



5 vs 5 PRACTICE EIGHT

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)
5 min	Dribble Monsters (Ball Handling #7)
	Drink Break
10 min	Shooting Progression <ul style="list-style-type: none">- Two Hand Releases- Full Shot- Shooting and Moving
5 min	Partner Shooting (Shooting #8) <ul style="list-style-type: none">- Shot fake and drive- Finish with power layup
10 min	3 v 3 Defensive Shell (Breakdown Drills) <ul style="list-style-type: none">- Review defensive positioning relating to who has the ball (On ball, Deny, Help)- Move the ball around working on positioning first while the defense cannot steal the pass- Combine all three break down skills (Getting Open/Protect the Paint/Boxing Out)- Start the ball with the coach up top and play until the offense scores or the defense steals the ball
	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.
5 min	3 on 2 (Full Court Team Drills) <ul style="list-style-type: none">- Defense has the disadvantage and should look to score in 2 or less passes
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