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| Title | **Basketball Grades 3-4** |
| Subject | **Practice Plan Nine** |
| 10 min.   |  | | --- | | 5 min. | | 10 min. | | 10 min. | | |  |  | | --- | --- | | 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.   |  | | --- | | 10 min.    5 min.  Activities and procedures  Conclusions | |  | |  | | Coach Says Drill  3 on 3 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. | | |
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