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| Title | **Basketball Grades 3-4** |
| Subject | **Practice Plan Ten** |
| 5 min.   |  | | --- | | 10 min. | | 5 min. | | 5 min. | | |  |  | | --- | --- | | The Escape Game | | | Low, Middle, High Dribble / Walk & Dribble / Cone Dribble | | | Capture the Cones | | | 1 Step form Shooting | | |
| 10 min.   |  | | --- | | 5 min.  10 min.      5 min.  Activities and procedures  Conclusions | |  | |  | | 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.)   |  | | --- | | 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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