



# 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.

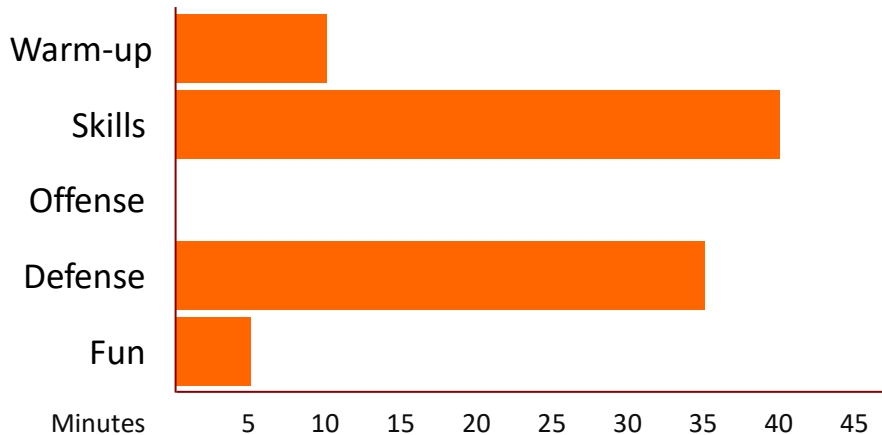
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Click the links below to see the drills

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

0:05 [Fast Break Drill - Secondary Break](#) (Skills)

0:10 [Fast Break Drill - Full Court 5 on 3](#) (Skills)

0:20 [Finishing Drill - Timed Layups](#) (Skills)

0:25 [Shooting Drill - Five Ball Full Court Shooting](#) (Skills)

0:32 [Rebounding Drill - Full Court Challenge](#) (Skills)

0:40 DRINK BREAK

*...continued on page 3*

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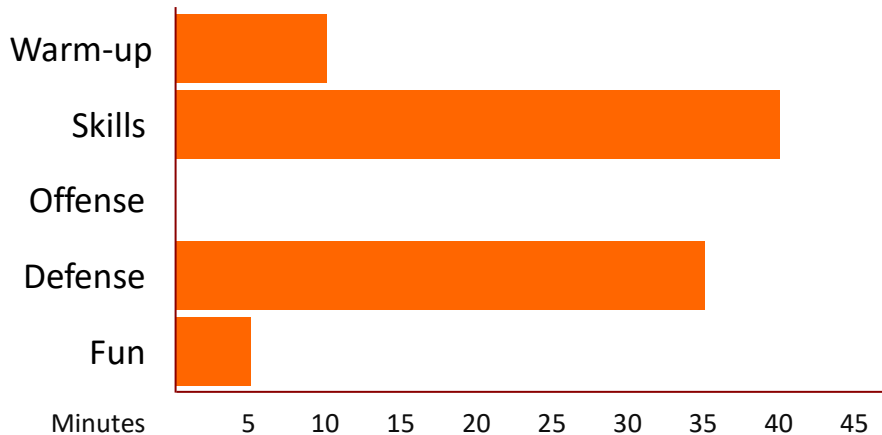
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## EARLY SEASON TEACHING AND CONCEPTS



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Click the links below to see the drills

0:45 [Defensive Drill - Timed Side Shuffles](#) (Skills)

0:50 [Defensive Drill - Closing Out](#) (Defense)

1:00 [Defensive Drill - Shell Drill](#) (Defense)

1:15 Play Full Court 5-on-5 - controlled, with fast break ==> focus on defensive transition, offense must push to challenge defense (Defense)

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

1:30 Team Huddle - End of Practice

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