

## **Basketball Homework**

### **Conditioning**

Time for one-mile run \_\_\_\_\_

Jump rope for 3 minutes \_\_\_\_\_ (check if done)

Number of push-ups in one minute \_\_\_\_\_

Number of pull-ups in one set \_\_\_\_\_

100 ab crunches \_\_\_\_\_ (check if done)

### **Skills**

100 shots around basket \_\_\_\_\_ made

20 free throws \_\_\_\_\_ made

3 free throws eyes closed \_\_\_\_\_ made

20 lay-ups \_\_\_\_\_ made

5 minutes ball-handling \_\_\_\_\_ (check if done)