

**PRACTICE 12****6<sup>th</sup>-7<sup>th</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>Dribbling Partner Challenge (Ball Handling #4)</b> <ul style="list-style-type: none"> <li>- Right hand</li> <li>- Left hand</li> </ul>
<b>5 min</b>	<b>21 Shooting</b> <ul style="list-style-type: none"> <li>- Players will try to be the first player to reach 21 points</li> <li>- One shooter will begin at first spot on the floor, all remaining players will begin in free throw alignment</li> <li>- The shooter will shoot once from each spot on the floor and is rewarded 1 point for each make, and 2 points for each swish.</li> <li>- If the shooter misses the remaining players will try to grab the rebound for 1 point. The rebounder must secure it with 2 hands and not travel.</li> <li>- After the shooter has 2 shots from all 5 spots, players rotate so each player has a turn to shoot.</li> </ul>
	<b>Drink Break</b>
<b>10 min</b>	<b>4 on 4 Rebounding</b> <ul style="list-style-type: none"> <li>- Same as 2 on 2 Rebounding, but add a third and fourth player and adjust the starting spots for spacing</li> </ul>
<b>10 min</b>	<b>Get Open and Protect the Paint</b>
	<b>Drink Break</b>
<b>20 min</b>	<b>Team Offense/Defense</b>
<b>10 min</b>	<b>Press and Press Breaker</b>
<b>5 min</b>	<b>5 on 4 Fast Break (Full Court Drill #4)</b>
<b>15 min</b>	<b>Free Throw and Break</b> <ul style="list-style-type: none"> <li>- Scrimmage Situation: Start the play from a free throw situation</li> <li>- Continue for the next possession so each team plays offense and defense before stopping</li> <li>- Start the next possession with the opposite team shooting a free throw</li> </ul>
<b>CLOSING</b>	Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills