

**Week 5  
Practice 2**

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

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