

**PRACTICE 2****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>Review:</b> Whistle, Team Rules, and any other key points from 1 <sup>st</sup> practice
<b>5 min</b>	<b>Dribbling Partner Challenge (Ball Handling #4)</b> - Right hand, Left hand
<b>5 min</b>	<b>Dribble Zig Zag (Ball Handling #5)</b> - 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
	<b>Drink Break</b>
<b>10 min</b>	<b>Shooting Progression</b> - One hand Releases - Two hand Releases - Full Shot - Full Jump Shot - Moving and Shooting
<b>10 min</b>	<b>21 Shooting (Shooting #6)</b> - 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 inside the paint - 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.
<b>5 min</b>	<b>Jump Stops and Pivots and Passes</b> - Review from last week and add defense to the drill
	<b>Drink Break</b>
<b>10 min</b>	<b>Take Top Foot and Going Back Door (Passing #9)</b>
<b>10 min</b>	<b>2 on 1</b> - Same drill as above but have a player start as the passer to the offense trying to get open against a defender
<b>10 min</b>	<b>Full Court Layups (Full Court Drills #1)</b>
<b>10 min</b>	<b>3 man Break (Full Court Drills #3)</b>
<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