

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

Pre Practice	Check with players to see if they've been working on skills outside of practice
5 min	Dribbling Partner Challenge (Ball Handling #4) <ul style="list-style-type: none"> - Right hand - Left hand
10 min	Shooting Progression <ul style="list-style-type: none"> - One hand Releases - Two hand Releases - Full Shot - Full Jump Shot - Moving and Shooting
	Drink Break
5 min	Box out <ul style="list-style-type: none"> - Demonstrate proper technique to box out on a shot <ul style="list-style-type: none"> o Step and check o Make contact o Maintain position o Go get the ball
15 min	4 on 4 Rebounding (Breakdown Drills) <ul style="list-style-type: none"> - Begin with two offensive players at the elbows and two defensive players on the block - On the pass the offense must shoot and the defense will contest the shot and box out - If the offense scores on the shot or gets an offensive rebound, they will stay as the offense - If the defense gets the rebound, they will move to offense
	Drink Break
15 min	Team Offense/Defense
10 min	Press and Press Breaker
5 min	4 on 3 Fast Break (Full Court Drill #4)
15 min	4 on 4 Get Back (Full Court Drill #5)
CLOSING	Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills