



5 vs 5 PRACTICE FIVE

3rd GRADE

Pre Practice	Check with players to see if they've been working on skills outside of practice
10 min	Dribble Zig Zag w/ Defender (Defense #2)
10 min	21 Shooting (Shooting # 6)
	Drink Break
10 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 Shooto Red Light- Step past defender and drive in for lay upo Yellow Light- Make a ball fake to draw a defender to red or green light
10 min	3 v 3 Get Open/Protect the Paint (Breakdown Drills Get Open) <ul style="list-style-type: none">- Start with an offensive and defensive player at the top of the key, and each wing- Another offensive and defensive player will start on the block- The offensive must make at least one pass before looking to score- Be sure the defense starts in the correct positions
	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.
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