



PRACTICE PLAN# MH004

# 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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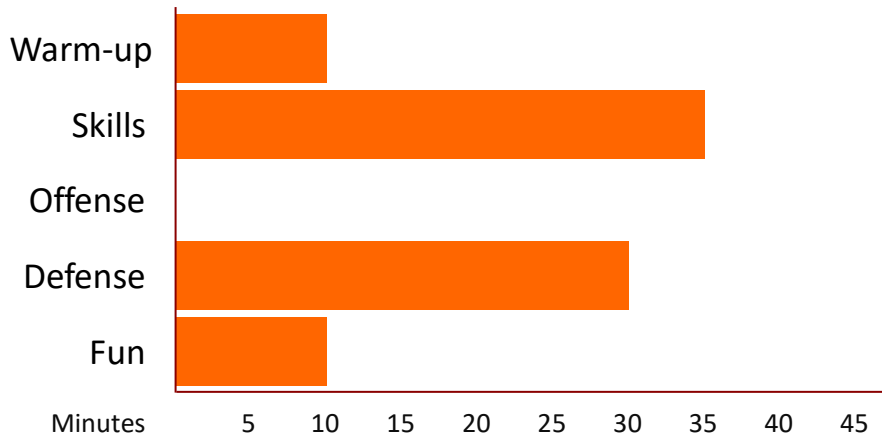
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Click the links below to see the drills.

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

0:05 [Ball Handling Drill – Two Ball Zig Zags](#) (Warm-up)

0:10 [Passing Drill – Two Line Sprints](#) (Skills)

0:15 [Fast Break Drill – 3 on 2 Continuous](#) (Skills)

0:25 [Fast Break Drill – 5 Player Weave, to 3 on 2, to 2 on 1](#) (Skills)

0:30 [Fast Break Drill – Full Court 5 on 3](#) (Skills)

0:35 [Finishing Drill – Timed Layups](#) (Skills)

0:40 DRINK BREAK

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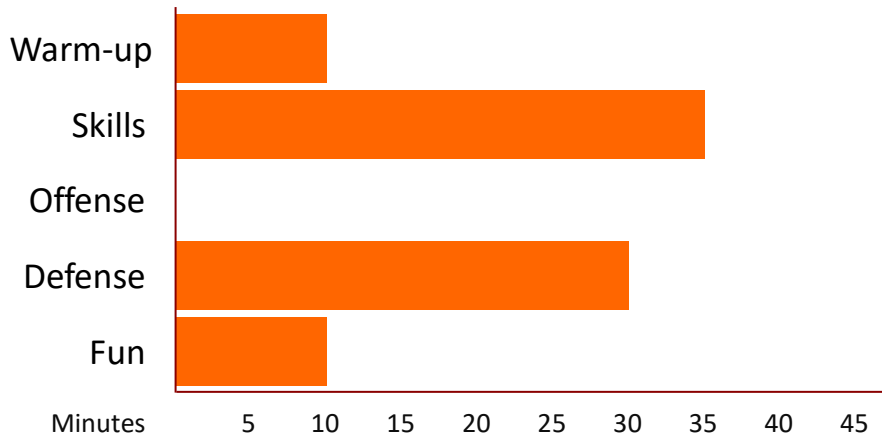
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*...continued from page 2*

Click the links below to see the drills.

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

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, with whistles to teach and focus on defensive concepts ==> use concepts from drills above (0:15, 0:25, 0:30, 0:50, 0:55) (Defense)

1:20 [Shooting Drill – The Game of ‘Bump’](#) (Fun)

1:30 Team Huddle – End of Practice

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