



5 vs 5 PRACTICE FOUR

3rd 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) - Pound it, V Bounce, M Dribble, In and Out
10 min	Dribble Zig Zag w/ Defender (Defense #2)
	Drink Break
10 min	Shooting Progression - Two Hand Releases - Full Shots - Drive, finish with power layup - Drive, finish with regular layup
10 min	21 Shooting (Shooting # 6)
10 min	2 v 2 Protect the Paint (Breakdown Drills Protect the Paint) - Review "Red", "Yellow", "Green" defensive positions on the ball. - Be sure Defense starts up in a Yellow. - Start with the coach up top as a passer. If the offense is stopped, have them pivot and pass back to the coach.
	Drink Break
15 min	Team Offense/Defense - Continue to teach the offense selected for your team - Be sure to teach that offenses are used to create opportunities to score. When an opportunity arises TAKE IT. - Try to break down the offense in to drills that can be practiced with plenty of repetitions - Continue to work on inbounds and sideline situations for both offense and defense.
CLOSING	Review Team Rules and Skills learned Recognize Good Effort, Teamwork, and fun moments from first practice Give players ideas for skills to work on at home