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|   Title |  **Basketball Grades 3-4** |
| Subject |  **Practice Plan Three** |
|  15 min.

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|  15 min. |
|  5 min. 25 min. |
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| Smack Drill / Tap Drill/ Single Leg Rolls |
|  Stationery Crossover / Catch with Coach |
|  Perfect shot Teamwork Carry Drill / Coach Says Drill |
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 |
| 5 min.

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|   Activities and procedures Conclusions |
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 |  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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