

**PRACTICE 10****6th-7th Grade**

Pre Practice	Check with players to see if they've been working on skills outside of practice
5 min	Dribble Zig Zag (Ball Handling #5)
5 min	Dribble Zig Zag w/ a Defender <ul style="list-style-type: none"> - After a round of controlled zig-zag with the defender, allow the offense to try and get by the offense and the defense to make steals. More like 1 on1 full court.
	Drink Break
10 min	Defensive Shell (Breakdown Drills)
15 min	4 on 4 Get Open and Protect the Paint
	Drink Break
20 min	Team Offense/Defense
10 min	Press and Press Breaker
5 min	5 on 4 Fast Break (Full Court Drill #4)
15 min	Free Throw to Break <ul style="list-style-type: none"> - Scrimmage Situation: Start the play from a free throw situation - Continue for the next possession so each team plays offense and defense before stopping - Start the next possession with the opposite team shooting a free throw
CLOSING	Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills