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| Title | **Basketball Grades 3-4** |
| Subject | **Practice Plan Four** |
| 5 min.   |  | | --- | | 10 min. | | 15 min. | | 15 min. | | |  |  | | --- | --- | | Stationary figure 8 rolls / Moving side to side drill | | | Walk to Jog Dribble / Up or Down Game / Forward Pivot drill | | | Layup Hi Five drill / Layup Skip drill / Pass & Cut drill | | | Side Later Push / 1 on1 Numbers Game | | |
| |  | | --- | | 10 min.  5 min.  Activities and procedures  Conclusions | |  | |  | | Coach What time is it?  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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