



5 vs 5 PRACTICE EIGHT

1ST GRADE

Pre Practice	Check with players to see if they've been working on skills outside of practice
5 min	Stationary Ball Handling (Ball Handling #1)
5 min	Dribble Monsters (Ball Handling #7)
	Drink Break
10 min	Shooting Progression <ul style="list-style-type: none"> - Two Hand Releases - Full Shot - Shooting and Moving
5 min	Partner Shooting (Shooting #8) <ul style="list-style-type: none"> - Shot fake and drive - Finish with power layup
10 min	3 v 2 Get Open/Protect the Paint (Breakdown Drills) <ul style="list-style-type: none"> - Begin with 2 offensive and defensive players on the wing - The offense at the top of the key will start with the ball and must only pass to 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.
5 min	2-man Break (Full Court Team Drills) <ul style="list-style-type: none"> - Finish with power layups (Jump stop and jump off two feet)
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