



5 vs 5 PRACTICE ELEVEN

1ST GRADE

Pre Practice	Check with players to see if they've been working on skills outside of practice
5 min	Dribble Zig-Zag w/ Defender (Defense #2)
5 min	Dribble Knock-out (Ball Handling #8)
	Drink Break
10 min	Partner Shooting (Shooting #8)
10 min	2 v 2 Getting Open/Protect the Paint/Boxing Out (Breakdown Drills) - Combine all three break down skills (Getting Open/Protect the Paint/Boxing Out) - Start the ball with the coach up top and play until the offense scores or the defense steals the ball
	Drink Break
20 min	Team Offense/Defense - Continue to teach the offense selected for your team - Begin to add defenders and start the offense in different situations (off of a defensive rebound, free throw situations) - Continue to work on inbounds and sideline situations for both offense and defense.
5 min	3 on 3 Get Back (Full Court Team Drills) - Place two defensive players in the paint, and 3 offensive players on the baseline. - The coach will pass the ball to an offensive player and call out a defensive players' name - The player with the ball with dribble up the floor, the defensive player whose name was called must touch the baseline before running back. - This drill is to simulate a fast break with the defense at a disadvantage.
CLOSING	Review Team Rules and Skills learned Recognize Good Effort, Teamwork, and fun moments from practice Give players ideas for skills to work on at home