

**PRACTICE 8****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)
5 min	Defensive Trio Ball Handling (Defense #5)
	Drink Break
10 min	Make it Take it (Shooting #7) <ul style="list-style-type: none"> - Spread out cones randomly at spots on the floor. Put players in partners on the sideline and top of the key. - On the signal, on partner at a time will go to a spot and shoot. If they make the shot they will get his/her rebound, pick up the cone he/she made it from and take it back to his/her starting area. If they miss, they will get the rebound and return the ball to his/her partner's turn. - Continue to let partners take turns shooting from the spots until they are all gone or for a time limit. - At the end of the game the team with the most cones wins. - Variation: Have certain cones worth more points than others.
15 min	3 on 3 Get Open and Protect the Paint <ul style="list-style-type: none"> - Start an offensive and defensive player beyond top of the key, and 2 offensive and defensive player on the wings. - The offensive player at the top will start facing the goal and his/her defender will stand back to back with them. - When the offense at the top of the key dribbles toward the goal, the defense must stop the ball and recover to any pass to make a stop.
	Drink Break
25 min	Team Offense/Defense
5 min	Full Court Layups (Full Court Layups #1)
15 min	4 on 3 Fast Break
CLOSING	Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills