

**PRACTICE 9****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 | Shooting Progression |
| | Drink Break |
| 10 min | 3 on 3 Get open <ul style="list-style-type: none"> - 2 offensive players to to pass for an open shot, by cutting back door and taking top foot |
| 10 min | 50 passes <ul style="list-style-type: none"> - Divide the group into 2 teams and put 4 to 5 players on the floor - Play a game to 50 the offense gets 1 point for every pass, 5 points for a backdoor layup - If the offense dribbles it is a turnover - If they shoot a layup but miss it is a turnover - Encourage hard cuts, using the pivot foot and good ball fakes. |
| | Drink Break |
| 25 min | Team Offense/Defense |
| 5 min | 2 man Break (Full Court #2) |
| 15 min | Box and Break <ul style="list-style-type: none"> - Start a transition possession from a shot from a coach and opportunity to rebound |
| CLOSING | Review skills learned and worked on Recognize good effort, team work, and fun plays to reinforce team rules Home work for individual skills |