

15 High School Practice Plans



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This Is a Sample, Get The Full 15 Practice Plans HERE:

<https://www.alsbballtraining.ca/practice-plans-15-high-school.php>

For More Practice Plans Click HERE:

<https://www.alsbballtraining.ca/practice-plans.php>

Introduction

Hello,

Each of these 15 Basketball Practice Plans are 90 minutes long. This is because I have found that most teams have a 2 hour practice. I made each of these plans 90 minutes to give you enough time to teach plays and for the drills to run longer if you needed.

Practice 1 Team Skills

	Drill	Description	Video link
5 minutes	(Warmup/Cool Down) Run/Jog	Jogging/Suicides	
2 Minutes	Dynamic Stretch	Warmup	https://www.youtube.com/watch?v=0xpBR0mgRIk
3 Minutes	Fingertip Warmups	Finger tip padder drill with around the head, waist, and leg rotations.	https://youtu.be/9Yy-aXy9GLI
10 Minutes Finish each line of dribbling with a mid range or 3 point shot	Change of Pace Basketball Drills	Have 4-8 pylons set in a row 3-6 feet apart. Dribble up 2 pylons and retreat dribble back 1 pylon, sprint up 2 and retreat 1. Keep doing this until the end and finish with a shot. Experiment with different crossovers.	https://youtu.be/wUvazHFg1r0
Water Break After 2 Freethrows			
10 minutes	Closeout Passing with Shot	Have a line under the basket, and another line at the point. The player under the basket will pass out to the perimeter player and close out on the shot. The perimeter player will shoot the Basketball.	https://youtu.be/RYzX3LQn3-k
10 minutes	Closeout Passing with 2 Lines	Have 4 lines of players 2 at the 3 point line and 2 under the basket. Ball starts in one line under the basket and the ball will be passed to the line at the 3 point line. You will then have a 2 on 2 game. Only 1 shot, 2 passes, and 3 dribbles allowed	https://youtu.be/DNMIsSzEsJ0
Water Break After 2 Freethrows			

Drill		Description	Video link
10 Minutes 3 sets of 10 for the following from each side of the Basket. Jump Stop 1 Foot Layups Spin Reverse	Advanced Footwork Attacking Basket	Being able to know different footwork for layups is very important if you would like to score more points. There is the Jump Stop, 1 foot layups, Spin reverse.	https://youtu.be/2p_Zy76Bev0
10 minutes	Circle Fast Break Drill	have 2 circles of 5 players one inside of the other. Coach takes shot and inside 5 players and outside 5 will fight for rebound. Whoever gets rebound will run an outlet pass and try to get the ball down court before other team sets up their defense.	https://youtu.be/239_QQbgjQU
Water Break After 2 Freethrows			
10 minutes	2 Man Dribble Hand Off	1 player at the wing, another at the point, player at the wing will start with the ball and do a dribble handoff with the player on at the point. After the screening player rolls to the rim make sure to pass the ball so to lead the rolling player to a layup without dribbling.	https://youtu.be/2GTWXnn9FWE
10 minutes	L-Cut Screen and Roll	Players will be at point and on the free throw line extended. Point player will pass to the wing player and will do an L cut. Wing player will pass to the L-cut player which will lead to a screen and roll.	https://youtu.be/FqW57FH9oyY
10 minutes	3 Man Chaser	3 Players lined up along the baseline. And 3 defenders matched up along the free-throw line extended. Coach will have the Basketball at the elbow, he will pass to a player along the baseline. The corresponding defense player will run and touch the baseline and chase back to play defense.	https://youtu.be/2N75DV8_kHA