

2022 TIGER ELITE CAMP SESSION 2

Day 1

<u>Time</u>	<u>Description</u>	
9:00am – 10:00am	CHECK-IN & REGISTRATION <i>Warm-up Drills for players registered:</i> <i>Money in the Bank</i> <i>Knock Out</i>	JADWIN GYM LOBBY MAIN COURT MAIN COURT
10:05am – 10:15am	WELCOME/CAMP INTRO	MAIN COURT
10:20am - 10:35am	TEAM ATTENDANCE & DYNAMIC WARMUP	MAIN COURT
10:40am – 11:25am	STATIONS 4 stations, 6min/station, WATER BREAK AFTER 3 STATIONS <i>One team per basket, teams rotate together</i> 1. Finishing (Lilly) 2. Drive and Kick Shots (LB) 3. Shooting vs Tigers (Some players) 4. Face Up/High Post Moves (T-Jo) 5. Ball Screen Offense (LD) 6. Built-in Water Break	COURT 1 COURT 3 COURT 3 COURT 2 COURT 2 JADWIN LOBBY
11:25am – 11:35am	TEAM PRACTICE/WARM UP <i>Put in a team offense and BLOB</i>	CHECK SCHEDULE
11:40 - 12:10pm	GAME #1 <i>20 minutes, sub every 5</i>	
12:15pm – 1:30pm	LUNCH <i>Talk trades and tell players during lunch</i>	WHITMAN
1:30pm – 1:50pm	DEFENSIVE LECTURE: Defensive Principles <i>On-ball defense: Communication, high hands, closeouts help</i> <i>Day 1: 3-spot Closeout (players demo)</i>	MAIN COURT
1:50pm - 2:00pm	STRETCH + 3 SPOT CLOSEOUT W/ TEAMS	ALL COURTS
2:00pm – 2:20pm	1V1 TOURNAMENT	CHECK SCHEDULE
2:25pm – 2:30pm	1V1 CHAMPIONSHIPS	MAIN COURT
2:30pm- 3:00pm	GAME #2	CHECK SCHEDULE
3:05pm – 3:20pm	HIGHLIGHT VIDEO BREAKDOWN <i>Recruiting talk/what we look for/what did you notice</i> <i>Questions for the coaches</i>	VIDEO BOARD/BLEACHERS
3:25pm- 3:55pm	OVERTIME TOURNAMENT	CHECK SCHEDULE

3:55pm – 4:00pm

WRAP-UP/TEAM TALK

MAIN COURT

Something you learned, work on tonight, get better at tomorrow

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Day 2

9:00am – 10:00am	CHECK-IN & REGISTRATION	JADWIN GYM LOBBY
9:30am – 10:00am	TEAM ATTENDANCE & DYNAMIC WARMUP	MAIN COURT
10:00am – 10:40am	<i>FULL COURT STATIONS</i> 3 stations, 8 min/station, 2 teams per station, rotate together <i>2 min water break between each station!</i> <ul style="list-style-type: none">• 11 Man (Lilly)• 3v2 to 2v1 (LB)• Tiger Challenge (LD)	COURT 2 COURT 1 COURT 3
10:45am – 10:55am	TEAM PRACTICE	
11:00am-11:30am	GAME #1	CHECK SCHEDULE
11:35am-11:55	HOT SHOT COMPETITION w/ DEMO	CHECK SCHEDULE
12:00am – 1:15pm	LUNCH	WHITMAN
1:15pm-1:25pm	DYNAMIC WARMUP	
1:30pm-1:50pm	3V3 TOURNAMENT	ALL COURTS
1:55pm – 2:10pm	DEFENSIVE DEMO - SHELL + CRISS CROSS CLOSEOUT	MAIN COURT
2:15pm - 2:25pm	CRISS CROSS CLOSEOUT W/ TEAMS	ALL COURTS
2:30pm – 3:00pm	GAME #2	CHECK SCHEDULE
	WATER BREAK/Figure out seedings	
3:10pm – 3:30pm	GAME #3 - CHAMPIONSHIP (based on seeding)	CHECK SCHEDULE
3:35pm-3:45pm	COMPETITION CHAMPIONSHIPS <i>3v3, Hot Shot</i>	MAIN COURT
3:45pm – 4:00pm	WRAP-UP & AWARD CEREMONY	MAIN COURT
4:00pm	PICKUP IN JADWIN	JADWIN GYM LOBBY