

19 Oct '09  
DATE

# DUKE

## DAILY PRACTICE SCHEDULE

3  
PRACTICE #

### TIME:

1:30 - 2:00

### ACTIVITY:

PRE-PRACTICE Ind. Work - Precession - Under Down  
- 2 Baskets - 5 on 0 - Sets, O.B. (Reg-Down) - sid  
F.T. (#3), #4 side O.B. - #3  
- 2 Baskets - Bigs Skating - w/ some Per.  
Per. Shoot rug - w/ some Bigs

2:00 - 2:15

### STRETCH

2:15 - 2:25

5 Man Weave to F.B. - F.T. - #4 - #2  
- 5 on 0 off a Rebo or Make -

2:25 - 2:45

5 on 5 - Execution

2:45 - 3:00

5 on 5 - Random to "Change"

- 5 Man Touch

3:00 - 3:05

Tap Drill - 2 Men - Break

3:05 - 3:15

Bigs - Post D

Per - 2 Man Contesting - some shallow - Clear Out - H+Post

3:15 - 3:30

2 Baskets - 3 on 3 - Bullscreens - Flex Cut

(Give Buffer on switches) Down screens (Switches) - Drains here

3:30 - 3:55

5 on 5 Def. - Watch Ind. Players

- Rebounds - "Tough Critique"

3:55 - 4:00

Break - F.T.

4:00 - 4:30

Work on "Orange"

#13 - White - Blue

From F.T. - F.G. - side O.B.

4:30 - 4:35

Run

Ind. Work.

- Notes: ① Team Meal @ Thomas Center  
② Tues. - Practice 3:00 - Cameron.

Visit the [LLaBB.com](http://LLaBB.com) for a write up on this practice session »