



# 5 vs 5 PRACTICE SEVEN

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 Monsters (Ball Handling #7)</b>
	<b>Drink Break</b>
<b>10 min</b>	<b>Make it Take it (Shooting #7)</b>
<b>10 min</b>	<b>Partner Shooting (Shooting #8)</b>
<b>10 min</b>	<b>3 v 3 Get Open/Protect the Paint (Breakdown Drills)</b> <ul style="list-style-type: none"><li>- Combine the skills of getting open and protecting the paint in this break down drill</li><li>- Begin with 2 offensive and defensive players on the wing, 1 offense and defense up top</li><li>- The offense at the top of the key will start with the ball</li><li>- The two defenders from the wing must help and recover, as the defender up top hustles to get back to his/her man.</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>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