

|  |  |
| --- | --- |
| Title | **Basketball Grades 3-4** |
| Subject | Practice Plan One |
| Introduction 10 min. | Know your team / The escape game |
| 10 min | Toss & Catch drill / Smack Drill/ Tap Drill/ Waist Wrap Drill |
| 10 min  10 min. | Shooting Line Game  Teamwork Carry Drill |
| 10 min. | Coach what time is it? Game |
|  |  |
| 10 min. | Stretch and cooldown (Question & answer time on today’s practice.) |
| Activities and procedures | See video library on [www.oregonrec.recdesk.com](http://www.oregonrec.recdesk.com) for coaching tips, skill building games & drills |
| Conclusions | Let the team know when the next practice will be scheduled and end in a team huddle. |
|  |  |