

**LESSON 07 - BASKETBALL****JUMP ROPE/HOPS****:35 of Jump Rope****Your Score:** **Side to Side Hops****Your Score:** **NO \$4 BUCKS****DRILL****STATIONARY DRIBBLE DRILL #1****Goal:** 10 Dribbles in a row Dominant Hand (no mistakes)**Your Score:** **STATIONARY DRIBBLE DRILL #2****Goal:** 10 Dribbles in a row Non Dominant Hand (no mistakes)**Your Score:** **2 \$4 BUCKS FOR EACH****HOMEWORK****AGILITY COURSE #1****Goal:** Finish course in :10 or under**Your Time:** **2 \$4 BUCKS****LESSON 08 - BASKETBALL****JUMP ROPE/HOPS****:35 of Jump Rope****Your Score:** **Split Hops****Your Score:** **NO \$4 BUCKS****DRILL****DRIBBLE IN MOTION DRILL #1****Goal:** Finish Straight Line course in :10 or under**Your Time:** **2 \$4 BUCKS****HOMEWORK****JUMP ROPE #2****Goal:** 20 Jump Ropes in a row with NO mistakes**Your Score:** **2 \$4 BUCKS****LESSON 09 - BASKETBALL****JUMP ROPE/HOPS****:35 of Jump Rope****Your Score:** **Front to Back Hops****Your Score:** **NO \$4 BUCKS****DRILL****PASSING DRILL #1****Goal:** 5 Accurate Chest Passes in a row**Your Score:** **2 \$4 BUCKS****HOMEWORK****SIDE PLANKS - RIGHT #1****Goal:** Hold for :30**Your Time:** **SIDE PLANKS - LEFT #1****Goal:** Hold for :30**Your Time:** **2 \$4 BUCKS FOR EACH**