

PRACTICE 7**4th – 5th Grade**

Pre Practice	Check with players to see if they've been working on skills outside of practice
5 min	Defensive Trio (Defense #3) <ul style="list-style-type: none"> - Put players in groups of three as shown with the ball with the middle player - On the signal the middle player will pass to the side directed by the coach and closeout on that player. - The offensive player should catch in triple threat and use their pivot foot to move the ball around the offensive square - The defensive player will position themselves in front of the offensive at a proper distance and will mirror the basketball as the offensive player moves for around 5 seconds. - On the signal the offensive will pass across to the third player. - Rotate as follows: the player who passed becomes the defender and closes out, the receiver of the pass becomes the offensive player, the former defender replaces the spot left by the player who passed the ball.
5 min	Defensive Trio Ball-Handling (Defense #5) <ul style="list-style-type: none"> - Widen groups to the sideline and give more space in between groups - Same rotation as before, but now allow the offensive player to attempt to dribble past the defender. - The defender should try to force the offensive player to change directions or pick up his/her dribble. Don't allow stealing until players are ready for that level of play. - Once they cross the midline of the court they will pass to the next offensive player. - Be sure the defender replaces to the opposite side to maintain the rotation
	Drink Break
5 min	Catch, Read, and Attack (Ball Handling #3)
15 min	3 on 3 Protect the Paint <ul style="list-style-type: none"> - Start an offensive and defensive player at the top of the key, and 2 offensive and defensive player on the wings. - Talk to players about reading the defense to get a chance to score. - Demonstrate to the defenders the three positions "ON BALL, DENY, HELP" - Offense will try to attack w/ the dribble to get to the paint, only the player with the ball may move. After they pass they must return to the starting spot
	Drink Break
25 min	Team Offense/Defense
5 min	Full Court Layups
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

	<p>end.</p> <ul style="list-style-type: none"> -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	<p>Review skills learned and worked on</p> <p>Recognize good effort, team work, and fun plays to reinforce team rules</p> <p>Home work for individual skills</p>

