



# 5 vs 5 PRACTICE FIVE

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>10 min</b>	<b>Dribble Zig Zag w/ Defender (Defense #2)</b>
<b>10 min</b>	<b>21 Shooting (Shooting # 6)</b>
	<b>Drink Break</b>
<b>10 min</b>	<b>Catch, Read, and Attack (Ball Handling #3)</b> <ul style="list-style-type: none"> <li>- Demonstrate the three positions (Red, Yellow, and Green Light) <ul style="list-style-type: none"> <li>o <b>Green Light</b>- Shoot or Dribble in and Shoot</li> <li>o <b>Red Light</b>- Step past defender and drive in for lay up</li> <li>o <b>Yellow Light</b>- Make a ball fake to draw a defender to red or green light</li> </ul> </li> </ul>
<b>10 min</b>	<b>2 v 2 Get Open (Breakdown Drills Get Open)</b> <ul style="list-style-type: none"> <li>- Start with an offensive and defensive player at the top of the key</li> <li>- Another offensive and defensive player will start on the block</li> <li>- The offensive must make at least one pass before looking to score</li> <li>- Be sure the defense starts in the correct positions</li> <li>- Be sure to switch which side of the court the offense begins on</li> <li>-</li> </ul>
	<b>Drink Break</b>
<b>20 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>- Begin to add defenders and start the offense in different situations (off of a defensive rebound, free throw situations</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 practice Give players ideas for skills to work on at home