

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

Pre Practice	Check with players to see if they've been working on skills outside of practice
5 min	Defensive Trio (Defense #3) <ul style="list-style-type: none"> - Put players in groups of three as shown with the ball with the middle player - On the signal the middle player will pass to the side directed by the coach and closeout on that player. - The offensive player should catch in triple threat and use their pivot foot to move the ball around the offensive square - The defensive player will position themselves in front of the offensive at a proper distance and will mirror the basketball as the offensive player moves for around 5 seconds. - On the signal the offensive will pass across to the third player. - Rotate as follows: the player who passed becomes the defender and closes out, the receiver of the pass becomes the offensive player, the former defender replaces the spot left by the player who passed the ball.
5 min	Defensive Trio Ball-Handling (Defense #5) <ul style="list-style-type: none"> - Widen groups to the sideline and give more space in between groups - Same rotation as before, but now allow the offensive player to attempt to dribble past the defender. - The defender should try to force the offensive player to change directions or pick up his/her dribble. Don't allow stealing until players are ready for that level of play. - Once they cross the midline of the court they will pass to the next offensive player. - Be sure the defender replaces to the opposite side to maintain the rotation
	Drink Break
5 min	Catch, Read, and Attack (Ball Handling #3)
15 min	4 on 4 Protect the Paint <ul style="list-style-type: none"> - Start an offensive and defensive player at the top of the key, and 2 offensive and defensive player on the wings. - Talk to players about reading the defense to get a chance to score. - Demonstrate to the defenders the three positions "ON BALL, DENY, HELP" - Offense will try to attack w/ the dribble to get to the paint, only the player with the ball may move. After they pass they must return to the starting spot
	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	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