

LESSON 19 - BASKETBALL

JUMP ROPE/HOPS

:55 of Jump Rope

Your Score:

Side to Side Hops

Your Score:

DRILL

STATIONARY DRIBBLE DRILL #3

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

Your Score:

HOMEWORK

FITNESS #9

Goal: Finish in under 6:00

Your Time:

LESSON 20 - BASKETBALL

JUMP ROPE/HOPS

:55 of Jump Rope

Your Score:

Split Hops

Your Score:

DRILL

DRIBBLE IN MOTION DRILL #2

Goal: Finish Zig Zag course
in under :25

Your Time:

HOMEWORK

MAX BROAD JUMP #3

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

Your Distance:

LESSON 21 - BASKETBALL

JUMP ROPE/HOPS

:55 of Jump Rope

Your Score:

Front to Back Hops

Your Score:

DRILL

BOUNCE PASS DRILL

Goal: 5 Accurate Bounce Passes in a
row

Your Score:

HOMEWORK

AGILITY #3

Goal: Finish course in :8 or under

Your Time: