

Enjoy your time off with your family and make time to work out!

Open Gym: @ Stiles Dec. 30, Jan. 2nd & 3rd (9am-11am), Dec. 31st @ HMS (9-11)

Open Gym: Jan 6 (2 -3)

RECOMMENDED: 4-5 times a week.....30 minutes a day!

Pick one activity in the conditioning or endurance section, strength, and basketball. Don't do every activity in one day!

Example: On Tuesday, I will do sprints (100m), lay ups, and shooting. Wednesday, I will do a 5 minute run, push ups while watching TV and Free throws.

CONDITIONING: Sprints (If you can go to track even better!)

*10~~ 100m Sprints (1 block)

**5~~ 200m Sprints (2 blocks)

***3 ~~ 400m Sprints (4 blocks)

ENDURANCE:

*TWO ten minute runs (normal easy pace) 5 minute break in-between

**THREE five minute runs. Jog and add 8 ten second sprints into each run. 3 minute break in between them.

*** FOUR three minute runs, with four 15 second sprints in each! 4 minute break in between.

****6 agility activities for a 1 minute rotation and go through 2 times.

(E-movement drill, Star drill-sprint, backpedal, shuffle, min hurdles, ladders, steps-stairs &/or step ups, 5-10-5 shuffle, 40 yard backpedal forward, T-drill)

***** 8 minutes of glory (sprint length of court, defensive slides baseline to sideline, sprint to other sideline, defensive slides to baseline, sprint length of court & repeat)

STRENGTH: While watching your favorite TV show, each time a commercial comes on do 25 push up or planks and add any AB activities (Russian twists, scissors kicks (legs holding them 6 inches above the ground), bicycle crunches (1 knee up, the other leg extended but not touching the ground), lunges, squat jumps, burpees.

Do squats while brushing your teeth in the morning and night. **STRETCH EVERY SINGLE DAY!**

BASKETBALL: Make 20 Free Throws a day! Create your own “hot shot” (5 spots shooting) game and try to beat your score.

Set up obstacles in your driveway, dribble around them or play with your dogit’s surprisingly helpful!

Make 10 layups in a row every day. Go through ball handling drills as often as possible.

Find someone or the wall to practice passing with.

Teach someone in your family how to shoot a basketball. Practice form shooting starting at the rim.

Zig Zag dribble: practice your cross over, reverse dribble, between the legs, and around the back. Then have someone play defense on you and try to beat them down the court.

Draw out plays or teach them to your family to practice!

Complete the workout log to turn in when you return to school.

[Holiday Workout Log](#)

[Beach Workouts](#)