



PRACTICE 4

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) <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	Dribble Zig Zag w/ a Defender <ul style="list-style-type: none"> - Defense may not steal the ball
	Drink Break
5 min	Pivot, Rip, Ball Fakes <ul style="list-style-type: none"> - Demonstrate to players how to use pivoting, ripping, and ball fakes to gain an advantage on offense and protect the basketball
10 min	Catch, Read, and Attack (Ball Handling #3) <ul style="list-style-type: none"> - Practice with the offense catching in Red and Green Light - Red: Defense is too close- Drive past and go score - Green: Defense is far away- Shoot or dribble closer and try to score
10 min	2 on 2 Get Open <ul style="list-style-type: none"> - Start an offensive and defensive player at the top of the key, and an offensive and defensive player on the block. - Talk to players about reading the defense to get a chance to score.
	Drink Break
10 min	Team Offense Remember these tips: <ul style="list-style-type: none"> - Break your offense down into small bits first! Don't expect little ones to understand your whole offense - break it down into smaller chunks for them to understand. - Have as many of your players participating as possible. Break your team down into smaller groups to understand what you want them to learn - kids don't learn by standing and listening! - Don't talk too much! Remember they are young, active kids. Keep them active!
10 min	Inbounds Play <ul style="list-style-type: none"> - Introduce a simple Inbounds play for underneath your basket. - After practicing the play without defense, add defenders and instruct how to defend underneath the basket.
15 min	Full Court Layups (Full Court Drills #1)
15 min	3 on 2 Fast Break <ul style="list-style-type: none"> - Set up 2 defenders at half court and 3 offensive players at $\frac{3}{4}$ court - Play one possession with the offense at an advantage emphasizing attacking and making good decision to get an easy shot
CLOSING	Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills