

**PRACTICE 10****4th – 5th 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)
5 min	Dribble Zig Zag w/ a Defender <ul style="list-style-type: none"> - After a round of controlled zig-zag with the defender, allow the offense to try and get by the offense and the defense to make steals. More like 1 on1 full court.
	Drink Break
10 min	3 on 3 Protect the Paint
10 min	3 on 2 <ul style="list-style-type: none"> - Begin with 2 offensive and defensive players on the wing. The defensive player and offensive player at the top with begin back to back at the circle. - The offensive player up top with the ball will attack on the dribble the defense whose back was to this player may enter play once he/she hears the ball bounce. - The help defenders must stop the ball and recover when starting with a disadvantage
	Drink Break
30 min	Team Offense/Defense
5 min	4 on 3 Fast Break
15 min	Box and Break
CLOSING	Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills