



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.

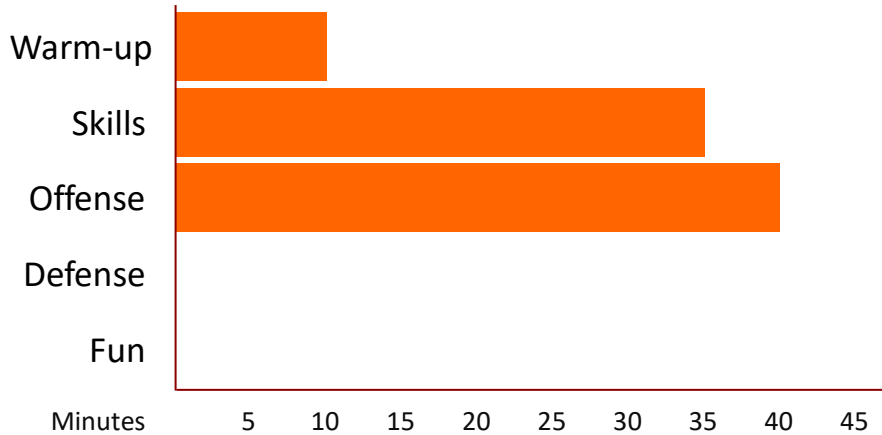
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Click the links below to see the drills

0:00 [Finishing Drill - Full Court Passing Layups](#) (Warm-up)

0:10 Split players into two groups. (Skills)

Post players: [Post Play Drill - Low Post Moves With No Defender](#)

Wing players and guards: [Shooting Drill - Full Speed Pull-Ups](#)

0:20 [Shooting Drill - Side to Side With Rebounder](#) (Skills)

0:28 [Shooting Drill - Rapid Fire From Sidelines](#) (Skills)

0:35 [Shooting Drill - Two Lines With Rebounder](#) (Skills)

0:45 DRINK BREAK

...continued on page 3

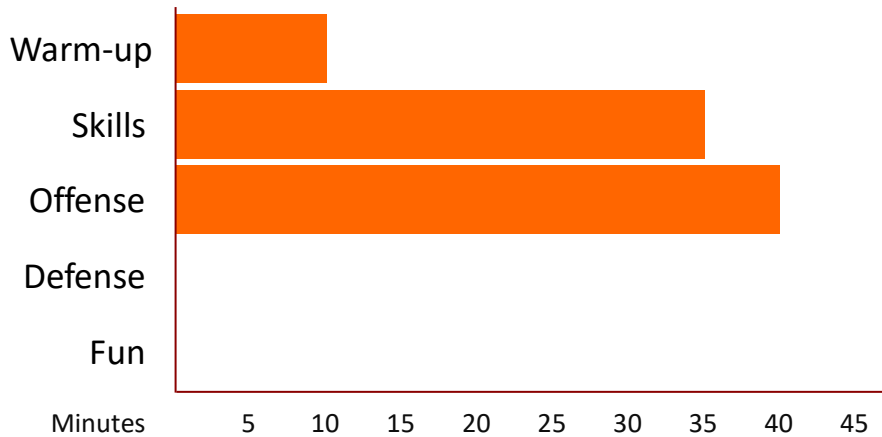
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...continued from page 2

Click the links below to see the drills

- 0:50 [Run Through Three Baseline Out of Bounds Plays](#)
(vs man to man and zone but no defense yet) (Offense)
- 1:00 [Run Through Half-Court Offense or Three Set Plays](#)
(vs man to man and zone but no defense yet) (Offense)
- 1:05 [Run Through Half-Court Offense or Three Set Plays](#)
(vs man to man and zone, add defense) (Offense)
- 1:15 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 (0:50, 1:00, 1:05) (Offense)
- 1:30 Team Huddle - End of Practice

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