



5 vs 5 PRACTICE THREE

1st GRADE

Pre Practice	Check with players to see if they've been working on skills outside of practice
5 min	Dribbling Partner Challenge (Ball Handling #4) - Right hand - Left hand
5 min	Dribble Zig Zag (Ball Handling #5) - 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
5 min	Belly Ball (Defensive #1)
10 min	Dribble Zig-Zag w/ Defender (Defense #2) - Add a defender to the drill that will stay in front of the offensive ball handler - Be sure the defender stays the correct distance away and cuts off the offense
	Drink Break
5-10 min	Shooting Progression - Two Hand Releases - Full Shots - Drive, finish with power layup - Drive, finish with regular layup
10 min	2 v 2 Get Open (Breakdown Drills- Get Open) - 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
15 min	Team Offense - Add defenders in situations where possible - Inbounds and Sideline Plays - Teach players a play for underneath and sideline throw ins - Teach defenders how to play in these situations
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