

**PRACTICE 11****4<sup>th</sup> – 5<sup>th</sup> Grade**

<b>Pre Practice</b>	Check with players to see if they've been working on skills outside of practice
<b>5 min</b>	<b>Dribbling Partner Challenge (Ball Handling #4)</b> <ul style="list-style-type: none"> <li>- Right hand</li> <li>- Left hand</li> </ul>
<b>5 min</b>	<b>Make it Take it (Shooting #7)</b> <ul style="list-style-type: none"> <li>- Spread out cones randomly at spots on the floor. Put players in partners on the sideline and top of the key.</li> <li>- On the signal, on partner at a time will go to a spot and shoot. If they make the shot they will get his/her rebound, pick up the cone he/she made it from and take it back to his/her starting area. If they miss, they will get the rebound and return the ball to his/her partner's turn.</li> <li>- Continue to let partners take turns shooting from the spots until they are all gone or for a time limit.</li> <li>- At the end of the game the team with the most cones wins.</li> </ul>
	<b>Drink Break</b>
<b>10 min</b>	<b>3 on 3 Rebounding</b> <ul style="list-style-type: none"> <li>- Same as 2 on 2 Rebounding, but add a third player and adjust the starting spots for spacing</li> </ul>
<b>10 min</b>	<b>3 on 2</b> <ul style="list-style-type: none"> <li>- Begin with 2 offensive and defensive players on the wing. The defensive player and offensive player at the top will begin back to back at the circle.</li> <li>- 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.</li> <li>- The help defenders must stop the ball and recover when starting with a disadvantage</li> </ul>
	<b>Drink Break</b>
<b>30 min</b>	<b>Team Offense/Defense</b>
<b>5 min</b>	<b>3 man Break (Full Court Drills #3)</b>
<b>15 min</b>	<b>5 on 5 Get Back</b> -Same as 4 on 4 get back with an extra player.
<b>CLOSING</b>	Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills