

USCBC Training Plan Week 2

Warm – up: fire feet, defensive slide, v cuts, forward-slide-reverse

Fundamentals

Passing – thumbs down
 step forward
 pass on the run in front of the player

Passing drill – Star drill
 4 corner drill

Lay-up demonstration

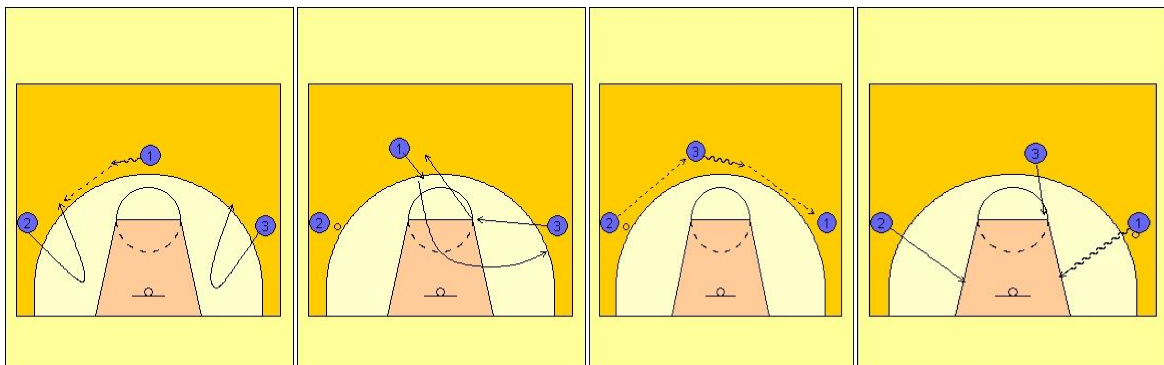
- Correct footwork (jump off “inside foot”)
- “Climb the ladder” – jump is a “high” jump, not a “long jump”
- High & soft off the backboard

Focus

U12's should not be standing still once the ball has left their hands

Introduction to Pass, cut and replace action

- Head Coach to demonstrate concept of spacing, ball movement and player movement in 3 v 0 setting
- Emphasis on high & wide spacing, firm passes and all cuts finishing at the 3-point line
- Introduction to 3 v 0 pass, cut & replace, ball reversal and penetration of the ball into the key



U14/16 Extension

Cutting/offensive breakdown stations - (4)

- Head Coach to demonstrate all concepts
- Station One: Give & go action (basket cut) – guard forward
- Station Two: Back cut for a lay-up (“dummy” denial)
- Station Three: Flash cut for a jump shot
- Station Four: 1 dribble moves from the wing off the v-cut

Finish with fun game and all hands in – pack away equipment!!