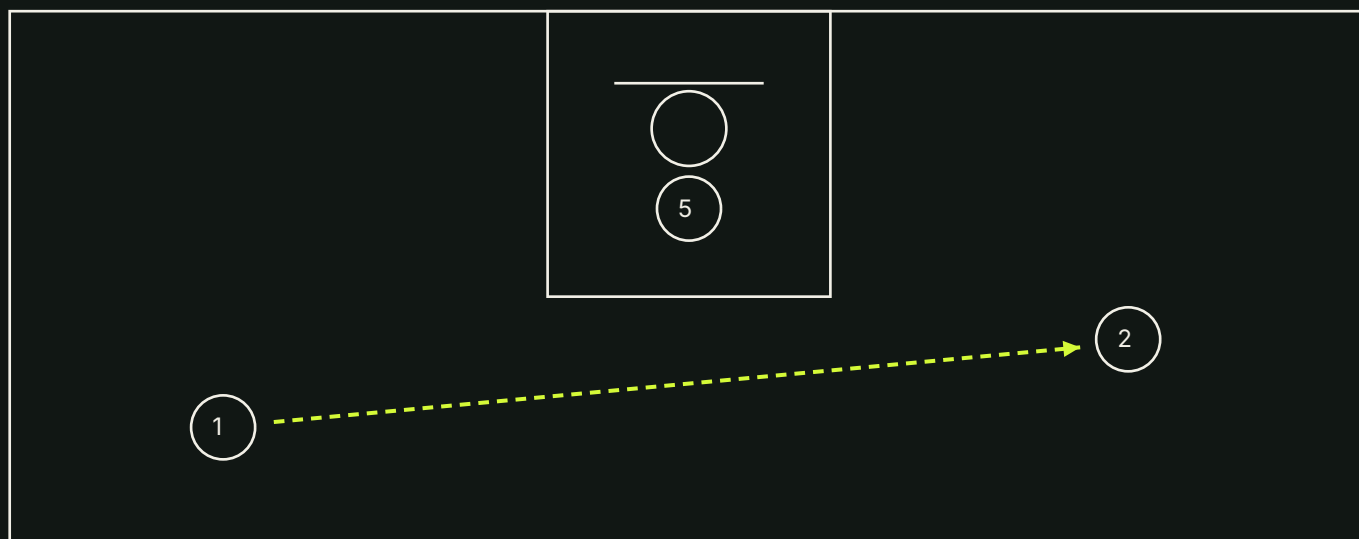


HIGH SCHOOL BASKETBALL / AGES 14 TO 18

THE PRACTICE PLAYBOOK

RED / GREEN / BLACK / MIXED COVERAGE



Understand the game.
Make the read.

YOUR PRACTICE FRAMEWORK

0-10	Connected skill warm-up	10 min
10-20	Defensive concept	10 min
20-30	Offensive response	10 min
30-45	Connect the concepts	15 min
45-75	Play	30 min
75-90	Timed and game-speed shooting	15 min

Connected learning

Warm up with basic skills that appear later in the practice. Keep defenders involved when teaching reads. Use unopposed work only for a brief walkthrough.

Court and rotations

Assume 10-12 players, two baskets and a full court. Split 2v2 groups between ends and rotate spare players every two possessions. With twelve, run 3v3 at both baskets. With ten, use one group of six and one of four, exchanging players regularly.

Protect the playing time

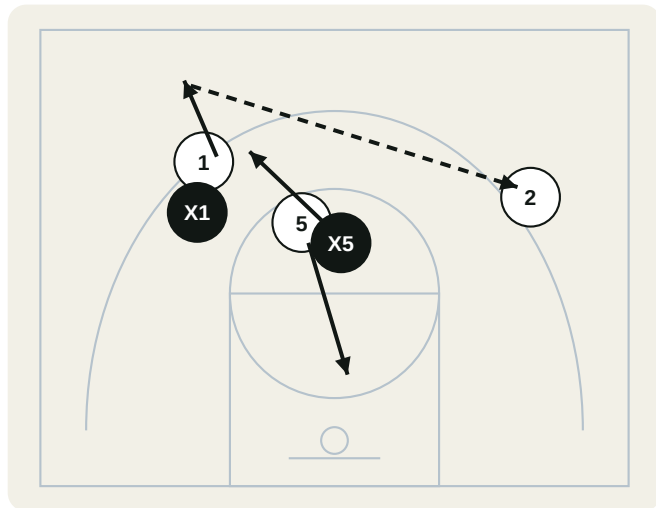
The thirty-minute play block includes natural stoppages; earlier activities add live repetitions. Keep transitions and short water breaks within each block. For a twenty-minute shooting finish, shorten the connect block to ten; for ten minutes of shooting, expand it to twenty.

Contact and teaching language

Use legal screens and controlled closeouts. Teach the switch with footwork and communication, without grabbing or pulling opponents. The Green roller establishes a legal stationary screen when available. Check local competition rules and adapt contact and shot distances to the group.

RED

Hard hedge and retreat reads



The read

The on-ball defender sends the ball-handler over the screen. The screener defender hedges aggressively. The offense creates space with a retreat dribble and reads the roller or the receiver across the court.

Open circles: offense
Filled circles: defense
Solid arrows: movement
Dashed arrows: pass

Schematic teaching picture, not an exact player path or spacing prescription.

0-10	Skill warm-up Run R1 then R2 for five minutes each.
10-20	Defense first Run R3. Use two pairs at each basket with the spare players rotating. Call Red before the screen. The guard fights over while the big delays the ball, then recovers to the roller. Stop briefly if both defenders stay with the ball.
20-30	Offensive reads Run R4. Add a receiver across from the ball and a third defender. Retreat to create a passing window; choose the roller or the across pass according to the third defender. Keep "messy pass" as the coach's name for the across option.
30-45	Connect Run R5. Play three five-minute rounds. First constrain the start to a ball screen; then vary its side; finally remove the required start. Defense stays in Red whenever a ball screen occurs.
45-75	Play Play full-court 5v5 in three ten-minute blocks. Use Red on ball screens. First block: encourage a screen when the transition advantage ends. Final two blocks: free offense. Rotate substitutes on dead balls and give one short cue between blocks.
75-90	Shooting Run S1 for six minutes, then S2 for nine. Shoot from the retreat-and-pass actions practised today. Count makes and attempts; use the first timed round to set a realistic next-round target.

PLAN A 90 MINUTE PRACTICE

Date

Team

Players

Defensive concept

Offensive response

Observable learning goal

0-10 Warm-up

10-20 Defense

20-30 Offense

30-45 Connect

45-75 Play

75-90 Shooting

Shooting may be 10-20 minutes. Adjust the connect block by the opposite amount; keep play at thirty minutes. Record timed and game-speed activities in the shooting field.