

**LESSON 07 - BASKETBALL****JUMP ROPE/HOPS**

:35 of Jump Rope

Your Score: 

Side to Side Hops

Your Score: **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: **HOMEWORK****AGILITY COURSE #1**

Goal: Finish course in :10 or under

Your Time: **LESSON 08 - BASKETBALL****JUMP ROPE/HOPS**

:35 of Jump Rope

Your Score: 

Split Hops

Your Score: **DRILL****DRIBBLE IN MOTION DRILL #1**Goal: Finish Straight Line course  
in :10 or underYour Time: **HOMEWORK****JUMP ROPE #2**Goal: 20 Jump Ropes in a row  
with NO mistakesYour Score: **LESSON 09 - BASKETBALL****JUMP ROPE/HOPS**

:35 of Jump Rope

Your Score: 

Front to Back Hops

Your Score: **DRILL****PASSING DRILL #1**

Goal: 5 Accurate Chest Passes in a row

Your Score: **HOMEWORK****SIDE PLANKS - RIGHT #1**

Goal: Hold for :30

Your Time: **SIDE PLANKS - LEFT #1**

Goal: Hold for :30

Your Time: