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|   Title |  **Basketball Grades 3-4** |
| Subject |  **Practice Plan Ten** |
|  5 min.

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|  10 min. |
|  5 min.  |
|  5 min.  |

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| The Escape Game |
| Low, Middle, High Dribble / Walk & Dribble / Cone Dribble |
| Capture the Cones |
| 1 Step form Shooting |

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| 10 min.

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|  5 min.  10 min.    5 min.Activities and procedures Conclusions |
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 |  Fundamentals of the Drive & Kick / Drive & Kick Competition Make for a cone game 2 on 2 numbers game  Stretch and cool down (Question & answer time on today’s practice.)

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|  See video library on [www.oregonrec.recdesk.com](http://www.oregonrec.recdesk.com) for coaching tips,  skill building games & drills |
|  Let the team know when the next practice will be scheduled and  end in a team huddle.  |

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