

**PRACTICE 9****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
10 min	Shooting Progression
	Drink Break
10 min	Defensive Shell (Breakdown Drills) <ul style="list-style-type: none"> - 2 offensive players to pass for an open shot, by cutting back door and taking top foot
10 min	50 passes <ul style="list-style-type: none"> - Divide the group into 2 teams and put 4 to 5 players on the floor - Play a game to 50 the offense gets 1 point for every pass, 5 points for a backdoor layup - If the offense dribbles it is a turnover - If they shoot a layup but miss it is a turnover - Encourage hard cuts, using the pivot foot and good ball fakes.
	Drink Break
15 min	Team Offense/Defense
10 min	Press and Press Breaker
5 min	4 on 4 Get Back (Full Court Drill #5)
15 min	Sideline to Break <ul style="list-style-type: none"> - Scrimmage Situation: Start the play from a sideline play - Continue for the next possession so each team plays offense and defense before stopping - Start the next possession with the opposite team running a sideline play
CLOSING	Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills