



Player name: _____

Date turned in: _____

DAILY PRACTICE SKILLS SHEET

ACTIVITY	TIME	MON	TUE	WED	TH	FRI
Shoot 70 shots. Max (30) 3-point shot. The rest inside the arc	8 min.					
Shoot 15 Free Throws	3 min.					
2 Ball Dribbling — Alternate and Continuous	3 min.					
25 Push Ups/50 Sit Ups	2 min.					

TOTAL TIME

16 min.

What I did this week that showed TRUE TOUGHNESS _____

Parent (signature)

Parent (print name)

“Get the fundamentals down and the level of everything you do will rise.”

GO BEARCATS!

— Michael Jordan