



## REP Camp # 2 / Under 16/18s

### Technical Program

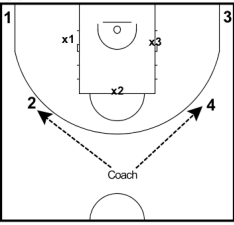
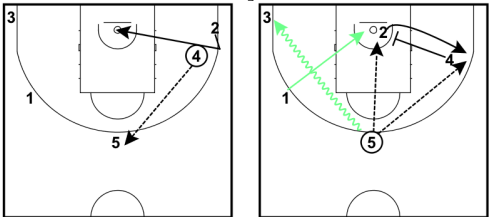


**Casey Basketball**



Practice Session 1– Offensive Build Up

\*\* Emphasis of Day – 1/ Sprint Cuts 2/ Possession is KING 3/ Floor Spots\*\*

Time	Activity	POE	Notes
15 1:00-1:15pm	Warm Up – TAG UP – D-Trans (Talk) Flow Build Up - 2 on 0 Guard, Lead Post Pocket / Lob Pass (5) - 3 on 0 Drag + Reversal Post (5)  DROPS D BUILD UP	<ul style="list-style-type: none"> <li>✓ Warm Up The Mind</li> <li>✓ Get Ready</li> <li>✓ Communication</li> <li>✓ Get ball to operational area – FT line and below</li> <li>✓ Can you beat your man away from screen?</li> <li>✓ Screener close gap on ball defender</li> <li>✓ Can you score, can roller score, throw it on</li> <li>✓ Sprint Cuts</li> <li>✓ Possession is KING</li> </ul>	
20 1.15-1:35pm	4v0 Receivers 4 on 3 Tag 	<ul style="list-style-type: none"> <li>✓ Aggressive to score</li> <li>✓ First catch rules</li> <li>✓ Drift, Diag, and Drag</li> <li>✓ 2 + 2 Kill Box</li> <li>✓ Ball has eyes</li> <li>✓ Sprint Cuts</li> <li>✓ Possession is KING</li> <li>✓ 2 more than 2 inside the 3</li> <li>✓ Ball must be guarded</li> </ul>	New Group Every 2 Possessions  Light v Dark 3 stops
15 1:35-1:50pm	Flow 2 Build Up (SBS) 3v0 4v0	<ul style="list-style-type: none"> <li>✓ Wood Chop</li> <li>✓ Pivot</li> <li>✓ Back Cutter / Look 2 times</li> <li>✓ Lift</li> <li>✓ "Swing"</li> <li>✓ Can you score, can roller score, throw it on</li> <li>✓ Sprint Cuts</li> <li>✓ Possession is KING</li> </ul>	Light v Dark
15 1.50-2:05pm	Double Back Cut "Build Up" 4v0 4v4 	If the player in the corner is denied they back cut (we don't fight pressure) The 2 <sup>nd</sup> Back Cutter puts their head under the net Player 4 will pivot and throw it back to player 5 Player 4 will now set a pin down for player 2 We are looking for the shooter of the pin or the post inside.	Light v Dark 3 stops
10 2:05-2:15pm	Flow Build Up 5 on 0 into 5 on 5 - KA Pass / Sprint Opposite - Floor Spots - Drag Screen - Lead and Reversal Post - 2 <sup>nd</sup> Side Score	<ul style="list-style-type: none"> <li>✓ Pass fakes, pivots and wood chops</li> <li>✓ Cut late / Cut early</li> <li>✓ Screening angles</li> <li>✓ Big up through elbow</li> <li>✓ Big down to rim</li> <li>✓ Sprint Cuts</li> <li>✓ Possession is KING</li> </ul>	NO SWITCH ON D FIGHT OVER DROPS



Practice Session 2 – Offensive Build Up

\*\* Emphasis of Day – 1/ Sprint Cuts 2/ Possession is KING 3/ Floor Spots\*\*

Time	Activity	POE	Notes
15 2:15-2:30pm	Post Action Build Up 4v0 4v4	<ul style="list-style-type: none"> <li>▪ Post Feeds</li> <li>▪ Speed Cut</li> <li>▪ Screen Away</li> <li>▪ Do your job – No shortcuts</li> <li>▪ Sprint Cuts</li> <li>▪ Possession is KING</li> </ul>	
15 2:30-2:45pm	Long Shell 2v2 4v4 5v5 <ul style="list-style-type: none"> <li>– Dog / Plug</li> <li>– No KA</li> <li>– Pack Reads</li> </ul>	<ul style="list-style-type: none"> <li>▪ Don't Gamble</li> <li>▪ Keep 1 Way</li> <li>▪ Contain</li> </ul>	
20 2:45-3:00pm	Play/ Scrimmage – 3 Way. Mix Boys and Girls	<ul style="list-style-type: none"> <li>▪ Floor positions</li> <li>▪ Strong with the basketball</li> <li>▪ Sprint Cuts</li> <li>▪ Possession is KING</li> </ul>	