

|  |  |
| --- | --- |
|   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.  |

 |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |
|  |
|  |  |