



5 vs 5 PRACTICE NINE

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	Pac-man Dribble (Ball Handling #9)
	Drink Break
10 min	21 Shooting (Shooting #6)
5 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 Shoot o Red Light- Step past defender and drive in for lay up o Yellow Light- Make a ball fake to draw a defender to red or green light
10 min	2 v 2 Box Out (Breakdown Drills) <ul style="list-style-type: none"> - Review boxing out technique before setting up - Coach calls shot and throws the ball of the rim or backboard for players to rebound
	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