

|  |  |
| --- | --- |
| Title | **Basketball Grades 3-4** |
| Subject | **Practice Plan Six** |
| 5 min.   |  | | --- | | 10 min. | | 10 min. | | 10 min. | | |  |  | | --- | --- | | Low, Middle, High Dribble Drill | | | Cone Dribble Drill / Partner Passing Drill | | | Pass & Cut / Reverse Pivot Drill | | | Around the World / Make for a Cone Game | | |
| 5 min.   |  | | --- | | 15 min.    5 min.  Activities and procedures  Conclusions | |  | |  | | Reverse the ball Drill  1 on 1 numbers game / 2 on 2 numbers 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. | | |
|  |  | |
|  |  | |
|  |  | |
|  |  |
|  |  |
|  |  |
|  |
|  |
|  |  |