



# 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.

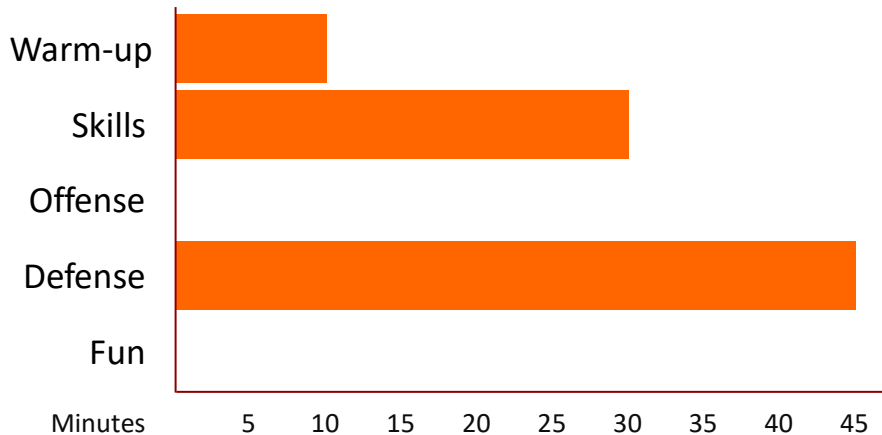
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### EARLY SEASON TEACHING AND CONCEPTS



Click the links below to see the drills

0:00 [Ball Handling Drill - Two Ball Zig Zags](#) (Warm-up)

0:10 [Defensive Drill - Closing Out](#) (Defense)

0:20 [Defensive Drill - Timed Side Shuffles](#) (Skills)

0:25 [Defensive Drill - Shell Drill](#) (Defense)

0:45 DRINK BREAK

0:50 [Rebounding Drill - Full Court Challenge](#) (Skills)

1:00 [Shooting Drill - Rapid Fire From Sidelines](#) (Skills)

1:15 Play Full Court 5-on-5 - controlled, with focus on defensive principles  
==> use concepts from drills above (0:10, 0:25, 0:50) (Defense)

1:30 Team Huddle - End of Practice

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