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|   Title |  **Basketball Grades 3-4** |
| Subject |  **Practice Plan Two** |
|  10 min.

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|   |
|  10 min. 10 min. |
|  10 min.  |

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| Run to that line drill / Fwd, Bck, Lateral March / High Knees / QuickFeet / 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 |
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| 15 min.5 min.

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|  Activities and procedures Conclusions |
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 |  Shooting Line Game / The Red Light Game Stretch and cool down (Question & answer time on today’s practice.)

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|  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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