

**PRACTICE 5****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
5 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
5 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
25 min	Team Offense/Defense <ul style="list-style-type: none"> - Work offense without defense first - Instruct defenders on positioning and seeing the ball and their man when they are added - Start from different situations that the players will see in a game. <ul style="list-style-type: none"> o From a rebound o Free Throw o Inbounds o Sideline Throw in
5 min	3 man Break (Full Court Drill #3)
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