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| Title | **Basketball Grades 3-4** |
| Subject | **Practice Plan Twelve** |
| 10 min.   |  | | --- | |  | | 10 min. | | 10 min. | | |  |  | | --- | --- | | Run to that line drill / Fwd. Back Lat. March / High Knees /  Quick Feet / Side Lateral push | | | 5-5-5 creative dribbling drill | | | Creative Cone dribbling drill / Around the World | | |  | | |
| 10 min.   |  | | --- | | 15 min.    5 min.      Activities and procedures  Conclusions | |  | |  | | Shooting Line Game / Jump, Stop, Pivot, Pass drill  The Layup Bowling Game  1 on 1 numbers game  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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