



PRACTICE PLAN# MH003

# 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.

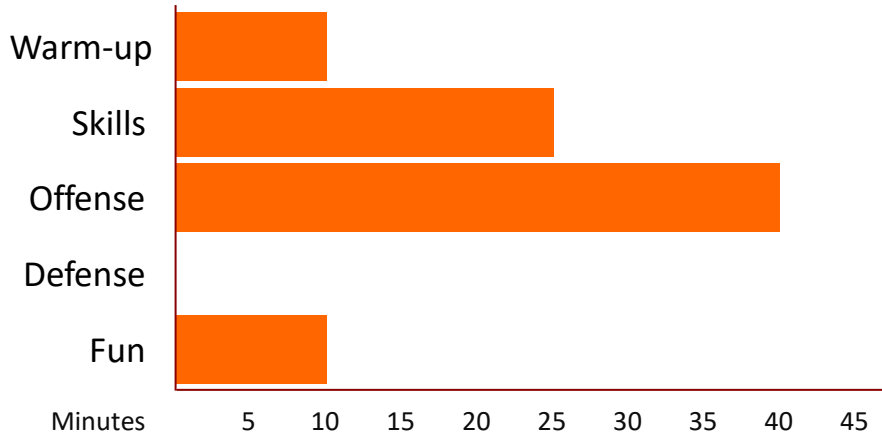
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Click the links below to see the drills

0:00 [Finishing Drill - Full Court Passing Layups](#) (Warm-up)

0:10 [Fast Break Drill - Secondary Break](#) (Skills)

0:15 [Fast Break Drill - Full Court 5 on 3](#) (Skills)

0:25 [Finishing Drill - Timed Layups](#) (Skills)

0:35 [Ball Handling Drill - Relay Race](#) (Fun)

0:40 DRINK BREAK

*...continued on page 3*

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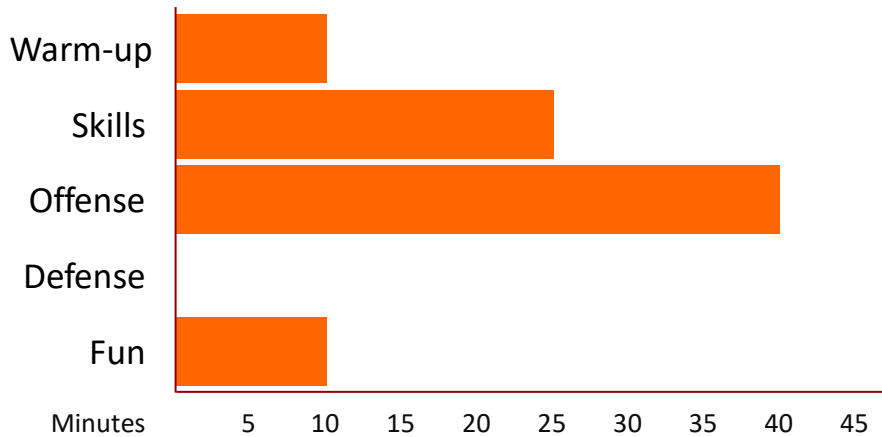
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*...continued from page 2*

Click the links below to see the drills

0:45 [Run Through Half-Court Offense or Three Set Plays](#)

(vs man to man, but no defense) (Offense)

0:55 [Run Through Half-Court Offense or Three Set Plays](#)

(vs zone, but no defense) (Offense)

1:05 Play Full Court 5-on-5 - controlled, with fast break concepts (0:10, 0:15) and set plays practiced above (0:45, 0:55) (Offense)

1:25 [Shooting Drill - The Game of 'Bump'](#) (Fun)

1:30 Team Huddle - End of Practice

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