



### HOMEWORK - Intermediate

Player: \_\_\_\_\_

Week Ended: \_\_\_\_\_

Drill	# Made	#/week	Sun	Mon	Tues	Thurs	Fri	Sat	Sun
Killer shots (in front of rim, swish five in a row) Always first	1	3							
Right Hand Layups/Left Hand (each)	15	3							
Shots (5 from 5 spots)	25	3							
Lay down shots (on back & catch) Use good form	100	3							
Two ball Machine gun dribble (twice) Down and back 25 yards	3	3							
Two ball same time dribble (twice) Down and back 25 yards	3	3							
Low down dribble (Both hands twice-2 minute each)	2	3							
Moves at cone (behind the back, between the legs) Do both	15	3							
Ball arounds (waist, knees, figure 8s) Go quickly-mistakes ok. 20 each	1	3							
Push-ups	25	3							
Straight jumps (or jump rope)	100	3							
High-as-you can jumps	30	3							
Sit ups	25	3							

When the players shoot, please remember **B-E-E-F**. Balance (feet below shoulders), Elbow (elbow in), Eyes (Eyes on the center of the rim) and Follow-through (hold arm and wrist after shot-until ball is through the rim).

Signed by (Player): \_\_\_\_\_

Parent Signature: \_\_\_\_\_

"I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed." ~ Michael Jordan

"Whether you think you can, or you think you can't-you're right"- Henry Ford

"I'm a great believer in luck, and I find the harder I work the more I have of it." ~Thomas Jefferson

"Winning is something that builds physically and mentally every day that you train and every night that you dream." - Emmitt Smith

Your favorite saying:

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