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

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

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| Low, Middle, High Dribble Drill |
| Partner Passing Drill / Pass & Cut / Reverse Pivot Drill |
| Self-toss rebounding / Around the World Game |
| Make for a Cone Game / Reverse the ball Drill |

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|  20 min.   5 min.Activities and procedures Conclusions |
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 |   1 on 1 numbers game / 2 on 2 numbers 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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