



PRACTICE PLAN

HIGH SCHOOL (ages 14-18)

EARLY SEASON TEACHING AND CONCEPTS

Before practice huddle

Today's emphasis.

What are we focusing on today?

Reminders.

Team culture and full effort.
Point out positive examples.

First drill is...

Team cheer!

After practice huddle

Revisit emphasis.

Give positive examples.

How can we get better?

Be positive about it.

What's next? (What, where, when)

Team cheer!

Notes

Note to self: Set the tone, bring the energy and stay positive.

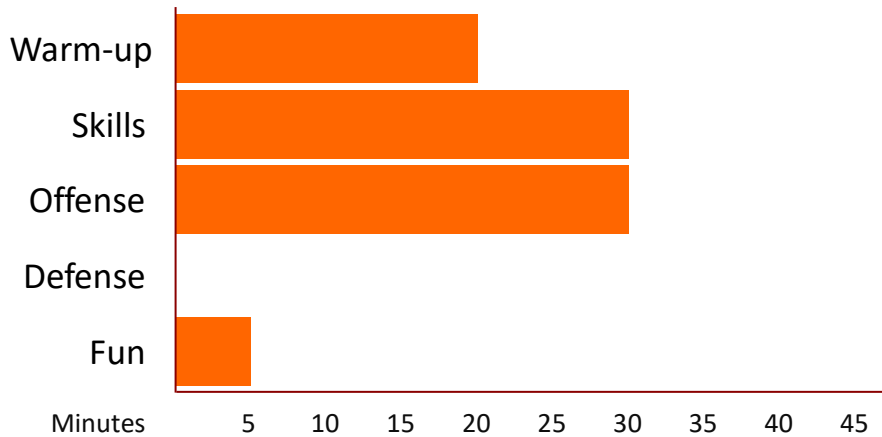
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Click the links below to see the drills

- 0:00 [Finishing Drill - Full Court Passing Layups](#) (Warm-up)
- 0:07 [Ball Handling Drill - Straight Lines With Two Balls](#) (Warm-up)
- 0:14 [Ball Handling Drill - Two Ball Zig Zags](#) (Warm-up)
- 0:20 [Fast Break Drill - Secondary Break](#) (Skills)
- 0:30 [Shooting Drill - Rapid Fire From Sidelines](#) (Skills)
- 0:40 DRINK BREAK
- 0:45 [Run Through Three Baseline Out of Bounds Plays](#)
(vs man to man but no defense yet) (Offense)
- 0:55 [Run Through Three Baseline Out of Bounds Plays](#)
(vs man to man, add defense) (Offense)

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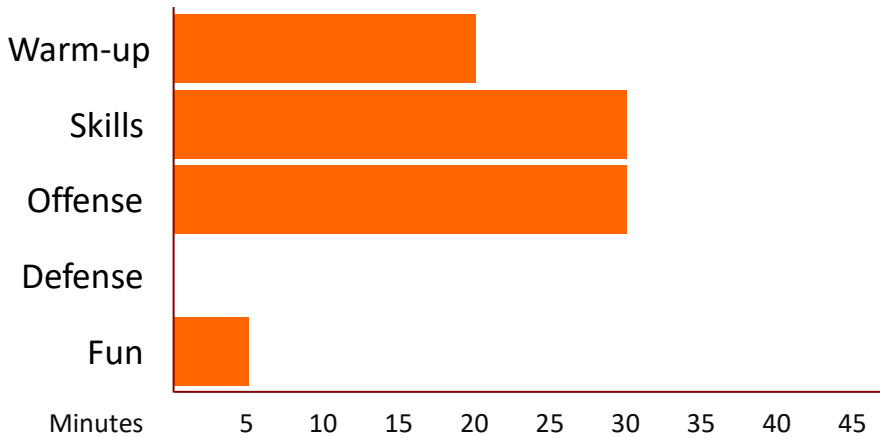
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...continued from page 2

Click the links below to see the drills

1:05 Play Full Court 5-on-5 - controlled, with fast break, with whistles to teach and use baseline out of bounds plays ==> use concepts from drills above (0:20, 0:45, 0:55) (Offense)

1:15 [Defensive Drill - Timed Side Shuffles](#) (Skills)

1:25 [Shooting Drill - The Game of 'Bump'](#) (Fun)

1:30 Team Huddle - End of Practice

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