

DARK HORSE BASKETBALL HOMEWORK

NAME _____

WEEK _____

STRENGTH & CONDITIONING (Choose 1)

	DAY:	DAY:	DAY:
RUNNING – 1.75 miles	Time:	Time:	Time:
SIT UPS > 75	Quantity:	Quantity:	Quantity:
PUSH UPS > 50	Quantity:	Quantity:	Quantity:

COORDINATION & FOOTWORK (Choose 1)

	DAY:	DAY:	DAY:
R/L SLIDES x4 x35, 2:30 DEFENSIVE STANCE	Time:	Time:	Time:
REPEATED HIGH JUMPS > 60	Quantity:	Quantity:	Quantity:
DROP STEPS > 50 makes	Quantity:	Quantity:	Quantity:

SHOOTING / DRIBBLING (Choose 2, or play Around the World x 10)

	DAY:	DAY:	DAY:
FREE THROWS > 50 makes	Attempted:	Attempted:	Attempted:
“YOUR SPOT” SHOTS (10ft < shot) 50 makes	Attempted:	Attempted:	Attempted:
DROP STEPS > 50 makes	Attempted:	Attempted:	Attempted:
BETWEEN-THE-LEGS DRIBBLE (>10 MINS)	Time:	Time:	Time:
REVERSE LAY-INS > 25 R & L	Time:	Time:	Time:
TEXAS BALL HANDLING x 10	Time:	Time:	Time:
AROUND THE WORLD 10 in a row per spot	Time:	Time:	Time:

YOUR GOAL (Create your own drill/exercise)

	DAY:	DAY:	DAY:

DETAILED EXPLANATION FOR HOMEWORK

This homework sheet is due Thursday, February 18.

- Running – 1.75 miles** Self-explanatory. Run 1.75 miles (that's 7 times around the Milwaukie HS track) and record your time. If you did not run last week, you may choose to run 1.5 miles.
- Sit-ups / Push ups** Perform at least the number specified. It can be split up during the day.
- R/L Slides x 4 x 35 & 2:30 DS** Right & Left slides, just like during conditioning in practice. Slide four steps to the right, then four steps to the left. Now do it 34 more times. For 2 minutes, 30 seconds, perform "shotgun" while in proper defensive stance (on toes, hands out)
- Repeated High Jumps** Split this up. Jump as high as you can 10 times in a row, exploding up again instantly when you hit the floor. Your heels should never be on the floor. Use your arms and reach for something (the rim, ceiling, etc.)
- Drop Steps** Perform 50 proper drop steps – ½ on the right side, ½ on the left side.
- Free Throws** Make 50 free throws and write how many shots you took to get there.
- Your Spot Shots** Choose a spot on the basketball court that is at least 10 feet away from the basket. Make 50 shots from there, and record how many times you shot to get there.
- Between the Legs Dribble** Your goal is to walk while dribbling between the legs for 10 minutes.
- Texas Ball Handling** Do a complete run-through of Texas Ball Handling 10 times. That is 5 head, waist, R leg, L leg, figure 8, dribble figure 8, dribble right, left.
- Around the World x 10** If you successfully play this game, this counts as BOTH items in the shooting box. There are 5 spots on the court, where you must make 10 shots in a row to advance to the next. The first spot is 10-12 feet away from the basket on the baseline. The second is 6-8 feet toward the half-court line from the 1st. The third is a free throw, and the last two are mirrors of the first two. Once you advance to the next spot, you don't have to go back if you miss. Time how long it takes you to get through.

There should be at least 3 boxes in the first and second sections filled in. The last section should contain 6 boxes filled in, unless you successfully complete Around the World, then only one box needs to be completed that day.

If you do not complete all the required material by the due date, we will choose which homework items you will perform before, during, and after the practice to complete it for the week.

Best of luck!