



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.

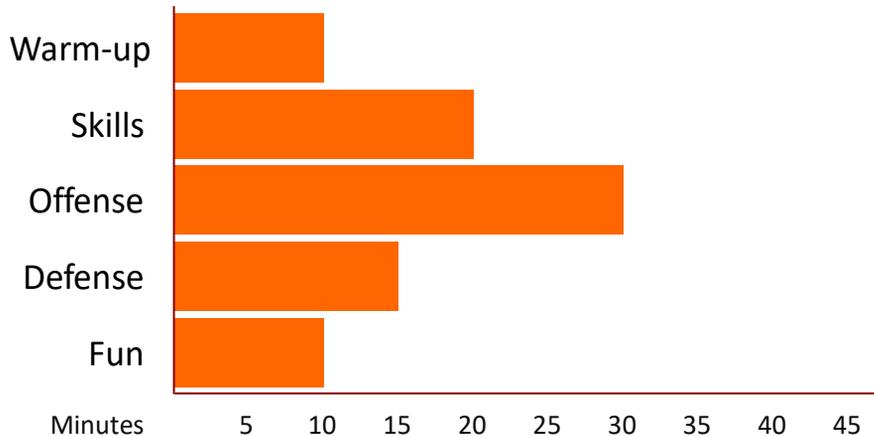
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Click the links below to see the drills

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

0:05 [Ball Handling Drill - Straight Lines With Two Balls](#) (Warm-up)

0:10 Split players into two groups. (Skills)

Post players: [Post Play Drill - Low Post Moves With No Defender](#)

Wing players and guards: [Shooting Drill - Side to Side With Rebounder](#)

0:20 Keep players in two groups. (Skills)

Post players: [Post Play Drill - 'George Mikan'](#)

Wing players and guards: [Shooting Drill - Two Lines With Rebounder](#)

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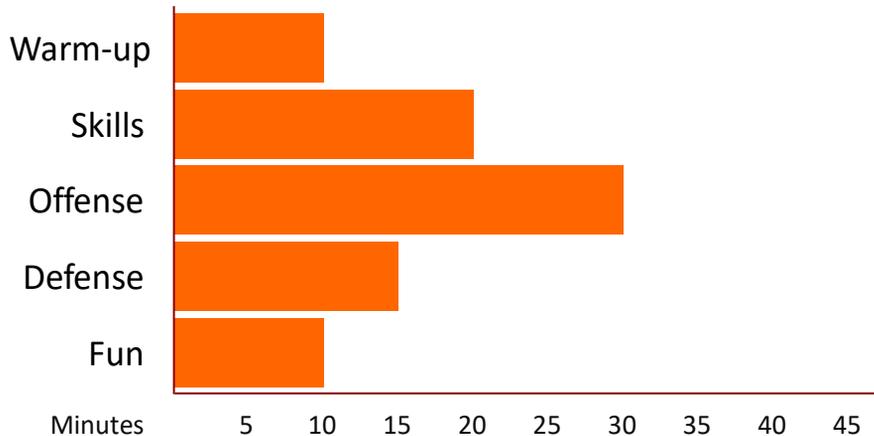
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Click the links below to see the drills

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

0:45 DRINK BREAK

0:50 [Offensive Drill - 1-2-2 Motion Offense Spacing](#) (Offense)

1:10 Play Full Court 5-on-5 - controlled, focus on offensive principles
==> use concepts from drills above (0:50) (Offense)

1:20 [Ball Handling Drill - Knock Out Game](#) (Fun)

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

1:30 Team Huddle - End of Practice

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