



PRACTICE PLAN# MH002

# 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.

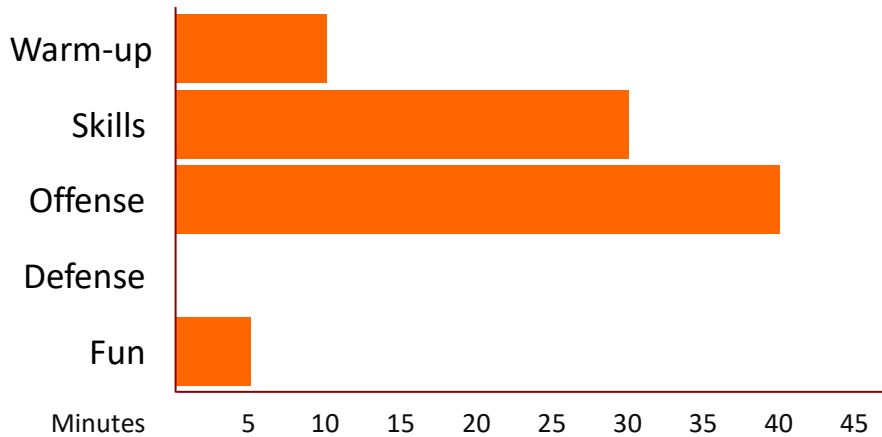
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### MID-SEASON, REINFORCING GOOD HABITS



Click the links below to see the drills

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

0:10 [Shooting Drill - Rapid Fire From Sidelines](#) (Skills)

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

0:30 [Rebounding Drill - Full Court Challenge](#) (Skills)

0:40 DRINK BREAK

*...continued on page 3*

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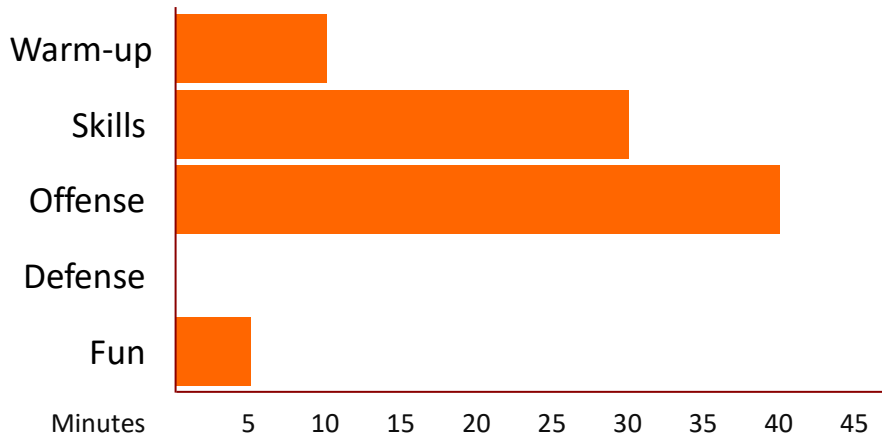
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...continued from page 2

Click the links below to see the drills

0:45 [Run Through Baseline Out of Bounds Plays](#)  
(vs man to man but no defense) (Offense)

0:50 [Run Through Baseline Out of Bounds Plays](#)  
(vs zone but no defense) (Offense)

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

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

1:05 Play Full Court 5-on-5 - controlled, using set plays practiced above  
(0:45, 0:50, 0:55, 1:00) (Offense)

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

1:30 Team Huddle - End of Practice

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