



PRACTICE PLAN# MH005

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.

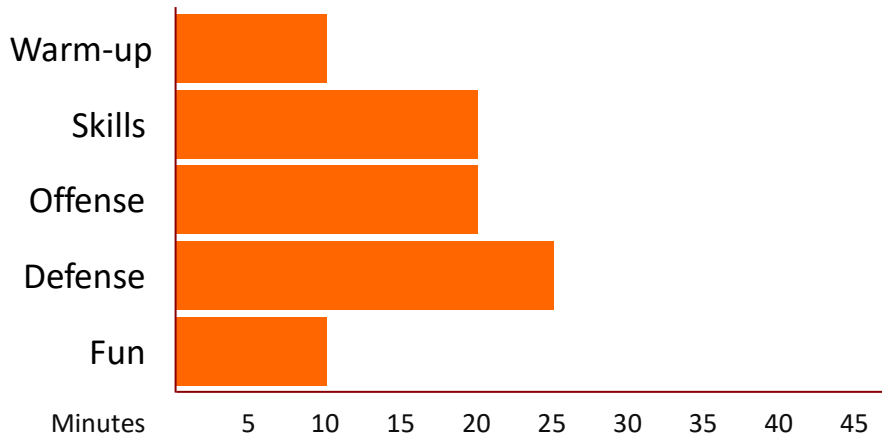
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Click the links below to see the drills.

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

0:10 [Finishing Drill – Timed Layups](#) (Skills)

0:15 [Fast Break Drill – 5 Player Weave, to 3 on 2, to 2 on 1](#) (Skills)

0:20 [Fast Break Drill – 3 on 2 Continuous](#) (Skills)

0:30 [Defensive Drill – Shell Drill](#) (Defense)

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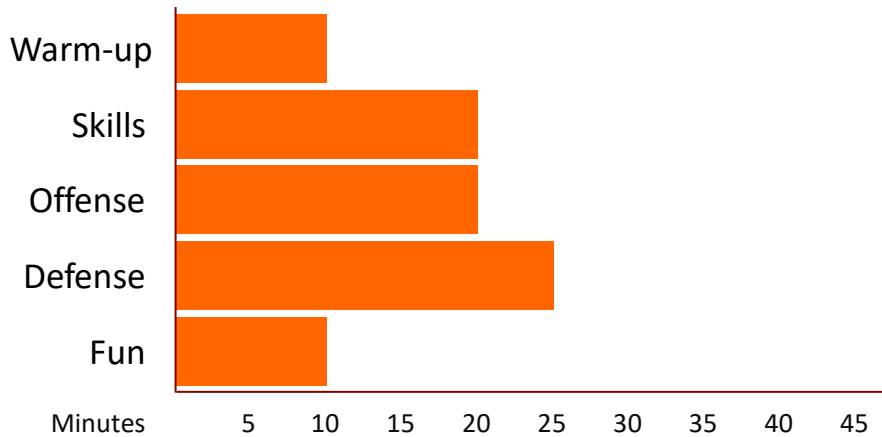
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Click the links below to see the drills.

0:45 DRINK BREAK

0:50 [Run Through Half-Court Offense or Set Plays](#)
(vs man to man with defense) (Offense)

1:00 [Run Through Half-Court Offense or Set Plays](#)
(vs zone with defense) (Offense)

1:10 Play Full Court 5-on-5 – controlled, with fast break, with whistles to teach and use half-court plays and focus on defense ==> use concepts from drills above (0:15, 0:20, 0:30) (Defense)

1:20 [Ball Handling Drill – Relay Race](#) (Fun)

1:30 Team Huddle – End of Practice

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