** $\frac{1}{2}$ Court Trap
4. $\frac{1}{4}$ Court (O = OKLAHOMA)
 - Most often, 22 becomes 2-3 (23) or 3-2 (32)—we will not likely do a “22 Oklahoma”
 - 32 is best vs. a perimeter-oriented team whereas 23 is more effective vs. a better inside team
 - TRAPS can occur on the Wings or Corners
 - Very effective when ball reversal is NOT allowed
 - Best 2 Rebounders on the baseline (to also cover corners)
 - Long-Hands on Top with Guards on the Wings—best rebounders are low



CBA U16 Cobra—Practice Plan

Wednesday, April 12, 2023

6:30pm to 8:00pm—CCHS

6:15pm IPP	Jamie
Welcome	Welcome & IPP Reminder (3 being done tonight)
P7R Warm-up	Begin practice with defining P7R - see attached document
Dynamic Warm-up	Janelle to do
Retrieval D21 & D9	Players to Partner & Share - 1v1 Live: from live dribble and triple threat
Shell Drill	Closeout the Shooting Shoulder - Janelle to do - move the ball quickly
Shell Drill Live	Players to go Live after coach tosses the ball - emphasize Closeouts, D9, 1.5
Full Court Pressing D	Diamond & 1 (1-2-1-1) 22 (2-2-1) - see notes
Main Part	Scrimmages using Diamond or 22 / Games to 3 or “Basket Good” commands Fall back into Man-to-Man D (will add ¼ court Zone D later: likely 32) Actions - 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
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes Book an IPP appointment for next week (Monday)
Janelle: Do you want to conduct IPP’s on your own when I am away? If so, do 2 at a time (Rule of Two)
Stay connected to TeamSnap—documents, availability, schedules, etc.

Hand Signals Fist = set a **Pick** (ball screen)
Thumbs up = **DHO**
Tap Head = **Post-up** (likely from the dunkers spot—could be a Dribble-at as well)



CBA U16 Cobra—Practice Plan

Monday, April 17, 2023

5:30pm to 7:00pm—MRU

Welcome	Welcome & IPP Reminder (2 being done tonight, 2 being done on Wednesday)
P7R Warm-up	Begin practice with reviewing P7R (Retrieval) <ul style="list-style-type: none">- see P7R document- other P's for today: Power Layup & Pivot/Pass- include Dynamic 1v1
Dynamic Warm-up	Janelle to do
Shooting Drill	Janelle to do
1 Pass—Long Pass Drill	Full Court passing drill <ul style="list-style-type: none">- Rebound—Outlet—Curl (drill rotation)- add requirements: ball hitting the floor & timed (Janelle to do)
Press Break	Quick Inbounds; Return Pass; Middle or Sideline; Back-side Cutters (2-1-2 set-up) <ul style="list-style-type: none">- may go straight to Middle or Sideline to Back-side on inbounds pass
Main Part	Scrimmages using Diamond or 22 / Games to 3-5 Press Break to be used <ul style="list-style-type: none">- B1-E2 vs Man D / 2-1-2 vs Traps (Zone D)Fall back into Man-to-Man D (will add ¼ court Zone D later: likely 32) <p>Actions</p> <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
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym
7:00pm IPP	Sophie & Grace

Post Practice Notes Book an IPP appointment...
Stay connected to TeamSnap—documents, availability, schedules, etc.

Hand Signals Fist = set a **Pick** (ball screen)
(still TBD) Thumbs up = **DHO**
Tap Head = **Post-up** (likely from the dunkers spot—could be a Dribble-at as well)



CBA U16 Cobra—Practice Plan

Monday, April 24, 2023

5:30pm to 7:00pm—MRU

Welcome	Welcome & IPP Reminder (Who still has to do an IPP meeting?)
PIG Award	Introduce the PIG of the Game concept (Mark) PIG Presentation from last weekend's game (Janelle) PIG Presentation going forward (Janelle)
Shooting Drill	Janelle to do
Dynamic Warm-up	Janelle to do
1 Pass—Long Pass Drill	Full Court passing drill— Rebound—Outlet—Curl (drill rotation) - <u>33 seconds</u> - penalty requirements: ball hitting the floor, missed lay-ups, bad passes & timed (Janelle to do)
Press Break Review (cycles)	Quick Inbounds; Return Pass; Middle or Sideline; Back-side Cutters (2-1-2 set-up) - come back to the ball
Cycles cont'd	Press Break to Explode—Explore (Mark) / come back & Execute (Janelle) Add defenders: 3-4-5 ' numbers ' advantage = Explore / same numbers = Execute
Main Part	Scrimmages using Diamond / Games to 3-5 Press Break to be used - B1-E2 vs Man D / 2-1-2 vs Traps (Zone D) Fall back into Man-to-Man D (will add ¼ court Zone D later: likely 32) Actions - 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
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym
7:00pm IPP	Anna & Tierney

Post Practice Notes	Book an IPP appointment... Stay connected to TeamSnap—documents, availability, schedules, etc.
Hand Signals (still TBD)	<u>Fist</u> = set a Pick (ball screen) <u>Thumbs up</u> = DHO <u>Tap Head</u> = Post-up (likely from the dunkers spot—could be a Dribble-at as well)
Games this Weekend	Follow TeamSnap for the game schedule / go to TeamSnap and click on your availability
Wednesday Practice	Introduce a Zone Offence / plenty of Shooting / Out of Bounds / Jump Ball



CBA U16 Cobra—Practice Plan

Wednesday, April 26, 2023

6:30pm to 8:00pm—CCHS



6:15pm IPP	Anna & Jemaya
Welcome	Welcome & IPP Reminder (2 done tonight—Alyssa remains)
Shooting Drill	Janelle to do
Dynamic Warm-up	Janelle to do
<u>100% Effort</u>	Do not let a lack of 100% effort prevent you from reaching your potential 100% Effort at all times—do not take any plays off
1 Pass—Long Pass Drill	Full Court passing drill— Rebound—Outlet—Curl (drill rotation) - <u>33 seconds</u> / time for 32 seconds yet? - penalty requirements: ball hitting the floor, missed lay-ups, bad passes & timed (Janelle to do)
Full Court Pressing D	FLORIDA—Diamond & 1 (1-2-1-1) - Review Slides Hawaii—half court (1-2-2) - introduce slides
Out of Bounds	Baseline: 4 & 3 Sideline: Up & Down
Jump Ball	Offensive: 4 in a Box Defensive: 3 on D side with 1 Back
Mini Games to 3	Shorter games with varying focus on each mini game
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes Book an IPP appointment... **Alyssa is the only player left to schedule an IPP...**
Stay connected to TeamSnap—documents, availability, schedules, etc.

Hand Signals Fist = set a **Pick** (ball screen)
(still TBD) Thumbs up = **DHO**
 Tap Head = **Post-up** (likely from the dunkers spot—could be a Dribble-at as well)

Games this Weekend Follow TeamSnap for the game schedule / go to TeamSnap and click on your **availability**

Today's Practice Introduce a Zone Offence / plenty of Shooting / Out of Bounds / Jump Ball

Weekend Games 1 game on Friday / 2 games on Saturday / 1 game on Sunday
- go on TeamSnap to stay updated and check-off your **availability**



CBA U16 Cobra—Practice Plan

Monday, May 1, 2023

7:00pm to 8:30pm—MRU



6:15pm IPP	Alyssa
Welcome	Welcome & IPP Reminder (ALL done as of tonight)
Shooting Drill	Janelle to do
Dynamic Warm-up	Janelle to do
SAQ	Hurdles might show up...
Dinos Review	We made significant strides / I like our <i>PACE</i>
Full Court Pressing D	FLORIDA—Diamond & 1 (1-2-1-1) - Review Slides (split on back, if necessary)
Half Court Pressing D	Hawaii—half court (1-2-2) - also looks like a 3-2
Cycles	Sprint on 5-0 Execute coming back
Mini Games to 3	Shorter games with varying focus on each mini game
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes	Stay connected to TeamSnap—documents, availability, schedules, etc.
Hand Signals (still TBD)	<u>Fist</u> = set a <i>Pick</i> (ball screen) <u>Thumbs up</u> = <i>DHO</i> <u>Tap Head</u> = <i>Post-up</i> (likely from the dunkers spot—could be a Dribble-at as well)
Weekend Games	2 games on Friday / 1 game on Saturday - go on TeamSnap to stay updated and check-off your <i>availability</i>
Out of Bounds (Wed)	Baseline: 4 (Add 2 and/or 3) Sideline: Up & Down (OK)
Jump Ball (Wed)	Offensive: 4 in a Box (DONE) Defensive: 3 on D side with 1 Back (REVIEW)
Quick Hits (TBA)	Curry (yes), Phoenix, Shooter



CBA U16 Cobra—Practice Plan

Wednesday, May 3, 2023



7:00pm to 8:30pm—CCHS

Welcome	Welcome—let's get to work
Shooting Drill	Janelle to do
Dynamic Warm-up	Janelle to do
SAQ	Hurdles Day (yeah)...
Review	Groups of 3—review any and all Actions 2 Teams—review Curry, Curry Big, Curry Dribble-At
2 Series	2, 2-3, 2-4, 2-5
Full Court Pressing D Half Court Pressing D	FLORIDA—Diamond & 1 (1-2-1-1 w/ split) Hawaii—half court (1-2-2)
Cycles	Sprint on 5-0—Explode-Explore - players to choose Execute coming back - do all Actions (Janelle or players to choose)
Mini Games to 3	Shorter games with varying focus on each mini game
Shooting	31 or some other Shooting Drill
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes	Stay connected to TeamSnap—documents, availability, schedules, etc.
Hand Signals (still TBD)	<u>Fist</u> = set a Pick (ball screen) <u>Thumbs up</u> = DHO <u>Tap Head</u> = Post-up (likely from the dunkers spot—could be a Dribble-at as well)
Weekend Games	2 games on Friday / 1 game on Saturday - go on TeamSnap to stay updated and check-off your availability
Out of Bounds (Wed)	Baseline: 4 (Add 2 and/or 3) Sideline: Up & Down (OK)
Jump Ball (Wed)	Offensive: 4 in a Box (DONE) Defensive: 3 on D side with 1 Back (REVIEW)
Quick Hits (TBA)	Curry (yes), Phoenix, Shooter (not yet)



CBA U16 Cobra—Practice Plan

Monday, May 8, 2023

5:30pm to 7:00pm—MRU



Welcome	Welcome—let’s get to work defensively
Shooting Drill	Janelle to do
Dynamic Warm-up	Janelle to do
SAQ	TBA
Defensive Concepts	X O X – ball pressure (stop the drive) / Touch a Pass Cobra Rebounding Switch vs. Screens—defend the roller, stop right-hand dribble, influence left-hand dribble Post Defense—ball high = defend high / ball low = defend low or, defend post opposite of ball pressure Do not get Face Cut Guards: never allow opponents to get behind you in transition—Get Back! 1.5 = Stop the Drive & close-out with a purpose (Help & Recover)
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes Stay connected to TeamSnap—documents, availability, schedules, etc.

Hand Signals Fist = set a **Pick** (ball screen)
(still TBD) Thumbs up = **DHO**
 Tap Head = **Post-up** (likely from the dunkers spot—could be a Dribble-at as well)

Weekend Games 2 games on Saturday vs. Victoria
- go on TeamSnap to stay updated and check-off your **availability**



CBA U16 Cobra—Practice Plan

Wednesday, May 10, 2023

7:00pm to 8:30pm—CCHS



Welcome	Welcome—another <i>Defensive</i> practice
Shooting Drill	Janelle to do
Dynamic Warm-up	Janelle to do
SAQ	TBA
Defensive Concepts	X O X – ball pressure (stop the drive) / Touch a Pass (did on Monday) Cobra Rebounding (did on Monday) Switch vs. Weave on top: stop right-hand dribble, influence left-hand dribble (did on Monday) Defending Screens: switch, blitz, hard hedge Post Defense—ball high = defend high / ball low = defend low or, defend post opposite of ball pressure Do not get Face Cut (did on Monday) Guards: never allow opponents to get behind you in transition—Get Back! 1.5 = Stop the Drive & close-out with a purpose (Help & Recover) (did a bit on Monday) Close-out the Shooting Shoulder
Scrimmages	Games to 3 with a <i>Defensive</i> emphasis
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes Stay connected to TeamSnap—documents, availability, schedules, etc.

Hand Signals Fist = set a *Pick* (ball screen)
(still TBD) Thumbs up = *DHO*
 Tap Head = *Post-up* (likely from the dunkers spot—could be a Dribble-at as well)

Weekend Games 1 game on Saturday vs. Victoria
 - 9:00am | 8 players *available*
 - go on TeamSnap to stay updated and check-off your *availability*



CBA U16 Cobra—Practice Plan

Monday, May 15, 2023

5:30pm to 7:00pm—MRU

Welcome	Welcome— Review & Retrieval practice
Shooting Drill	Janelle to do
Dynamic Warm-up	Janelle to do
SAQ	Janelle to do
Defensive Concepts	<p>X O X – ball pressure (stop the drive) / Touch a Pass (review--retrieval)</p> <p>Cobra Rebounding (review--retrieval)</p> <p>Switch vs. Weave on top: stop right-hand dribble, influence left-hand dribble (review--retrieval)</p> <p>Defending Screens: switch, blitz, hard hedge (review--retrieval)</p> <p>Post Defense—ball high = defend high / ball low = defend low or, defend post opposite of ball pressure (still to do)</p> <p>Do not get Face Cut (review--retrieval)</p> <p>Guards: never allow opponents to get behind you in transition—Get Back! (review--retrieval)</p> <p>1.5 = Stop the Drive & close-out with a purpose (Help & Recover) (review--retrieval)</p> <p>Close-out the Shooting Shoulder (review--retrieval)</p>
Cycles	<p>Explode—Explore (Mark to do)</p> <p>Execute (Janelle to do)</p>
Scrimmages	<p>Games to 3-5 with an emphasis on both O & D</p> <p>Mark & Janelle can comment on both or pick O or D—focus on decision-making</p> <p>- we have plenty of looks to consider both offensively & defensively</p>
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes	Stay connected to TeamSnap—documents, availability, schedules, etc.
AAU Cards	Mark to do tonight or tomorrow—might require individual addresses (stay tuned)
Hand Signals (still TBD)	<p><u>Fist</u> = set a Pick (ball screen)</p> <p><u>Thumbs up</u> = DHO</p> <p><u>Tap Head</u> = Post-up (likely from the dunkers spot—could be a Dribble-at as well)</p>
Gonzaga Tournament	<p>Friday to Sunday—schedule TBA</p> <p>- will post on TeamSnap ASAP</p>



CBA U16 Cobra—Practice Plan

Wednesday, May 17, 2023

7:00pm to 8:30pm—CCS



Welcome	Welcome— Shooting & OB practice today
Shooting Drill	Janelle to do
Dynamic Warm-up	Janelle to do
SAQ	Janelle to do
Baseline OB	#2 (Mark to do) #3 (Mark to do) #4 (review)
Cycles	Start with OB—baseline and/or sideline (Janelle to do) Explode—Explore (Mark to do) Execute (Janelle to do)
Scrimmages	Games to 3 with an emphasis on both O & D Mark & Janelle can comment on both or pick O and/or D—focus on decision-making - we have plenty of looks to consider both offensively & defensively - 2 series, Curry (3), Combo, GDP, Actions, 1-2-3-4-5, - D screens (3), no face cuts, D safety & jam the ball, D9, close-out shooting shoulder, ball pressure,
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes	Stay connected to TeamSnap—documents, availability, schedules, etc.
AAU Cards	AAU cards are done—used zip code 90210 (Beverly Hills) \$14 pp USD
Gonzaga Tournament	Friday to Sunday—schedule has been sent - 5:15pm Friday is first game / Saturday at 12:20pm & 3:35pm / Sunday TBA - we have to drive to the Gonzaga Prep School : 1224 E. Euclid Avenue HUB Sports Center : 19619 E. Cataldo Avenue
Hand Signals (still TBD)	<u>Fist</u> = set a Pick (ball screen) <u>Thumbs up</u> = DHO <u>Tap Head</u> = Post-up (likely from the dunkers spot—could be a Dribble-at as well)



CBA U16 Cobra—Practice Plan

Monday, May 22, 2023

7:00pm to 8:30pm—MRU

Optional Practice Tonight

Welcome	Welcome— <i>Post Work & Defending Screens</i> today
Shooting Drill	Corners & Partner Shooting
Baseline OB	#2 (review) #3 (review) #4 (review)
Post D	Angles / $\frac{3}{4}$ Front / Displace
Screen D	Defending the roller/post-up Switching is fantastic / defending the roller/post-up, not so much
Post-up Looks	Dribble-At, Live Ball Screen, Fist, from Dunkers Spot Post movement on penetration
Scrimmages	Games to 3 with an emphasis on both O & D - Explode-Explore Full court to 3 then $\frac{1}{2}$ court to 3 - Execute
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes	Stay connected to TeamSnap—documents, availability, schedules, etc.
Hand Signals (still TBD)	<u>Fist</u> = set a Pick (ball screen) <u>Thumbs up</u> = DHO <u>Tap Head</u> = Post-up (likely from the dunkers spot—could be a Dribble-at as well)
Wednesday	Regular Practice at CCHS



CBA U16 Cobra—Practice Plan

Monday, May 29, 2023

7:00pm to 8:30pm—CCHS



Welcome	Welcome— <i>Post Work, Defending Screens</i> today
Shooting Drill	Janelle to do
Dynamic Warm-up	Janelle to do
SAQ	Janelle to do
Baseline OB	#2 (review—retrieval) #3 (review—retrieval) #4 (review—retrieval)
Post D	Angles / $\frac{3}{4}$ Front / Displace from the Block D9 on perimeter & $\frac{3}{4}$ Front inside
Screen D	Defending the roller/post-up Switching has been fantastic / defending the roller/post-up, not so much BIGS <i>Stay</i> on BIGS—everyone else will <i>Switch</i>
Post-up Looks	Dribble-At, Live Ball Screen, Fist, from Dunkers Spot Post movement on penetration Incorporate <i>Dunkers Spot</i> for the BIGS (Alyssa and/or Sophie)
Scrimmages	Games to 3 with an emphasis on both O & D - Explode-Explore Full court to 3 then $\frac{1}{2}$ court to 3 - Execute
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes Stay connected to TeamSnap—documents, availability, schedules, etc.

Hand Signals Fist = set a *Pick* (ball screen)
(still TBD) Thumbs up = *DHO*
 Tap Head = *Post-up* (likely from the dunkers spot—could be a Dribble-at as well)

Wednesday Regular Practice at CCHS—7:00pm to 8:30pm



CBA U16 Cobra—Practice Plan

Monday, June 5, 2023

7:00pm to 8:30pm—CCHS

Welcome	Welcome—Solid play this past weekend—Let’s keep getting better...
Intro Shooting Drills	Janelle to do
Dynamic Warm-up	Janelle to do
SAQ (TBA)	Janelle to do
Focus	Lead the runner with a pass / pass on-court, not towards the sideline One Pass, Long Pass - 30 secs (Are we ready for 30 secs?)
Defending Screens	Bigs stay with Bigs—everyone else switches - Bigs continue to Hedge / Others to Chase - jump away from the screen! Review the Blitz as another way to defend screens
Review Actions	Review with CYCLES Passing Actions (4), Dribble-At Actions (4), Hammer Screen (on back side), Single Gap, Double Gap (Vision.2), Wave Actions (GDP & Combo), Curry, Curry Big, Curry Special
Review Florida & Hawaii	Especially long sideline passes
Review D9	KYP —Know your Personnel (Teammates), Know your Plays, Know your People (Opponents)
Review Sideline ‘Special’	Shooting Drill
Sideline ‘Down’	If not there, default to ‘Up’
Scrimmages	Games to 3-5 with an emphasis on Florida, Hawaii, D9, E3, Variety of Actions, Pace
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes Stay connected to TeamSnap—documents, availability, schedules, etc.

Weekend Tournament Friday at 6:30pm vs. Sherwood Park
(all games at MRU) Saturday at 8:30am vs. CABC
 Saturday at 1:15pm vs. Rise U18

Hand Signals Fist = set a **Pick** (ball screen)
(still TBD) Thumbs up = **DHO**
 Tap Head = **Post-up** (likely from the dunkers spot—could be a Dribble-at as well)



CBA U16 Cobra—Practice Plan

Wednesday, June 7, 2023

7:00pm to 8:30pm—CCHS



Welcome	Welcome—Let's keep getting better...
Intro Shooting Drill	Janelle to do
Dynamic Warm-up	Janelle to do
SAQ (TBA)	Janelle to do
Defending Screens	<u>2v2 Live</u> Bigs stay with Bigs—everyone else switches - Bigs continue to Hedge / Others to Chase - jump away from the screen! <u>3v3 Live</u> - Review the Blitz as another way to defend screens - Help Defender(s) takes the Roller
Shooting Drills	31 (or 32), Curry Shooting (left side), Curry Shooting Hammer (right side), Combo Shooting, Sideline Special, Half Court Partner Shooting, Fill Shooting (variety of footwork), P7R Footwork
Scrimmages	Scrimmage TBA Games to 3: players to determine their emphasis
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes Stay connected to TeamSnap—documents, availability, schedules, etc.

Weekend Tournament Friday at 6:30pm vs. Sherwood Park
(all games at MRU) Saturday at 8:30am vs. CABC
 Saturday at 1:15pm vs. Rise U18

Hand Signals Fist = set a **Pick** (ball screen)
(still TBD) Thumbs up = **DHO**
 Tap Head = **Post-up** (likely from the dunkers spot—could be a Dribble-at as well)



CBA U16 Cobra—Practice Plan

Monday, June 12, 2023

7:30pm to 9:00pm—MRU

Welcome	Welcome—Let's keep getting better... Toughness chat (again)	
Intro Shooting Drill	Janelle to do	
Dynamic Warm-up	Janelle to do	
SAQ (TBA)	Janelle to do	
Shooter	Add Shooter to the Tool Box Shooter Shooting Drill	
Shooting Drill	Janelle to do (perhaps 5 Ball to get some running in—your call, though)	
Defending Screens & Hand-offs	<u>3v3.1 Live</u> - Bigs stay with Bigs—everyone else switches - Bigs continue to Hedge / Others to Chase on high side - jump away from the screen! <u>3v3.2 Live</u> - Review the Blitz as another way to defend screens - Set an immediate Trap on the ball handler - Help Defender(s) takes the Roller	
Scrimmages	Games to 3 &/or 5 - changing focus: Florida, Hawaii, O Actions, Defending Screens, etc.	
Cool Down	Cool Down	Gym Walk—ABC Debrief by Players
Conclusion	Conclusion	Group Debrief with coach—at centre of gym

Post Practice Notes Stay connected to TeamSnap—documents, availability, schedules, etc.

Weekend Off This weekend off—do some **training**
Tournament at PSH on June 23-24
Tournament in Edmonton from June 30 to July 2
Gonzaga Team Camp from July 7 to 10

Hand Signals (still TBD)
Fist = set a **Pick** (ball screen)
Thumbs up = **DHO**
Tap Head = **Post-up** (likely from the dunkers spot—could be a Dribble-at as well)

Shooting Drills 31 (or 32), Curry Shooting (left side), Curry Shooting Hammer (right side), Combo Shooting, Sideline Special, Sideline Drizzle, Half Court Partner Shooting, Fill Shooting (variety of footwork), P7R Footwork,



CBA U16 Cobra—Practice Plan

Wednesday, June 14, 2023



6:00pm to 7:30pm—MRU

Welcome	Welcome—Let's keep getting better
Intro Shooting Drill	Janelle to do
Dynamic Warm-up	Janelle to do
SAQ (TBA)	Janelle to do
Shooter Retrieval	Review Shooter (Retrieval) Shooter Shooting Drill
Cycles	Get some sprint work in - O-Actions: Passing Actions, Dribble-At Actions, Create Double Gaps - Quick Hits: Curry, Combo, GDP, Shooter Add 5 defenders
Shooting Drills	Janelle to do (perhaps 5 Ball to get some running in—your call, though) - stamina work (4-minute drill) Add a second Shooting Drill
Scrimmages	Games to 3 &/or 5 - changing focus: Florida, Hawaii, O-Actions, Defending Screens, etc.
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes Stay connected to TeamSnap—documents, availability, schedules, etc.

Weekend Off This weekend off—do some **training**
Tournament at PSH on June 23-24
Tournament in Edmonton from June 30 to July 2
Gonzaga Team Camp from July 7 to 10

Hand Signals Fist = set a **Pick** (ball screen)
(still TBD) Thumbs up = **DHO**
 Tap Head = **Post-up** (likely from the dunkers spot—could be a Dribble-at as well)

Shooting Drills 31 (or 32), Curry Shooting (left side), Curry Shooting Hammer (right side), Combo Shooting, Sideline Special, Sideline Drizzle, Half Court Partner Shooting, Fill Shooting (variety of footwork), P7R Footwork, 4 Corner Shooting, GDP Shooting,

Texas BLOB 4 players in a stack—third player to receive a Lob Pass
First player cut to corner, second player cut to other corner (or, seal Lob player's defender), back player safety



CBA U16 Cobra—Practice Plan

Monday, June 19, 2023

7:30pm to 9:00pm—MRU

Welcome	Welcome—Let's keep getting better
Intro Shooting Drill	Janelle to do
Dynamic Warm-up	Janelle to do
SAQ (TBA)	Janelle to do
Shooter Retrieval	Review Shooter (Retrieval) Shooter Shooting Drill
Cycles	Get some sprint work in / Explode-Explore variety - O-Actions: Passing Actions, Dribble-At Actions, Create Double Gaps - Quick Hits: Curry, Combo, GDP, Shooter Add 5 defenders - keep drill short & sweet / quick reps
Texas BLOB	4 players in a stack—third player to receive a Lob Pass First player cut to right corner, second player seal Lob player's defender, back player safety
Shooting Drills	Janelle to do (perhaps 5 Ball to get more running in—Janelle's call) - stamina work (4-minute drill) Add a second Shooting Drill
Scrimmages	Games to 3 &/or 5 - changing focus: Florida, Hawaii, O-Actions, Defending Screens, etc.
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes	Stay connected to TeamSnap—documents, availability, schedules, etc.
Weekend Off	This weekend—PSH Tournament Game 1: 6:15pm at CWA (Friday) vs. MV Broncos U17 Game 2: 8:00am at CWA (Saturday) vs. Cranbrook Wild Game 3: likely 1:50pm at CWA Game 4: likely 7:40pm at PSH (Championship Game)
Hand Signals (still to do)	<u>Fist</u> = set a Pick (ball screen) <u>Thumbs up</u> = DHO <u>Tap Head</u> = Post-up (likely from the dunkers spot—could be a Dribble-at as well)
Shooting Drills	31 (or 32), Curry Shooting (left side), Curry Shooting Hammer (right side), Combo Shooting, Sideline Special, Sideline Drizzle, Half Court Partner Shooting, Fill Shooting (variety of footwork), P7R Footwork, 4 Corner Shooting, GDP Shooting, Shooter Drill,



CBA U16 Cobra—Practice Plan

Wednesday, June 21, 2023

6:00pm to 7:30pm—MRU



Welcome	Welcome—Let's keep getting better
Intro Shooting Drill	Janelle to do
Dynamic Warm-up	Janelle to do
SAQ (TBA)	Janelle to do
BLOB's Retrieval	Review BLOB's (Retrieval) 2, 3, 4
Texas BLOB	4 players in a stack—third player to receive a Lob Pass First player cut to right corner, second player seal Lob player's defender, back player safety
SLOB's Retrieval	Review SLOB's (Retrieval) Up, Down, Sprinkle, Special
Shooting Drills	Janelle to do (perhaps 5 Ball to get some running in—Janelle's call) - stamina work (4-minute drill) Additional Shooting Drills (see below)
Scrimmages	Games to 3 &/or 5 - changing focus: Florida, Hawaii, O-Actions, Defending Screens, etc.
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes Stay connected to TeamSnap—documents, availability, schedules, etc.

Weekend Off This weekend—PSH Tournament
Game 1: 6:15pm at CWA (Friday) vs. MV Broncos U17
Game 2: 8:00am at CWA (Saturday) vs. Cranbrook Wild
Game 3: likely 1:50pm at CWA
Game 4: likely 7:40pm at PSH (Championship Game)

Hand Signals Fist = set a **Pick** (ball screen)
(still to do) Thumbs up = **DHO**
 Tap Head = **Post-up** (likely from the dunkers spot—could be a Dribble-at as well)

Shooting Drills 31 (or 32), Curry Shooting (left side), Curry Shooting Hammer (right side), Combo Shooting, Sideline 'Special',
Sideline Drizzle, Half Court Partner Shooting, Fill Shooting (variety of footwork), P7R Footwork, 4 Corner Shooting,
GDP Shooting, Shooter Drill, 5 Spot Shooting (6 Spot),



CBA U16 Cobra—Practice Plan

Monday, June 26, 2023

7:30pm to 9:00pm—MRU

Welcome	Welcome—Solid Style of Play this past Weekend; Fantastic Execution & Great Defence! Edmonton will be a better Test...
Intro Shooting Drill	Janelle to do
Dynamic Warm-up	Janelle to do
SAQ (TBA)	Janelle to do
One Pass, Long Pass	In keeping with our Style of Play—sprint w/ On Time & On Target Passing 32 seconds
Cycles	Get some sprint work in / Explode-Explore variety - O-Actions: Passing Actions, Dribble-At Actions, Create Double Gaps - Quick Hits: Curry (w/ various looks), Combo, GDP, Shooter Add 5 defenders - keep drill short & sweet / quick reps
SLOB's & BLOB's	We still lack consistent execution with SLOB's & BLOB's Review & Retrieval: BLOB's—2, 3, 4, Texas Review & Retrieval: SLOB's—Up, Down, Special, Drizzle
Shooting Drills	Janelle to do (perhaps 5 Ball to get more running in—Janelle's call) - stamina work (4-minute drill) Or do a different Shooting Drill
Scrimmages	Games to 3 &/or 5 - changing focus: Florida, Hawaii, O-Actions, Defending Screens, etc.
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes Stay connected to TeamSnap—documents, availability, schedules, etc.

Weekend Off This weekend—GCSO Tournament
Game 1: Friday, 12:30pm at Saville vs. GOOD Hoops
Game 2: Saturday 8:00pm at Saville vs. Never Not Good
Game 3: depends on W/L. in Pool Play
Game 4: depends on W/L. in Game 3

Hand Signals Fist = set a **Pick** (ball screen)
(still to do) Thumbs up = **DHO**
 Tap Head = **Post-up** (likely from the dunkers spot—could be a Dribble-at as well)

Shooting Drills 31 (or 32), Curry Shooting (left side), Curry Shooting Hammer (right side), Combo Shooting, Sideline Special, Sideline Drizzle, Half Court Partner Shooting, Fill Shooting (variety of footwork), P7R Footwork, 4 Corner Shooting, GDP Shooting, Shooter Drill,



CBA U16 Cobra—Practice Plan

Wednesday, June 28, 2023

8:00pm to 9:30pm—Rundle Academy

Welcome	Welcome
Intro Shooting Drill	4 Corner Shooting
Dynamic Warm-up	Pick a Player to Lead
Shooting Drills	31 (or 32), Curry Shooting (left side), Curry Shooting Hammer (right side), Combo Shooting, Sideline Special, Sideline Drizzle, Half Court Partner Shooting, Fill Shooting (variety of footwork), P7R Footwork, 4 Corner Shooting, GDP Shooting, Shooter Shooting, Spot Shooting, 5 Ball Shooting,
SLOB's & BLOB's	Review & Retrieval: BLOB's—2, 3, 4, Texas Review & Retrieval: SLOB's—Up, Down, Special, Drizzle
Scrimmages	Games to 3 &/or 5 - changing focus: Florida, Hawaii, O-Actions, Defending Screens, etc.
Free Throws	Set-up / Long Rebounders Partner Free Throw Shooting
Cool Down	Cool Down Gym Walk—ABC Debrief by Players
Conclusion	Conclusion Group Debrief with coach—at centre of gym

Post Practice Notes Stay connected to TeamSnap—documents, availability, schedules, etc.

Weekend Off This weekend—GCSO Tournament
Game 1: Friday, 12:30pm at Saville vs. GOOD Hoops
Game 2: Saturday 8:00pm at Saville vs. Never Not Good
Game 3: depends on W/L. in Pool Play
Game 4: depends on W/L. in Game 3

Hand Signals Fist = set a **Pick** (ball screen)
(still to do) Thumbs up = **DHO**
 Tap Head = **Post-up** (likely from the dunkers spot—could be a Dribble-at as well)