



PRACTICE PLAN# MH006

# 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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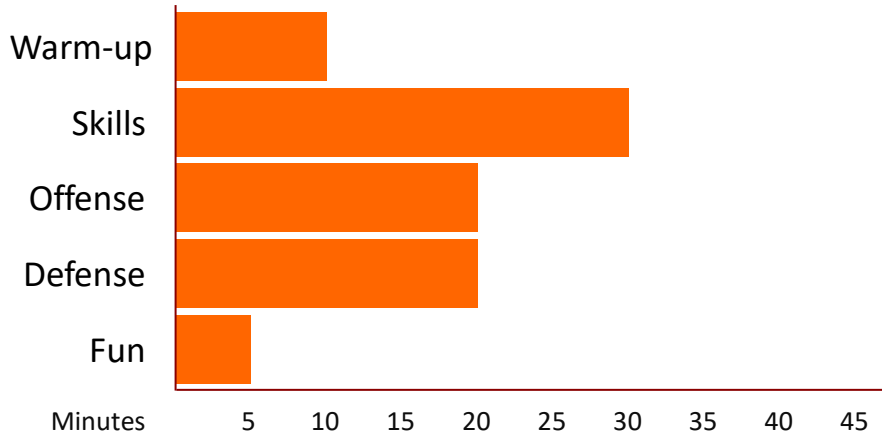
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Click the links below to see the drills.

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

0:10 [Shooting Drill – Rapid Fire From Sidelines](#) (Skills)

0:20 [Reading Defense Drill – Screen Down, One Defender](#) (Skills)

0:30 [Rebounding Drill – Full Court Challenge](#) (Skills)

0:40 [Defensive Drill – Closing Out](#) (Defense)

0:45 DRINK BREAK

*...continued on page 3*

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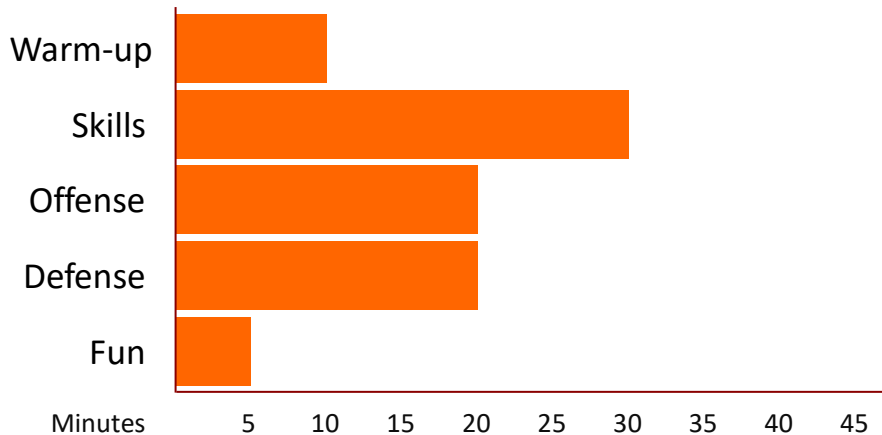


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Click the links below to see the drills.

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)

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

1:30 Team Huddle – End of Practice

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