



## PRACTICE 3

6<sup>th</sup>-7<sup>th</sup> Grade

Pre Practice	Check with players to see if they've been working on skills outside of practice
5 min	<b>Dribble Zig Zag (Ball Handling #5)</b> <ul style="list-style-type: none"> <li>- Players will work on dribbling and changing directions through a zig zag pattern</li> <li>- Be sure to have players use the right hand when going right and the left when going left.</li> </ul> Have players pause to crossover (V-Bounce) to change directions
10 min	<b>Belly Ball (Defense #1)</b>
10 min	<b>Dribble Zig Zag w/ a Defender</b> <ul style="list-style-type: none"> <li>- Defense may not steal the ball</li> </ul>
	<b>Drink Break</b>
10 min	<b>Shooting Progression</b> <ul style="list-style-type: none"> <li>- One hand Releases</li> <li>- Two hand Releases</li> <li>- Full Shot</li> <li>- Full Jump Shot</li> <li>- Moving and Shooting</li> </ul>
5 min	<b>21 Shooting (Shooting #6)</b>
	<b>Drink Break</b>
10 min	<b>4 on 4 Get Open (Breakdown Drills)</b>
10 min	<b>Introduce Team Offense</b> Remember these tips: <ul style="list-style-type: none"> <li>- <b>Break your offense down into small bits first!</b> Don't expect little ones to understand your whole offense - break it down into smaller chunks for them to understand.</li> <li>- <b>Have as many of your players participating as possible.</b> Break your team down into smaller groups to understand what you want them to learn - kids don't learn by standing and listening!</li> <li>- <b>Don't talk too much!</b> Remember they are young, active kids. Keep them active!</li> </ul>
10 min	<b>3 on 2 Fast Break (Full Court #4)</b>
10 min	<b>4 on 4 Get Back (Full Court #5)</b>
CLOSING	Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills