

**K.B.G.O. PRACTICE PLANNER:**

programma 16 tot 17 jaar

Practice #:

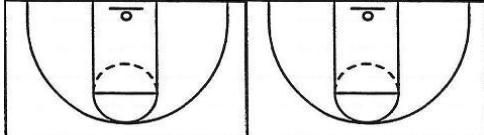
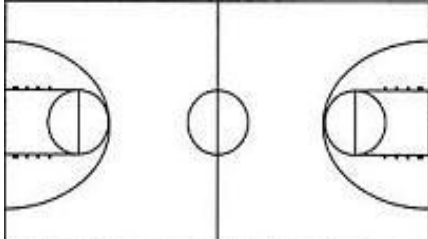
Tegenstander:

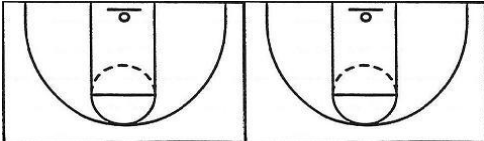
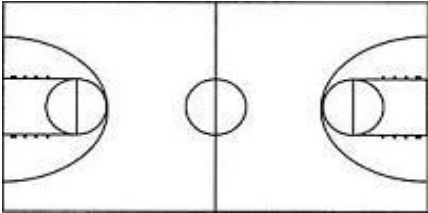
Dag:

Datum:

Werkpunten van de dag:



KEUZE THEMA	FUNDAMENTAL	DRILL	TIME
<u>DEFENSIVE FOOTWORK</u>	SPIN AROUND		
<u>FASTBREAK OFFENSE</u>	EARLY OFFENSE		
	ORGANISED BREAK SIDELINE		
<u>OFFENSIVE FOOTWORK</u>	SIKMA MOVE (post-up reverse pivot)		
<u>OFFENSIVE REBOUND</u>	PENETRATION TECHNIQUES		
<u>SCREENING</u>	BACK SCREEN		
	COMING OF SCREEN		
	COMING OF SCREEN CURL		
	COMING OF SCREEN FADE		

<p><u>SPECIAL SITUATIONS</u></p>	<p>INBOUNCE ZONE BASELINE INBOUNCE ZONE SIDELINE</p>	
<p><u>TEAM DEFENSE</u></p>	<p>DEFENSE ON SCREENS HEDGING HELP AND RECOVER JUMP SWITCH MAN TO MAN PRESS DEFENSE MATCH-UP ZONE OVER THE TOP ZONE PRESS DEFENSE</p>	

TEAM OFFENSE

DELAY GAME

MAN TO MAN OFFENSE

PRESS OFFENSE

ZONE OFFENSE

