



# 5 vs 5 PRACTICE EIGHT

2<sup>nd</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>
<b>5 min</b>	<b>Dribble Monsters (Ball Handling #7)</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 Shot</li> <li>- Shooting and Moving</li> </ul>
<b>5 min</b>	<b>Partner Shooting (Shooting #8)</b> <ul style="list-style-type: none"> <li>- Shot fake and drive</li> <li>- Finish with power layup</li> </ul>
<b>10 min</b>	<b>3 v 3 Get Open/Protect the Paint (Breakdown Drills)</b> <ul style="list-style-type: none"> <li>- Combine the skills of getting open and protecting the paint in this break down drill</li> <li>- Begin with 2 offensive and defensive players on the wing, 1 offense and defense up top</li> <li>- The offense at the top of the key will start with the ball</li> <li>- The two defenders from the wing must help and recover, as the defender up top hustles to get back to his/her man.</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>5 min</b>	<b>3-man Break (Full Court Team Drills)</b> <ul style="list-style-type: none"> <li>- Finish with power layups (Jump stop and jump off two feet)</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