

# Basketball Homework Sheet

**Homework Sheet Number:** 01      **Name:**

One hour of practice is all we have together each week. If you want to be a GREAT basketballer you obviously need to practice more than that.

I will be handing out a homework sheet like this one, once every four weeks. As you can see it has room on it for you to record 12 sessions, with three activities each session. That means you need to find 3 days during the week, each of the four weeks to complete the homework sheet.

Please write your name in the space above.

Be sure to fill in the date, and have a parent initial the square each time you complete an activity.

I will collect your homework sheets, and hand out a fresh one every fourth week at training.

Activity	1	2	3	4	5	6	7	8	9	10	11	12
<b>Date</b>												
<b>Parents Initial</b>												
<b>Ball Handling Drills</b> (see Player Handout 10)  Perform 10 of each of these activities;  Body wraps Single leg wraps (Left) Single leg wraps (Right) Figure-8 wraps Blurr - with a bounce												
<b>Jump Rope Drills</b>  Perform 3 sets of 20 of each of these;  Two foot jumping Single foot jumping Alternate feet jumping  Have a break between sets.												
<b>Free Throw Shooting</b>  If you have a ring at home;  How many free-throws does it take you to make 20 ?  Record the number here.												

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Activity	1	2	3	4	5	6	7	8	9	10	11	12
<b>Date</b>												
<b>Parents Initial</b>												
<b>Line Jumping Drills</b> Find a line at home (or draw one with chalk) and perform 20 of each of these activities;  Side-on 2 feet jumps Side-on 1 foot jumps (left) Side-on 1 foot jumps (right) Front-on 2 feet jumps Front-on 1 foot jumps (left) Front-on 1 foot jumps (right)												
<b>Dribbling Drills</b> Perform 50 of each of these;  Crossovers in front V-dribble front (left hand) V-dribble front (right hand) V-dribble side (left hand) V-dribble side (right hand)												
<b>Catch and Face</b> From the elbow, pass to yourself, turn and face into triple threat then;  Jab and strong side to lay-up Jab and crossover to lay-up Jab and shot fake, shoot Do 15 of each.												

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Activity	1	2	3	4	5	6	7	8	9	10	11	12
<b>Date</b>												
<b>Parents Initial</b>												
<b>Ball Handling Drills</b> (see Player Handout 10)  Perform 10 of each of these activities;  Body wraps Figure-8 wraps Blurr - with a bounce Finger Tipping (50) Straddle Flip												
<b>Dribbling Drills</b>  Perform each of these for 5 minutes;  Figure 8 dribble between legs Between the legs dribble												
<b>Mikan Drill</b>  From underneath the basket, lay ball into basket using hook shot, alternating sides each shot.  How many can you make in three minutes?												

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Activity	1	2	3	4	5	6	7	8	9	10	11	12
<b>Date</b>												
<b>Parents Initial</b>												
<b>Jump Rope Drills</b> Perform 3 sets of 20 of each of these;  Two foot jumping Single foot jumping Alternate feet jumping  Have a break between sets.												
<b>Dribbling Drills</b> Perform each of these for 5 minutes;  Dribbling around your body Between the legs dribble												
<b>Bank Shots</b> From a 45 degree angle to the basket,  Make 20 shots from each side from two steps out.  Make 20 shots from each side from three steps out.  Make 20 shots from each side from four steps out.												

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Activity	1	2	3	4	5	6	7	8	9	10	11	12
<b>Date</b>												
<b>Parents Initial</b>												
<b>Ball Handling Drills</b> (see Player Handout 10)  Perform 10 of each of these;  Figure-8 wraps Blurr - with no bounce Spider Drill Straddle Flip												
<b>Jump Rope Drills</b>  Perform 3 sets of 20 of each of these;  Two foot jumping Single foot jumping Alternate feet jumping  Have a break between sets.												
<b>Catch and Face</b>  From the elbow, pass to yourself, turn and face into triple threat then;  Jab and shot fake, shoot Jab, fake, drive shoot. Jab, fake, crossover, shoot. Do 15 of each.												

# Basketball Homework Sheet

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Activity	1	2	3	4	5	6	7	8	9	10	11	12
<b>Date</b>												
<b>Parents Initial</b>												
<b>Mikan Drill</b>  From underneath the basket, lay ball into basket using hook shot, alternating sides each shot.  How many can you make in three minutes?												
<b>Jump Rope Drills</b>  Perform 3 sets of 20 of each of these;  Two foot jumping Single foot jumping Alternate feet jumping												
<b>Bank Shots</b>  From a 45 degree angle;  Make 20 shots from each side from two steps out.  Make 20 shots from each side from three steps out.  Make 20 shots from each side from four steps out.												