



PRACTICE PLAN

HIGH SCHOOL (ages 14-18)

EARLY SEASON TEACHING AND CONCEPTS

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.

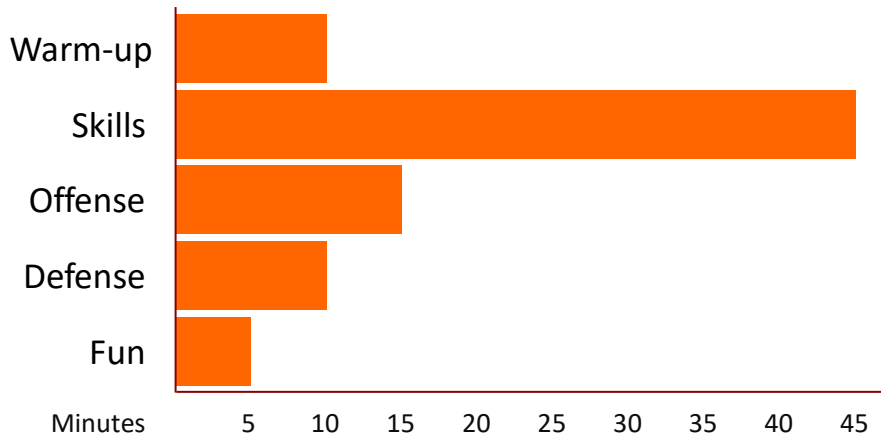
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Click the links below to see the drills.

0:00 [Passing Drill - Four Balls, Six Locations](#) (Warm-up)

0:10 [Footwork Drill - Two Foot Jumping, Inside and Outside](#) (Skills)

0:15 [Footwork Drill - Two Foot Jumping, Three Ahead One Back](#) (Skills)

0:20 [Passing Drill - Two Line Sprints](#) (Skills)

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

0:30 [Reading Defense Drill - Screen Down, One Defender](#) (Offense)

0:40 DRINK BREAK

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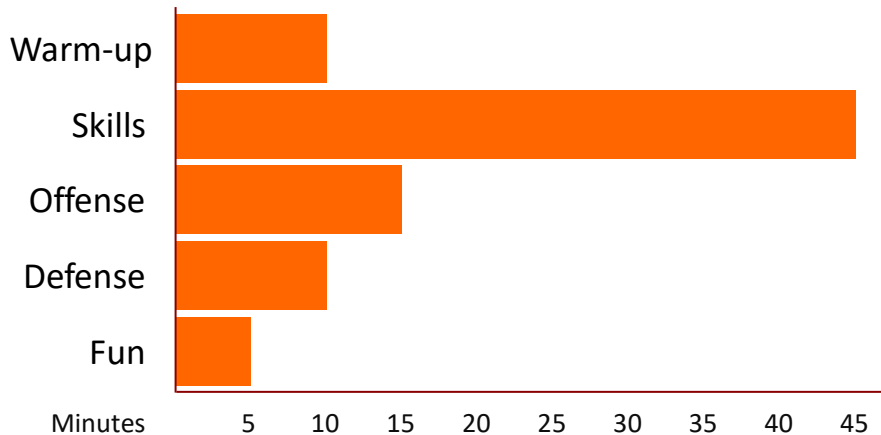
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Click the links below to see the drills.

0:45 [Finishing Drill - One on One Cut Throat](#) (Skills)

1:00 [Run Through Baseline Out of Bounds Plays](#)
(vs man to man but no defense) (Offense)

1:05 [Run Through Baseline Out of Bounds Plays](#)
(vs zone but no defense) (Offense)

1:15 [Defensive Drill - Shell Drill](#) (Defense)

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

1:30 Team Huddle - End of Practice

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