

**Week 5
Practice 2**

Goals: Apply skills to 3v3 games and to 5v5. Recognize and attack defense

Activity		Brief Description
1st Q	Father Judge Press Break Getting Open drills	Focus on perfect execution, pass 2 hands, catch 2 hands Review and Perfect these fundamentals
2nd Q	3v3 Games	Points per pass, One basket half and full 6 Possession
3rd Q	Rebounding, loose balls Toughness Series	Review rebounding fundamentals and drills Continue adding physical contact
4th Q	5v5 Motion 5v5 vs Even Zone 5v5 vs Odd Zone	Switch defenses and challenge team recognition and how to attack