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| Title | **Basketball Grades 3-4** |
| Subject | **Practice Plan Three** |
| 15 min.   |  | | --- | | 15 min. | | 5 min.  25 min. | |  | | |  |  | | --- | --- | | Smack Drill / Tap Drill/ Single Leg Rolls | | | Stationery Crossover / Catch with Coach | | | Perfect shot  Teamwork Carry Drill / Coach Says Drill | | |  | | |
| 5 min.   |  | | --- | | Activities and procedures  Conclusions | |  | |  | | 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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