



WARM UP (before workout)

Jumping jacks	10
Side Shuffle	5 each side
Sit ups	10
Arm circles	10 each direction
Running in place	30 seconds

COOL DOWN (after workout)

Jogging in place	30 seconds
Arm circles	10 each direction
Quad stretch	10 seconds each side
Shoulder stretch	10 seconds each side
Hamstring stretch	10 seconds each side

BASKETBALL WORKOUT TRACKER

LEARNING	PRACTICING	DONE!
BALL HANDLING		
Holding a Basketball – Triple Threat Position		<input type="checkbox"/>
Stationary Ball Handling		<input type="checkbox"/>
Dribbling		<input type="checkbox"/>
FOOTWORK		
Stopping, Landing and Pivoting		<input type="checkbox"/>
THE FLOOR		
Recognizing Spots on the Court		<input type="checkbox"/>
PASSING		
Bounce, Chest and Overhead		<input type="checkbox"/>
REBOUNDING		
Rebounding		<input type="checkbox"/>
DEFENDING		
Defensive Stance		<input type="checkbox"/>
SHOOTING		
Basic Shooting Mechanics		<input type="checkbox"/>
Layups		<input type="checkbox"/>
Free Throws		<input type="checkbox"/>
	Shooting to Self	<input type="checkbox"/>
	Shooting Practice	<input type="checkbox"/>

Use this sheet to keep track of your Basketball workouts. **We recommend three videos a week and practice in between for this unit.** Once you complete a workout make sure to log it on the *i play! at home* virtual challenge website.