

**Week 5  
Practice 1**

**Goals: Introduce ways to increase toughness factor. Recognize defense and attack.**

	<b>Activity</b>	<b>Brief Description</b>
<b>1<sup>st</sup> Q</b>	Penetrate and Slide Shooting  Team Shooting	2 lines on both wings  Bergy Shooting 2 Man Multi-tiered and Team Multi-tiered
<b>2<sup>nd</sup> Q</b>	Getting Open Drills  3v3	Review and Perfect the Progressions  Full Court, 6 Possession Game
<b>3<sup>rd</sup> Q</b>	Toughness Series	Series of drills to teach how to handle Physical play
<b>4<sup>th</sup> Q</b>	5v5 vs Man  5v5 vs Even Zone  5v5 vs Odd Zone	Use Motion Offense  Review Principles of Attacking Even Front  Introduce Concepts of Attacking Odd