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| Title | **Basketball Grades 5-6** |
| Subject | Practice Plan One |
| Introduction 10 min. | Introduce team Dynamic warm ups, proper basketball attire & game rules |
| 10 min | Introduce and practice dribbling |
| 10 min  10 min. | Introduce and practice passing chest, bounce & overhead  Introduce Pivoting |
| 10 min. | Introduce and practice shooting |
| 10 min. | Introduce and practice boxing out |
| 5 min. | Stretch and cooldown (Question & answer time on today’s practice.) |
| Activities and procedures | See video library on [www.oregonrec.recdesk.com](http://www.oregonrec.recdesk.com) for coaching tips, skill building games & drills |
| Conclusions | Let the team know when the next practice will be scheduled and end in a team huddle. |
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