



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.

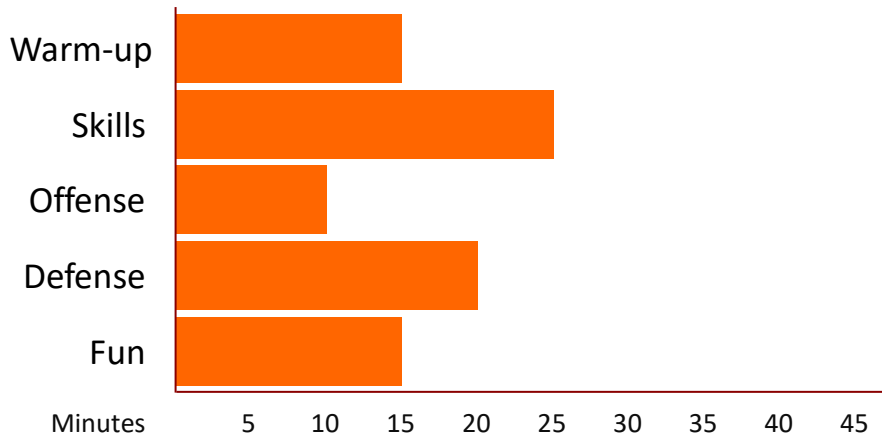
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Click the links below to see the drills

0:00 [Ball Handling Drill - Straight Lines With Two Balls](#) (Warm-up)

0:08 [Ball Handling Drill - Two Ball Zig Zags](#) (Warm-up)

0:15 [Defensive Drill - Closing Out](#) (Defense)

0:25 [Defensive Drill - Timed Side Shuffles](#) (Skills)

0:30 [Defensive Drill - Shell Drill](#) (Defense)

0:40 DRINK BREAK

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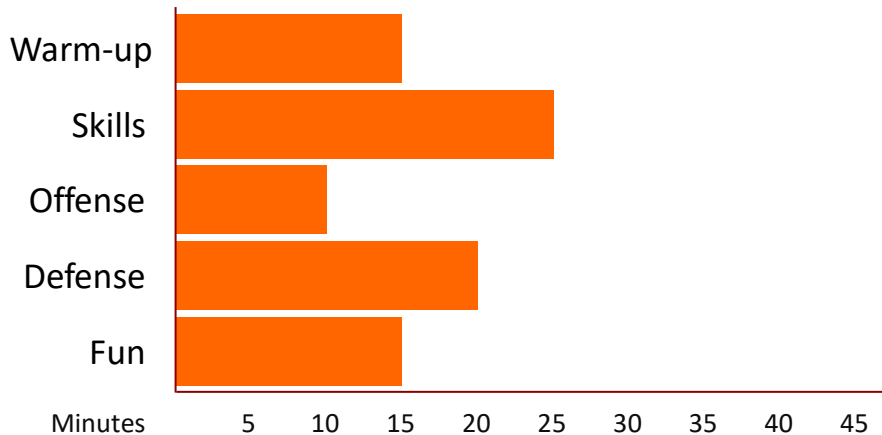
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Click the links below to see the drills

0:45 [Fast Break Drill - 5 Player Weave, to 3 on 2, to 2 on 1](#) (Skills)

0:55 [Run Through Three Baseline Out of Bounds Plays](#)
(vs man to man but no defense) (Offense)

1:00 [Run Through Three Baseline Out of Bounds Plays](#)
(vs zone but no defense) (Offense)

1:05 [Rebounding Drill - Full Court Challenge](#) (Skills)

1:15 [Ball Handling Drill - Relay Race](#) (Fun)

1:25 [Ball Handling Drill - Knock Out Game](#) (Fun)

1:30 Team Huddle - End of Practice

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