



REP Camp # 1 / Under 16/18s

Technical Program

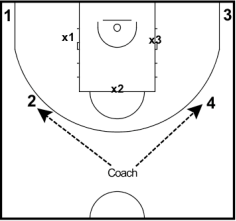
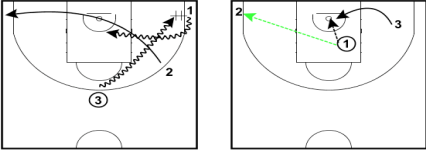


Casey Basketball



Practice Session 1– Offensive Build Up

** Emphasis of Day – 1/ Sprint Cuts 2/ Possession is KING**

Time	Activity	POE	Notes
10 1:00-1:10pm	Warm Up - TAG UP – D-Trans (Talk) - Lemanis ball handling	<ul style="list-style-type: none"> ✓ Warm Up The Mind ✓ Get Ready ✓ Communication 	
20 1.10-1:30pm	4v0 Receivers 4 on 3 Tag 	<ul style="list-style-type: none"> ✓ Aggressive to score ✓ First catch rules ✓ Drift, Diag, and Drag ✓ 2 + 2 Kill Box ✓ Ball has eyes ✓ Sprint Cuts ✓ Possession is KING ✓ 2 more than 2 inside the 3 ✓ Ball must be guarded 	New Group Every 2 Possessions Light v Dark 3 stops
15 1:30-1:45pm	Flow Build Up (DHO) 3v0 4v0 	<ul style="list-style-type: none"> ✓ Wood Chop ✓ Pivot ✓ Back Cutter / Look 2 times ✓ Opp Area ✓ Nrt Sth / Est Wst ✓ Can you score, can roller score, throw it on ✓ Sprint Cuts ✓ Possession is KING 	Light v Dark
10 1.45-1:55pm	Flow Build Up - 3 on 0 into 3 on 3 Drag - Guard, Lead Post and Reversal Post	<ul style="list-style-type: none"> ✓ Get ball to operational area – FT line and below ✓ Can you beat your man away from screen? ✓ Screener close gap on ball defender ✓ Can you score, can roller score, throw it on ✓ Sprint Cuts ✓ Possession is KING 	Light v Dark 3 stops
15 1.55-2:10pm	Flow Build Up 5 on 0 into 5 on 5 - KA Pass / Sprint Opposite - Floor Spots - Drag Screen - Lead and Reversal Post - 2 nd Side Score	<ul style="list-style-type: none"> ✓ Pass fakes, pivots and wood chops ✓ Cut late / Cut early ✓ Screening angles ✓ Big up through elbow ✓ Big down to rim ✓ Sprint Cuts ✓ Possession is KING 	NO SWITCH ON D FIGHT OVER DROPS



Practice Session 2 – Offensive Build Up
 ** Emphasis of Day – 1/ Sprint Cuts 2/ Possession is KING**

Time	Activity	POE	Notes
20 2.10-2:30pm	Press Break - 5 on 0 - Go through all roles - Smash and Punch - Punch and Pop (U14s)	<ul style="list-style-type: none"> ▪ Do your job – No shortcuts ▪ Sprint Cuts ▪ Possession is KING 	
15 2:30-2:45pm	Long Shell 2v2 4v4 5v5 - Dog / Plug - No KA - Pack Reads	<ul style="list-style-type: none"> ▪ Don't Gamble ▪ Keep 1 Way ▪ Contain 	
15 2:45-3:00pm	Play/ Scrimmage – 3 Way.	<ul style="list-style-type: none"> ▪ Floor positions ▪ Strong with the basketball ▪ Sprint Cuts ▪ Possession is KING 	