



# 5 vs 5 PRACTICE TWELVE

3<sup>rd</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>Dribble Zig-Zag w/ Defender (Defense #2)</b>
<b>5 min</b>	<b>Dribble Knock-out (Ball Handling #8)</b>
	<b>Drink Break</b>
<b>10 min</b>	<b>Partner Shooting (Shooting #8)</b>
<b>10 min</b>	<b>4 v 4 Defensive Shell (Breakdown Drills)</b> <ul style="list-style-type: none"><li>- Review defensive positioning relating to who has the ball (On ball, Deny, Help)</li><li>- Move the ball around working on positioning first while the defense cannot steal the pass</li><li>- Combine all three break down skills (Getting Open/Protect the Paint/Boxing Out)</li><li>- Start the ball with the coach up top and play until the offense scores or the defense steals the ball</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>4 v 4 Get Back (Full Court Team Drills)</b> <ul style="list-style-type: none"><li>- Place two defensive players in the paint, and 3 offensive players on the baseline.</li><li>- The coach will pass the ball to an offensive player and call out a defensive players' name</li><li>- The player with the ball with dribble up the floor, the defensive player whose name was called must touch the baseline before running back.</li><li>- This drill is to simulate a fast break with the defense at a disadvantage.</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