



# 5 vs 5 PRACTICE NINE

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>Pac-man Dribble (Ball Handling #9)</b>
	<b>Drink Break</b>
<b>10 min</b>	<b>21 Shooting (Shooting #6)</b>
<b>5 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>3 v 3 Box Out (Breakdown Drills)</b> <ul style="list-style-type: none"><li>- Review boxing out technique before setting up</li><li>- Coach calls shot and throws the ball of the rim or backboard for players to rebound</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