ROCKFORD HEAT BASKETBALL

Basketball Homework:

A. Run 1 mile, almost all schools have a track that you could run on after school. If no track is available you can usually run around the block 3 or 4 times and that will equal a mile or use your car odometer to map out a mile.

B. Shooting form: Shooting a few rounds of around the world or if no hoop is available sit upright on your couch or chair, shoot ball straight up (2 ft max) in the air. Emphasize on snapping your wrist and getting good spin on the ball. You should do at least 200 shots a night, with or without a hoop.

C. 100 Crunchies: (4 sets of 25), Leg lifts-6inch and 12 inch(20 seconds each) 3 sets

D. 3 sets of stationary lunges (10 each leg-each set)

E. 3 sets of 50-75 calf raises or 3 sets of 30 seconds each set(rest in the up position)

F. 30 pushups: 3 sets of 10 pushups

G. 3 sets of slow-low stance-defensive slides (1 minute each set)

H. Basketball figure 8 through both legs. 1 minute in each direction (not dribbling-stay low)

I. Cross overs (keep ball dribble below the knees and keep head up) (3 sets x 2 min each)

These drills are mandatory for Heat players!!!! You are expected to do these drills at least 3 days a week outside of practice. You must have your parents initial the sheet each day you work out. You are required to bring this sheet with you to each practice.

We have prepared this for the girls to help them achieve the very most out of there continued quest for improvement. We hope you find this beneficial; we have included the parent signature lines to help the players become more accountable for their individual contribution to becoming better.

This workout should take approximately 30-40 minutes to complete; please continue to encourage your player to complete this homework as you would school homework.

Remember, "Hard work beats talent when talent fails to work hard."

Monday   Parent Signature _____

Tuesday   Parent Signature _____

Wednesday   Parent Signature _____

Thursday   Parent Signature _____

Friday   Parent Signature _____

Saturday   Parent Signature _____

Sunday   Parent Signature _____