

**PRACTICE 2****6th-7th Grade**

Pre Practice	Check with players to see if they've been working on skills outside of practice
5 min	Review: Whistle, Team Rules, and any other key points from 1 st practice
5 min	Dribbling Partner Challenge (Ball Handling #4) - Right hand, Left hand
5 min	Dribble Zig Zag (Ball Handling #5) - Players will work on dribbling and changing directions through a zig zag pattern - Be sure to have players use the right hand when going right and the left when going left. - Have players pause to crossover (V-Bounce) to change directions
	Drink Break
10 min	Shooting Progression - One hand Releases - Two hand Releases - Full Shot - Full Jump Shot - Moving and Shooting
10 min	21 Shooting (Shooting #6) - Players will try to be the first player to reach 21 points - One shooter will begin at first spot on the floor, all remaining players will begin inside the paint - 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. - 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. - After the shooter has 2 shots from all 5 spots, players rotate so each player has a turn to shoot.
5 min	Jump Stops and Pivots and Passes - Review from last week and add defense to the drill
	Drink Break
10 min	Take Top Foot and Going Back Door (Passing #9)
10 min	3 on 3 Get Open (Breakdown Drills)
10 min	3 man Break (Full Court Drills #3)
10 min	3 on 2 Fast Break (Full Court Drills #4)
CLOSING	Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills