



Elite Academy Practice Plan
U15 / U16's Practice X: 24th June 2020, 7:00pm - 8:30pm
Practice Type: Build / Maintain / Recovery

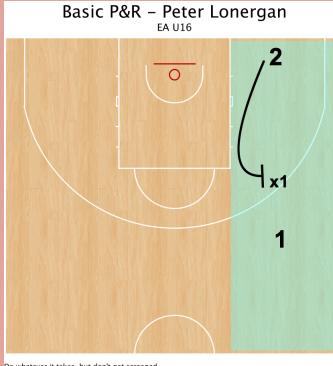
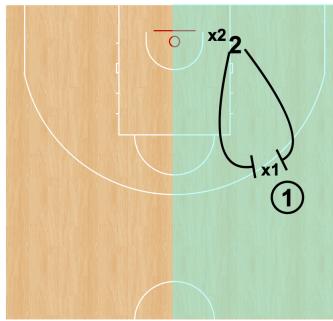


Practice Features:

1. P&R 2 way basics
2. 3v2 / 3v3

Greet every player Materials gathered
 Last review on practice plan Obstacle free court

Pre-Practice Checklist

Description and Loads	KPIs	TLC	Phase & Time
<p>Warming up - Agility</p> <p>Do whatever it takes to don't get screened.</p> <p>1) No bal - 2 comes up for a screen and X1 tries to not get screened. Switch after 3 reps.</p> <p>2) With ball - same objective</p> <p>Load D:</p> <ul style="list-style-type: none"> - Slice the hip: hand - heel - hip to fight over (bump) - Knife the shoulder - up-downwards motion <p>Don't try to get melted in the screen - with tip of your shoulder bump screeners armpit (hand - heel - hip). Go over - bump and done (get in front again)</p> <p>Load O:</p> <ul style="list-style-type: none"> - Handslap or upwards clear out <p>Try getting D to being melted in the screen. If he melts - Roll and run</p>	 <p>Basic P&R – Peter Lonergan EA U16</p> <p>Do whatever it takes, but don't get screened</p>	T	B 15 mins
<p>2v2 P&R</p> <p>O1 makes 2 scissor dribbles. On the second one O2 comes up to set the screen and play out of that.</p> <p>Screener: Fly at the feet (Traffic light: red/orange/green)</p> <p>Ballhandler:</p> <ul style="list-style-type: none"> - See : Coverage - Smart: Right decisions - Separate: Create space <p>First: No switching Play till score - if D gets the ball pass to coach</p> <p>Load:</p> <ul style="list-style-type: none"> - Trap everything (if needed teach skill of back up dribble with a cone) - Switch everything - 3v2 with 1 extra in the corner <p>Vision que: Corner - middle - Corner Corner - Check strong side corner: Empty or Loaded Middle - Check rim + Help D/second line coverage Corner - weak side corner for possible shooter</p>	 <p>Basic P&R – Peter Lonergan EA U16</p> <p>2v2 no scheme - P&R</p>	L	40 min

3v2 rescreen

- 2 sets screen in the smile
- 3 come up to the wing
- X3 avoids to get screened
- O2 loops up or slides under to rescreen

Play out of that for 3 reps

Loads:

3 options for D (each 1 should be given once) 10 second Time out to discuss that before start of reps

- 1) Stay
- 2) Switch (red)
- 3) Trap (black)

Loads:

3v3

X1 must touch block and Defend after pass to 3

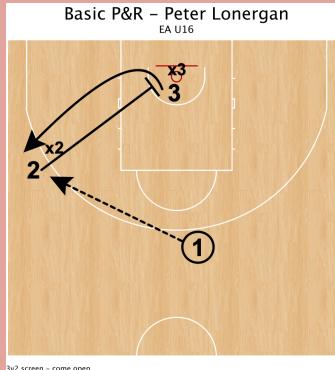
3x3

Let Defense impact where O screens by forcing him to loop up or slide under

D must know:

What is the ball handler good at and take that away by forcing him to take the other option

- Ask the players what the ball handler is good at
- Make sure that they know why we do that
- And they will come up with a how



T/C 30 mins

