

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 (first 2 one-handed)
10 layups on each side
50 shots inside/around the paint

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.

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.