



# TIGER'S FIRE



13-Dec-16

DYNAMIC WARM-UP/BODY MOVEMENT	7:00 - 7:10	TWO LAPS THEN WARMUPS	WARM UPS, SETUP
BALL HANDLING	7:10 - 7:20	STATIONARY AND RACES	AS FAST AS POSSIBLE WHILE REMAINING IN CONTROL OF THE BALL
FAKES	7:20 - 7:30	FAKE SHOT, DRIBBLE - FAKE SHOT, PASS - FAKE PASS, DRIBBLE	START AT TRIPLE THREAT, "FAKE SOMETHING, DO SOMETHING"
<b>WATER BREAK</b>			
SCREENS	7:32 - 7:40	SCREEN SETTING 101	CENTER OF GRAVITY LOW, HANDS ACROSS CHEST, PROPER POSITION
SCREEN DRILL	7:41 - 7:50	UPSCREEN & ROLL	SCREENER AND BALL HANDLER RESPONSIBILITIES
BALL HANDLING / CONDITIONING	7:51 - 7:55	DRIBBLE LAPS	CLEANUP
CONDITIONING	7:56 - 8:00	THE FOUL SHOT PROCESS (TEAMS)	SAME ROUTINE EVERY TIME, LANE RESPONSIBILITIES/RULES
HUDDLE	8:00 - 8:05	ADMINISTRATIVE	JERSEYS HOMEWORK

