

PRACTICE 6**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
10 min	Shooting Progression <ul style="list-style-type: none"> - One hand Releases - Two hand Releases - Full Shot - Full Jump Shot - Moving and Shooting
	Drink Break
5 min	Box out <ul style="list-style-type: none"> - Demonstrate proper technique to box out on a shot <ul style="list-style-type: none"> o Step and check o Make contact o Maintain position o Go get the ball
15 min	2 on 2 Rebounding <ul style="list-style-type: none"> - Begin with two offensive players at the elbows and two defensive players on the block - On the pass the offense must shoot and the defense will contest the shot and box out - If the offense scores on the shot or gets an offensive rebound, they will stay as the offense - If the defense gets the rebound, they will move to offense
	Drink Break
25 min	Team Offense/Defense
5 min	3 man Break (Full Court Drills #3)
15 min	4 on 4 Get Back <ul style="list-style-type: none"> -Start with 4 offensive players on the baseline, and 4 defensive players matched up and facing them at the free throw line. -The coach will pass to one of the offensive players and they will attempt to score on the other end. -The defender who is matched up with the player that receives the pass must touch the baseline before retreating back to defend. This puts the offense at an advantage and forces the other 3 defenders to communicate and stop the offense until the 4th defender can return. - Focus on having players sprint back to the paint first, stop the ball second, and then match up with the player they would be guarding. This simulates fast transitions in games.
CLOSING	Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills