



TIGER'S FIRE



15-Dec-16

DYNAMIC WARM-UP/BODY MOVEMENT		TWO LAPS THEN WARMUPS	WARM UPS, SETUP
DEFENSE	6:11 - 6:20	DEFENSIVE POSTURE (MAN ON) / MIRRORS	KNEES BENT MORE THAN HIPS, BACK STRAIGHT, EYES ON BELLY BUTTON, HANDS UP OR OUT
DEFENSE	6:21 - 6:30	DIAMOND SLIDES	STAY LOW, OPEN HIPS TO ROTATE
WATER BREAK			
RECOVER	6:32 - 6:40	GET BEAT AND GET BACK	HUSTLE TO THE SPOT, GET IN FRONT AND BACK TO DEFENSE
DEFENSE	6:41 - 6:50	1-ON-1 DRILLS	STAY LOW, OPEN HIPS TO ROTATE, NO STEALING
DEFENSE	6:51 - 6:56	2-ON-2 DRILLS	MAN ON, MAN DENY, HELP
ADMIN	6:57 - 7:00		3 JAN Next Practice Watch Basketball Dribble

