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| Title | **Basketball Grades 3-4** |
| Subject | **Practice Plan Two** |
| 10 min.   |  | | --- | |  | | 10 min.  10 min. | | 10 min. | | |  |  | | --- | --- | | Run to that line drill / Fwd, Bck, Lateral March / High Knees / Quick  Feet / Side Lateral Push drill | | | Toss & Catch Drill / Smack Drill / Tap Drill | | | Fund. of Dribbling / Low & Mid Dribble / Up or Down Game  Partner Passing / Triple Threat / Explosion Leaps | | |  | | |
| 15 min.  5 min.   |  | | --- | | Activities and procedures  Conclusions | |  | |  | | Shooting Line Game / The Red Light 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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