

# LESSON 19 - BASKETBALL

## JUMP ROPE/HOPS

:55 of Jump Rope

Your Score:

Side to Side Hops

Your Score:

**NO SA BUCKS**

## DRILL

### STATIONARY DRIBBLE DRILL #3

**Goal:** 10 Cross Over Dribbles in a row  
(no mistakes)

Your Score:

**2 SA BUCKS**

## HOMEWORK

### FITNESS #9

**Goal:** Finish in under 6:00

Your Time:

**2 SA BUCKS**

# LESSON 20 - BASKETBALL

## JUMP ROPE/HOPS

:55 of Jump Rope

Your Score:

Split Hops

Your Score:

**NO SA BUCKS**

## DRILL

### DRIBBLE IN MOTION DRILL #2

**Goal:** Finish Zig Zag course  
in under :25

Your Time:

**2 SA BUCKS**

## HOMEWORK

### MAX BROAD JUMP #3

**Goal:** Beat your distance from  
MAX DISTANCE BROAD JUMP #2

Your Distance:

**3 SA BUCKS**

# LESSON 21 - BASKETBALL

## JUMP ROPE/HOPS

:55 of Jump Rope

Your Score:

Front to Back Hops

Your Score:

**NO SA BUCKS**

## DRILL

### BOUNCE PASS DRILL

**Goal:** 5 Accurate Bounce Passes in a  
row

Your Score:

**2 SA BUCKS**

## HOMEWORK

### AGILITY #3

**Goal:** Finish course in :8 or under

Your Time:

**2 SA BUCKS**