

**PRACTICE 12****4th – 5th 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
5 min	21 Shooting <ul style="list-style-type: none"> - Players will try to be the first player to reach 21 points - One shooter will begin at first spot on the floor, all remaining players will begin in free throw alignment - The shooter will shoot once from each spot on the floor and is rewarded 1 point for each make, and 2 points for each swish. - If the shooter misses the remaining players will try to grab the rebound for 1 point. The rebounder must secure it with 2 hands and not travel. - After the shooter has 2 shots from all 5 spots, players rotate so each player has a turn to shoot.
	Drink Break
10 min	3 on 3 Rebounding <ul style="list-style-type: none"> - Same as 2 on 2 Rebounding, but add a third player and adjust the starting spots for spacing
10 min	4 on 3 <ul style="list-style-type: none"> - Same as 3 on 2, but add another player and adjust for spacing - Begin the player with the ball in different locations on the court
	Drink Break
30 min	Team Offense/Defense
5 min	Full Court Layups (Full Court Drill #1)
15 min	5 on 5 Get Back
CLOSING	Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills