

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

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