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

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

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| Freeze Tag |
| 1 hand moving rolls / Low, Middle, High Dribble / Walking Dribble |
|  Partner Passing / Catch with Coach |
|  1-step form shooting / Self Toss Rebounding  |

 |
| 5 min.

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|  15 min.   5 min.Activities and procedures Conclusions |
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 |  Give & Go Drill Dribble Freeze Tag / Make for a Cone 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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