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| Title | **Basketball Grades 3-4** |
| Subject | **Practice Plan Eleven** |
| 5 min.   |  | | --- | | 10 min. | | 10 min. | | 10 min. | | |  |  | | --- | --- | | Freeze Tag | | | Cone Dribbling / Follow the Leader | | | Block to Block Shooting Drill / Around the World | | | Dribble, Jump top & Pass Drill / Toss & Get it Drill | | |
| 10 min.   |  | | --- | | 15 min.      5 min.    Activities and procedures  Conclusions | |  | |  | | The Backpedal, Slide & Sprint Drill / Pass & Cut Drill  Follow the leader slides drill / Dribble Relay  3 on 3 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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