

## PRACTICE 4

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> <li>- Have players pause to crossover (V-Bounce) to change directions</li> </ul>
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>
5 min	<b>Pivot, Rip, Ball Fakes</b> <ul style="list-style-type: none"> <li>- Demonstrate to players how to use pivoting, ripping, and ball fakes to gain an advantage on offense and protect the basketball</li> </ul>
10 min	<b>Catch, Read, and Attack (Ball Handling #3)</b> <ul style="list-style-type: none"> <li>- Practice with the offense catching in Red and Green Light</li> <li>- Red: Defense is too close- Drive past and go score</li> <li>- Green: Defense is far away- Shoot or dribble closer and try to score</li> </ul>
10 min	<b>Defensive Shell (Breakdown Drills)</b>
	<b>Drink Break</b>
10 min	<b>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>Inbounds/Sideline Play</b> <ul style="list-style-type: none"> <li>- Introduce a simple Inbounds play for underneath your basket.</li> <li>- After practicing the play without defense, add defenders and instruct how to defend underneath the basket.</li> </ul>
5 min	<b>3 on 2 Fast Break (Full Court Drill #4)</b>
15 min	<b>4 on 4 Get Back (Full Court Drill #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