



# 5 vs 5 PRACTICE FOUR

1<sup>ST</sup> GRADE

<b>Pre Practice</b>	Check with players to see if they've been working on skills outside of practice
<b>5 min</b>	<b>Stationary Ball Handling (Ball Handling #1)</b> <ul style="list-style-type: none"> <li>- Pound it, V Bounce, M Dribble, In and Out</li> </ul>
<b>10 min</b>	<b>Dribble Zig Zag w/ Defender (Defense #2)</b>
	<b>Drink Break</b>
<b>10 min</b>	<b>Shooting Progression</b> <ul style="list-style-type: none"> <li>- Two Hand Releases</li> <li>- Full Shots</li> <li>- Drive, finish with power layup</li> <li>- Drive, finish with regular layup</li> </ul>
<b>10 min</b>	<b>21 Shooting (Shooting # 6)</b>
<b>10 min</b>	<b>1 v 1 Protect the Paint (Breakdown Drills Protect the Paint)</b> <ul style="list-style-type: none"> <li>- Review "Red", "Yellow", "Green" defensive positions.</li> <li>- Be sure Defense starts up in a Yellow.</li> </ul>
	<b>Drink Break</b>
<b>15 min</b>	<b>Team Offense/Defense</b> <ul style="list-style-type: none"> <li>- Continue to teach the offense selected for your team</li> <li>- Be sure to teach that offenses are used to create opportunities to score. When an opportunity arises TAKE IT.</li> <li>- Try to break down the offense in to drills that can be practiced with plenty of repetitions</li> <li>- Continue to work on inbounds and sideline situations for both offense and defense.</li> </ul>
<b>CLOSING</b>	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