



5 vs 5 PRACTICE SIX

1ST GRADE

Pre Practice	Check with players to see if they've been working on skills outside of practice
10 min	Dribble Zig Zag w/ Defender (Defense #2)
10 min	Make it Take it (Shooting #7)
	Drink Break
10 min	Catch, Read, and Attack (Ball Handling #3) <ul style="list-style-type: none">- Demonstrate the three positions (Red, Yellow, and Green Light)<ul style="list-style-type: none">o Green Light- Shoot or Dribble in and Shooto Red Light- Step past defender and drive in for lay upo Yellow Light- Make a ball fake to draw a defender to red or green light
10 min	2 v 2 Protect the Paint (Breakdown Drills Protect the Paint) <ul style="list-style-type: none">- Start with Coach as the Passer up top and players on the wings
	Drink Break
20 min	Team Offense/Defense <ul style="list-style-type: none">- 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.
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