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|   Title |  **Basketball Grades 3-4** |
| Subject |  **Practice Plan Nine** |
|  10 min.

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|  5 min. |
|  10 min.  |
|  10 min.  |

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| Dribble Balance Drill /Dribble Balance Push Drill |
| Over Under Relay Drill |
| Who is ready drill / Toss & Get Drill |
| Jump Stop shooting drill / Reverse the Ball Drill  |

 |
| 10 min.

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|  10 min.   5 min.Activities and procedures Conclusions |
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 |  Coach Says Drill 3 on 3 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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