



PRACTICE PLAN# MH001

PRACTICE PLAN

HIGH SCHOOL (ages 14-18)

MID-SEASON, REINFORCING GOOD HABITS

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.

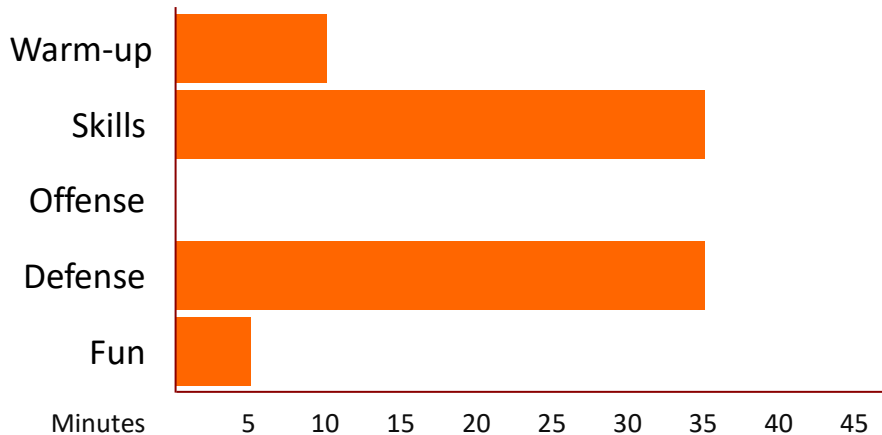
PLAYS • DRILLS • FORUM • COURSES • PODCAST • ARTICLES



PRACTICE PLAN

HIGH SCHOOL (ages 14-18)

MID-SEASON, REINFORCING GOOD HABITS



Click the links below to see the drills

- 0:00 [Finishing Drill - Full Court Passing Layups](#) (Warm-up)
- 0:10 [Fast Break Drill - 3 on 2 Continuous](#) (Skills)
- 0:18 [Fast Break Drill - 5 Player Weave, to 3 on 2, to 2 on 1](#) (Skills)
- 0:25 [Fast Break Drill - Full Court 5 on 3](#) (Skills)
- 0:35 [Shooting Drill - Five Ball Full Court Shooting](#) (Skills)
- 0:45 DRINK BREAK
- 0:50 [Defensive Drill - Closing Out](#) (Defense)
- 0:55 [Defensive Drill - Shell Drill](#) (Defense)
- 1:05 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

PLAYS • DRILLS • FORUM • COURSES • PODCAST • ARTICLES

