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|   Title |  **Basketball Grades 5-6** |
| Subject |  **Practice Plan Five** |
|  5 min.

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|  15 min. |
|  5 min.  |
|  10min.  |

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| Warm up routine  |
|  Dribbling, Passing, Shooting, Boxing out drills  |
|  Conditioning drills  |
|  Foul Shooting drills & Game  |

 |
| 10 min.

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|   10 min. 5 min.Activities and procedures Conclusions |
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 |  Team Strategies/Play Execution (offense & defense)  Small sided games/Scrimmage 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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