

12-3-08

- 2:50 Shooting
- 2:55 Stretch
- 3:00 Drive and skip corner & Pro Spot
- 3:05 Drive and kick corner -rebound opposite 4 out
- 3:10 1 on 1 from the top
- 3:15 1 on 1 from the wing
- 3:20 1 on 1 post
- 3:25 Water
- 3:30 Deny the wing
- 3:35 D-Shell Double the post
- 3:45 Transition O vs D 5 on 2-3-4-5
- 4:00 2 man screening Pop and rescreen & backcuts
- 4:10 2 on 2 live
- 4:20 Hi/Lo vs 2-3 zone reverse the ball use the high post/ High Post look opposite
- 4:30 Dog2 to 2/5
- 4:40 3 strikes swing and red offenses vs man