



5 vs 5 PRACTICE NINE

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	Pac-man Dribble (Ball Handling #9)
	Drink Break
10 min	21 Shooting (Shooting #6)
5 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 Defensive Shell (Breakdown Drills) - 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 - 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	4 on 3 Break (Full Court Team Drills) - Offense has the advantage and should look to score in 3 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