

## 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

The following are basketball tutorials on YouTube. (No offensive ads came up from these for me.) Have your player watch these before practicing skills next.

The new video for this week is about the chest pass and overhead pass.

<https://www.youtube.com/watch?v=y9UtZEY6maE>

Here are the previously assigned videos.

For ball handling skills watch...

<https://www.youtube.com/watch?v=CMQp0bwjokw>

For shooting skills watch at least the first video in this seven-video series...

<https://www.youtube.com/watch?v=MxO-5-bJmoM>

Turn in time for mile run and number of push-ups to me at Tuesday's practice.