

## **CHSA Boys 10U Basketball Homework**

### **Conditioning (once on weekend)**

1 mile run  
3 minutes jump rope (can do more often)  
20 squat jumps  
100 crisscross ab crunches (can do more often)  
Push-ups for 1 minute  
Pull-ups or other pulling strength exercise

### **Skills every day - minimum**

5 minutes ball handling  
10 free throws  
10 layups on each side  
40 shots inside/around the paint  
10 chest passes against a brick wall  
10 overhead passes against brick wall