

Duke Basketball
USA BASKETBALL CLINIC
October 4, 1992
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Practice Planning

- What is most important about practice is the attitude you bring into practice
- We do not practice the same way all year long
- We carry *some* ideas all year long
- “PLAYER IMPROVEMENT” is a constant, practice #1 & practice #97, we are trying to get players to get better
- Another offense? Or a much more confident player? We want a more confident player
- Video different parts of practice
- Players will often get into the mindset of “how hard do I have play tonight?” – must fight that idea
- Need the work ethic of a person who brings their lunch bucket to work.
- Evaluate how hard you are working
- Attitude is the overriding factor in the program – Not drills, offenses or even time spent
- While we were at Army we ran drill after drill after drill – “Sterile”
- Today the phrase is “Game-Like” – make the practices more like games
- Look for ways to make a drill game-like, dual purposes, multi-purpose
- Think like it is a game during practice
- Let players sub for themselves in practice
- How do you get your team to shoot so well from the free throw line?
 - We shoot a lot of free throws and we have good free throw shooters
 - We shoot a lot of pressure free throws in practice
- End shooting drills with a buzzer beater
- Constantly putting pressure on them
- Critique your practices as a coach
- At times you may need to “contrive” something – make something out of nothing
- You will get two good weeks of practices and then after that...
- “How are we practicing today?” - Coaches meet in the middle of practice