



5 vs 5 PRACTICE SIX

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	Make it Take it (Shooting #7)
	Drink Break
10 min	Catch, Read, and Attack (Ball Handling #3) - Demonstrate the three positions (Red, Yellow, and Green Light) - o Green Light- Shoot or Dribble in and Shoot - o Red Light- Step past defender and drive in for lay up - o Yellow Light- Make a ball fake to draw a defender to red or green light
10 min	3 v 3 Box out (Breakdown Drills) - Review boxing out technique before setting up - Coach calls shot and throws the ball of the rim or backboard for players to rebound
	Drink Break
20 min	Team Offense/Defense - 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