

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)