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|   Title |  **Basketball Grades 3-4** |
| Subject |  **Practice Plan Four** |
|  5 min.

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|  10 min. |
|  15 min.  |
|  15 min.  |

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| 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  |

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|  10 min.  5 min.Activities and procedures Conclusions |
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 |   Coach What time is it? 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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