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| Title | **Basketball Grades 3-4** |
| Subject | **Practice Plan Five** |
| 5 min.   |  | | --- | | 15 min. | | 10 min. | | 10min. | | |  |  | | --- | --- | | 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.   |  | | --- | | 15 min.    5 min.  Activities and procedures  Conclusions | |  | |  | | Give & Go Drill  Dribble Freeze Tag / Make for a Cone Game    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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