



PRACTICE PLAN# MH007

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.

PLAYS • DRILLS • FORUM • COURSES • PODCAST • ARTICLES



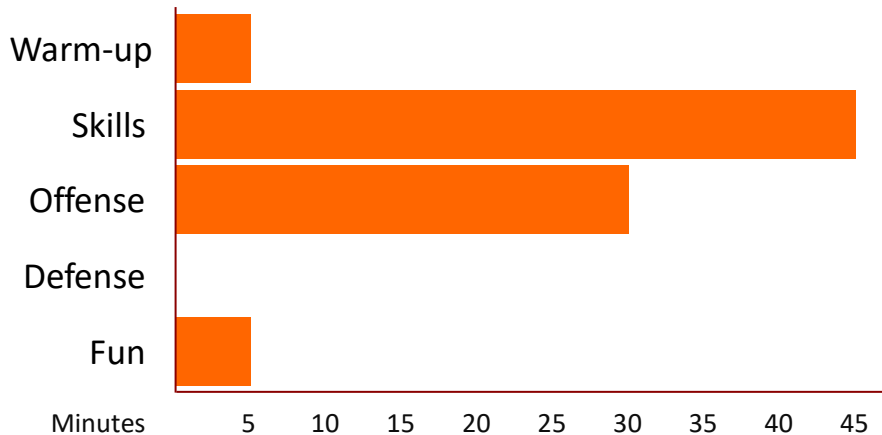
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Click the links below to see the drills.

0:00 [Passing Drill – Two Line Defensive Closeouts](#) (Warm-up)

0:05 [Shooting Drill – Five Ball Full Court Shooting](#) (Skills)

0:15 Split players into two groups. (Skills)

Post players: [Post Play Drill – ‘George Mikan’](#)

Wing players and guards: [Shooting Drill – Rapid Fire From Sidelines](#)

0:25 [Rebounding Drill – Full Court Challenge](#) (Skills)

0:35 [Finishing Drill – One on One Cut Throat](#) (Skills)

0:50 DRINK BREAK

0:55 [Run Through Baseline Out of Bounds Plays](#)
(vs man to man with defense) (Offense)

...continued on page 3

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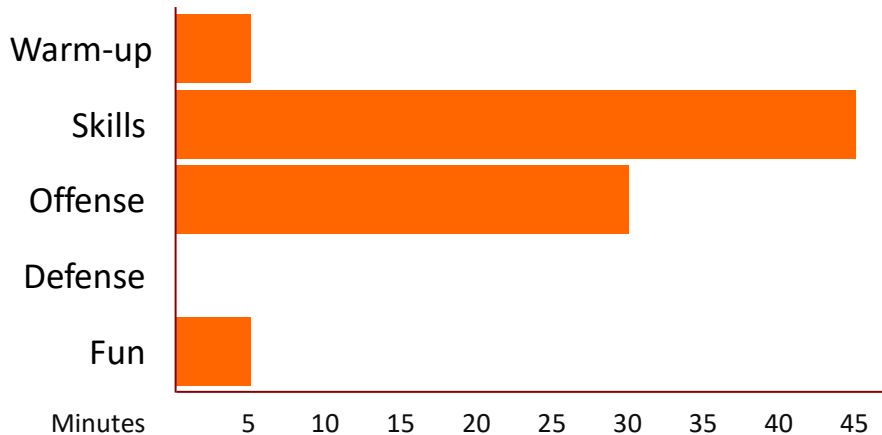
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...continued from page 2

Click the links below to see the drills.

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

1:05 [Run Through Sideline Out of Bounds Plays](#)
(vs man to man with defense) (Offense)

1:10 [Run Through Sideline Out of Bounds Plays](#)
(vs zone but no defense) (Offense)

1:15 Play Full Court 5-on-5 – controlled, with fast break, with whistles to teach and use baseline, sideline and half-court plays vs man to man and zone (Offense)

1:25 [Shooting Drill – The Game of ‘Bump’](#) (Fun)

1:30 Team Huddle – End of Practice

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