

# HIGH SCHOOL PRACTICE PLAN

Ages 15 – 18 · 120 Minutes · Designed for a full-court

Team: \_\_\_\_\_ Date: \_\_\_\_\_ Practice Length: 120 minutes

## GOAL(S) FOR THIS PRACTICE

1. 1v1 finishing. 2. Full-court man-to-man. 3. Defensive rebounding. (Share all three with the players before entering the court.)

| TIME        | DRILL                                                                                                                                                                                                                                         | COACHING POINTS                                                                                                                                                                                                              |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0:00 – 0:10 | <b>Dynamic Warm-Up</b>                                                                                                                                                                                                                        | <ul style="list-style-type: none"><li>• Run the warm-up off the court before your practice starts.</li></ul>                                                                                                                 |
| 0:10 – 0:20 | <b>'Read the Help'</b> – Drivers attack from the right wing. The player on the left block signals the finish: under the basket = powerful finish high; in the gap = floater; runs to the right block = euro-step or pro-hop to the left side. | <ul style="list-style-type: none"><li>• The read decides the finish, not a pre-planned move.</li><li>• Repeat on the left side to finish with both hands.</li></ul>                                                          |
| 0:20 – 0:30 | <b>1v1 'Ball on Back'</b> – The defender faces the basket on the 3-point line. The offense starts behind and begins the drill by taking the ball off the defender's back.                                                                     | <ul style="list-style-type: none"><li>• The offense has the advantage — take it with a fast, decisive move to the basket.</li></ul>                                                                                          |
| 0:30 – 0:45 | <b>2v2 'Rugby'</b> – Inbound from the baseline, then the offense may only pass backwards, working the ball into the far key.                                                                                                                  | <ul style="list-style-type: none"><li>• Defense: one guarding the ball, one behind the line of the ball narrowing dribbling space.</li></ul>                                                                                 |
| 0:45 – 1:00 | <b>3v3 'Hockey'</b> – Full-court 3v3 with an offside rule: the ball-handler must be the first offensive player across the half-court line.                                                                                                    | <ul style="list-style-type: none"><li>• No sprinting ahead for long passes — the defense practices real full-court pressure.</li></ul>                                                                                       |
| 1:00 – 1:10 | <b>Find, Hit, Get</b> – Coach shoots from the foul line, 2-on-2 on the key. Defenders yell "FIND!", "HIT!", "GET!" as they locate their player, make contact, and chase the ball.                                                             | <ul style="list-style-type: none"><li>• Say the three words out loud every rep.</li><li>• Rotate positions after either team scores.</li></ul>                                                                               |
| 1:10 – 1:30 | <b>Team Strategy</b>                                                                                                                                                                                                                          |                                                                                                                                                                                                                              |
| 1:30 – 1:40 | <b>3v3 Small-Sided Game</b> – Changed scoring: bottom half of the key = 3, top half = 2, inside the arc outside the key = 1, made three = 0 and the opponent's score resets to 0.                                                             | <ul style="list-style-type: none"><li>• Rewards driving over settling for pull-ups.</li><li>• The three-point penalty forces harder close-outs.</li></ul>                                                                    |
| 1:40 – 1:55 | <b>5v5 Scrimmage</b> – Rule 1: on every change of possession, the ball goes on the ground and a teammate picks it up before play resumes. Rule 2: an offensive rebound earns a "power play" — a free chance to score.                         | <ul style="list-style-type: none"><li>• Rule 1 lets the defense set its press every possession.</li><li>• Mini-games to two baskets, coach 30 – 45 seconds between.</li><li>• Coach in dot-points, not paragraphs.</li></ul> |
| 1:55 – 2:00 | <b>Cool Down</b> – Jog, walk, then static stretches.                                                                                                                                                                                          | <ul style="list-style-type: none"><li>• Use the stretching time to talk with the players.</li></ul>                                                                                                                          |

## PRACTICE NOTES