



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.

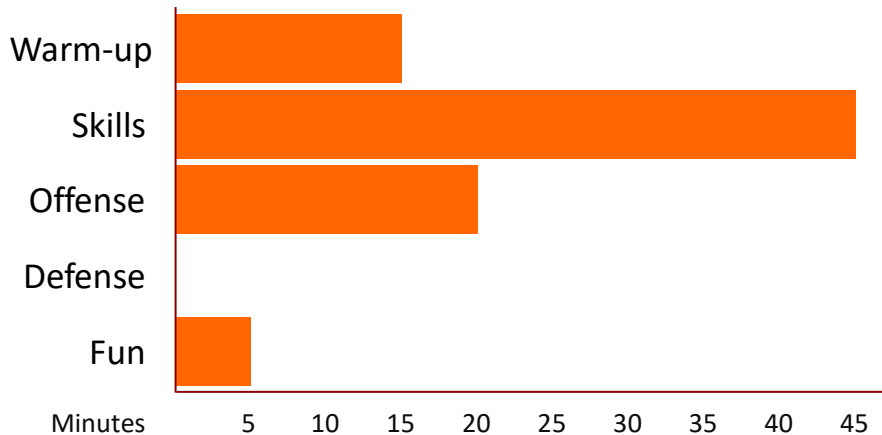
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Click the links below to see the drills

- 0:00 [Finishing Drill - Full Court Passing Layups](#) (Warm-up)
- 0:05 [Ball Handling Drill - Straight Lines With Two Balls](#) (Warm-up)
- 0:10 [Ball Handling Drill - Two Ball Zig Zags](#) (Warm-up)
- 0:15 Split players into two groups. (Skills)
 Post players: [Post Play Drill - 'George Mikan'](#)
 Wing players and guards: [Shooting Drill - Full Speed Pull-Ups](#)
- 0:25 [Fast Break Drill - Secondary Break](#) (Skills)
- 0:35 [Fast Break Drill - 5 Player Weave, to 3 on 2, to 2 on 1](#) (Skills)
- 0:42 [Fast Break Drill - 3 on 2 Continuous](#) (Skills)
- 0:50 DRINK BREAK

...continued on page 3

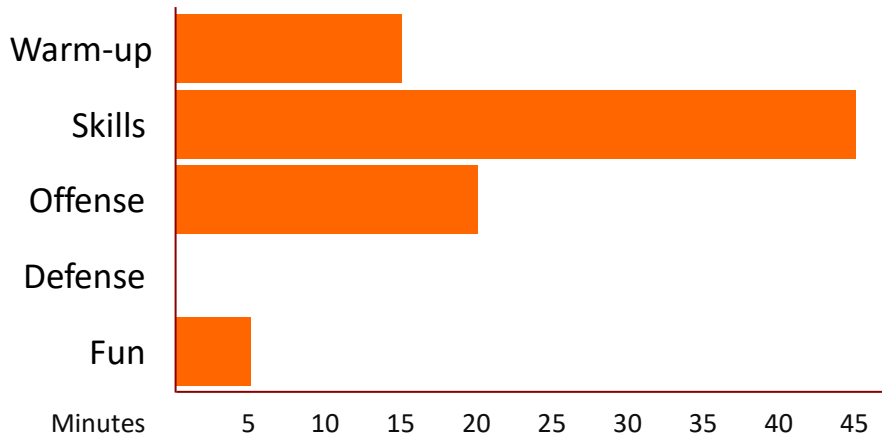
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...continued from page 2

Click the links below to see the drills

0:55 [Shooting Drill - Rapid Fire From Sidelines](#) (Skills)

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 (0:25, 0:35, 0:42) (Offense)

1:25 [Ball Handling Drill - Relay Race](#) (Fun)

1:30 Team Huddle - End of Practice

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