



PRACTICE PLAN# MH008

# 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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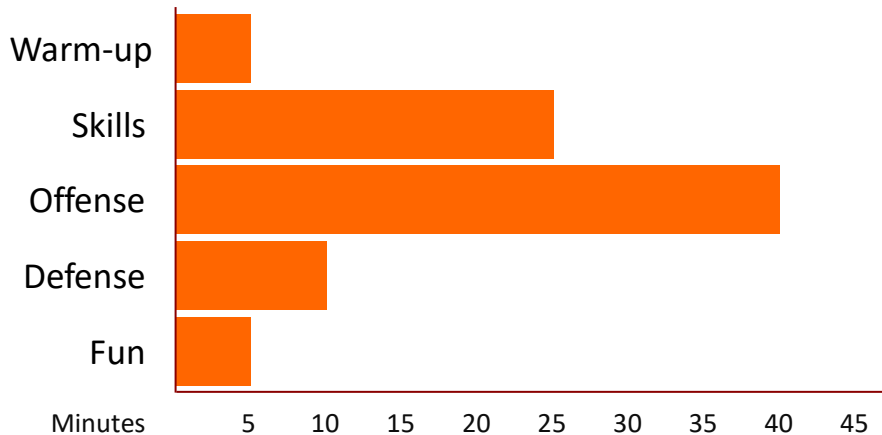
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Click the links below to see the drills.

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

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

0:15 [Shooting Drill – Two Lines With Rebounder](#) (Skills)

0:20 Split players into two groups. (Skills)

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

Wing players and guards: [Shooting Drill – Full Speed Pull-Ups](#)

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

0:40 DRINK BREAK

0:45 [Run Through Baseline Out of Bounds Plays](#)  
(vs man to man with defense) (Offense)

*...continued on page 3*

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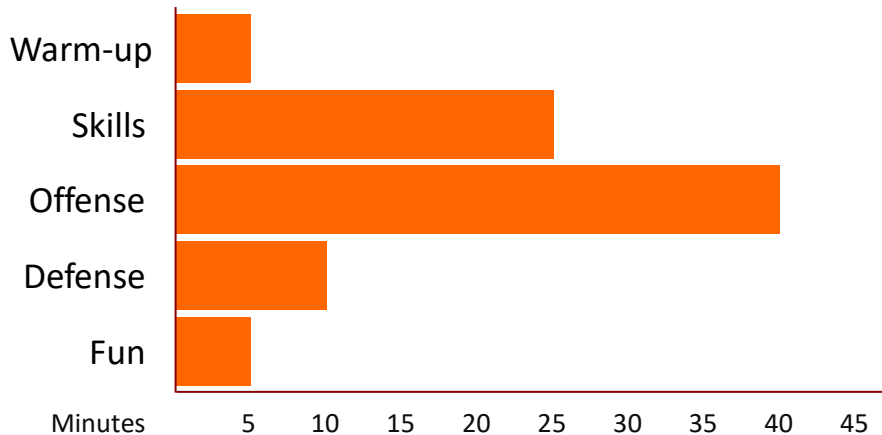
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...continued from page 2

Click the links below to see the drills.

0:50 [Run Through Baseline Out of Bounds Plays](#)  
(vs zone but no defense) (Offense)

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

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

1:05 [Run Through Half-Court Offense or Set Plays](#)  
(vs man to man with defense) (Offense)

1:15 [Run Through Half-Court Offense or Set Plays](#)  
(vs zone but no defense) (Offense)

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

1:30 Team Huddle – End of Practice

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