

**PRACTICE 5****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) <ul style="list-style-type: none"> - 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
5 min	Dribble Zig Zag w/ a Defender <ul style="list-style-type: none"> - Defense may not steal the ball
	Drink Break
5 min	Pivot, Rip, Ball Fakes
5 min	Catch, Read, and Attack (Ball Handling #3) <ul style="list-style-type: none"> - Practice with the offense catching in Red and Green Light - Red: Defense is too close- Drive past and go score - Green: Defense is far away- Shoot or dribble closer and try to score
10 min	Defensive Shell (Breakdown Drills)
	Drink Break
15 min	Team Offense/Defense <ul style="list-style-type: none"> - Work offense without defense first - Instruct defenders on positioning and seeing the ball and their man when they are added - Start from different situations that the players will see in a game. <ul style="list-style-type: none"> o From a rebound o Free Throw o Inbounds o Sideline Throw in
10 min	Press and Press Breaker <ul style="list-style-type: none"> - Introduce a press breaker and simulate the options to break a press w/out the defense - Focus on using passes, ball fakes, and trying to keep the ball out of trapping areas
5 min	3 man Break (Full Court Drill #3)
15 min	Box and Break (Full Court Drill #6)
CLOSING	Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills