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| Title | **Basketball Grades 5-6** |
| Subject | **Practice Plan Two** |
| 5 min.   |  | | --- | | 5 min. | | 5 min.  5 min. | | 10 min. | | |  |  | | --- | --- | | Warm up routine | | | Dribbling drills | | | Passing drills  Boxing out drills | | | Shooting drills | | |
| 10 min.  5 min.   |  | | --- | | 5 min.  Activities and procedures  Conclusions | |  | |  | | Agility drills and Conditioning  Foul shooting  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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