

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

New Material...

Learn layer 1 of offense (5 passes)

<https://eteefer.github.io/PassAndCut.pdf>

From previous homework...

Learn the rules to inbound passes...

<https://www.youtube.com/watch?app=desktop&v=VPhK1GWyuLc>

About free throws...

<https://protips.dickssportinggoods.com/sports-and-activities/basketball/basketball-101-free-throws>

About zone...

<https://protips.dickssportinggoods.com/sports-and-activities/basketball/basketball-101-zone-defense>