

BASKETBALL

10,000 © by

COACH 'EM UP
confidence • fundamentals • champions

Goals: To Practice at Home!

*To Work Slow and Develop
MY Muscle's Memory!*

Name	Grade	Sheet #
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**Directions: Complete 20 Repetitions (times you do it) and sign your initials in the box.
Only ONE set of exercises per day. Complete 10 sheets, or 9 with bonus! Good Luck and Have Fun!**

To view instructional videos and download more forms, go to www.CoachEmUpTexas.com/basketball-10000

1. Ball Slaps (slap the ball side to side – make it loud)

20	20	20	20	20
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2. Claps (toss, clap ONE TIME and catch)

20	20	20	20	20
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3. Ball Swings (swing your arms/ball from side to side, slightly bent forward)

20	20	20	20	20
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4. Ball Pinches (with your palms UP, pinch the ball 10 times-each hand to = 20)

20	20	20	20	20
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5. Pinky to Pinky – Over the Top (you know the “trick”)

20	20	20	20	20
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6. TWO Ball Dribble (20 two ball dribbles at the same time with no mess ups)

20	20	20	20	20
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7. Crabman Walk (go in and out of your legs as you walk 20 steps & back)

20	20	20	20	20
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8. Shin Splits (go around your shins 20 times – remember to “split”)

20	20	20	20	20
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9. Figure 8's (10 each way = 20 total....keep your eyes UP!)

20	20	20	20	20
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10. Wall Dribbles (10 wall dribbles using each hand = 20....stay close!)

20	20	20	20	20
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Bonus: Candy Canes

20	20	20	20	20
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10,000 touches earns an induction into the **Basketball 10,000 Wall of Fame!**

Send pics of your completed forms to coach@CoachEmUpTexas.com

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