



# 5 vs 5 PRACTICE ONE

1<sup>ST</sup> GRADE

<b>Pre Practice</b>	Talk to players, learn names, and introduce yourself to parents
<b>2-3 min</b>	<p><b>Whistle Practice:</b> Demonstrate what you want players to do when you blow the whistle and what to do with their basketball if they are holding it. It's best if the ball is put on the ground so they will not be tempted to dribble or mess with it while a coach is talking.</p> <p><b>Huddle/Timeout Practice:</b> Demonstrate how you want players to hustle over to a huddle. This is a good time to talk about running off the floor during a timeout or end of quarters during games.</p> <p>(These steps seem unnecessary to practice, but it will go a long way if you set the expectations at the very start)</p>
<b>2-3 min</b>	<p><b>Team Rules: Have fun, Do your best, Be a good team mate</b> Go over the team rules suggestions are above, but keep it simple no more than 3</p>
<b>10 min</b>	<p><b>Stationary Ball Handling (Ball Handling #1)</b></p> <ul style="list-style-type: none"> <li>- Pound it (R/L), V Bounce, M Dribble</li> </ul>
<b>10 min</b>	<p><b>Dribbling Partner Challenge (Ball Handling #4)</b></p> <ul style="list-style-type: none"> <li>- Right hand, Left hand</li> </ul>
	<p><b>Drink Break</b></p> <ul style="list-style-type: none"> <li>- Be sure to talk about expectations during drink breaks (where to put basketballs, where to get drinks, can they use the restroom)</li> </ul>
<b>5 min</b>	<p><b>Shooting on a line (Shooting #1)</b></p> <ul style="list-style-type: none"> <li>- Demonstrate shooting mechanics and have players practice while shooting on a line.</li> </ul>
<b>5 min</b>	<p><b>Shooting Progression</b></p> <ul style="list-style-type: none"> <li>- Two Hands Releases</li> <li>- Full Shots</li> </ul>
<b>5 min</b>	<b>Dog Pound (Shooting #3)</b>
<b>10 min</b>	<p><b>Jump Stops, Pivots, and Passing</b></p> <ul style="list-style-type: none"> <li>- Put players with partners on the sideline</li> <li>- Practice Jump Stops and Pivoting in place w/out a basketball first</li> <li>- Next have the first player dribble out 2 dribbles, pivot and make a bounce pass to his/her partner</li> <li>- Go on the coach's signal, then progress to have players go on their own and count how many successful passes they can make in a row.</li> <li>- End with a competition or race</li> </ul>
<b>5-10 min</b>	<b>2 Line Passing (Passing #3)</b>
<b>CLOSING</b>	<p>Review Team Rules and Skills learned</p> <p>Recognize Good Effort, Teamwork, and fun moments from first practice</p> <p>Give players ideas for skills to work on at home</p>