



5 vs 5 PRACTICE TWO

1ST GRADE

Pre Practice	Check with players to see if they've been working on skills outside of practice
1-2 min	Review: Whistle, Team Rules, and any other key points from 1 st practice
5 min	Dribbling Partner Challenge (Ball Handling #4) <ul style="list-style-type: none"> - Right hand - Left hand
10 min	Dribble Zig Zag (Ball Handling #5) <ul style="list-style-type: none"> - Players will work on dribbling and changing directions through a zig zag pattern - Be sure to have players use the right hand when going right and the left when going left. - Have players pause to crossover (V-Bounce) to change directions
	Drink Break
5-10 min	Shooting Progression <ul style="list-style-type: none"> - Two Hand Releases - Full Shots - Dribble, Jump Stop, and Shoot from various spots
5 min	Dog Pound (Shooting #3)
5 min	Jump Stops and Pivots and Passes <ul style="list-style-type: none"> - Put players with partners on the sideline - Practice Jump Stops and Pivoting in place w/out a basketball first - Next have the first player dribble out 2 dribbles, pivot and make a bounce pass to his/her partner - 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. - End with a competition or race
5 min	Passing Duck-Duck Goose (Passing #4)
15 min	1 v 1 Get Open (Breakdown Drills- Get Open) <ul style="list-style-type: none"> - Demonstrate how to "Take Top Foot" to get open - Demonstrate how to "Go Backdoor" if over played - Use a coach as the passer first and a coach as the defender - Progress to using players as the defenders and teach how to deny a pass - Use a player as the passers as their skills progress
CLOSING	Review Team Rules and Skills learned Recognize Good Effort, Teamwork, and fun moments from first practice Give players ideas for skills to work on at home