

Modesto Magic Basketball

Home Workout

Watch Video.

Practice skills with a friend or parent.

Write down how many reps you did with each exercise.

Complete this workout each week. Turn this form in on Saturdays for a chance to win a prize.

Dribbling

Reps

Jump stops w/pivoting

Zig Zag Dribbling

Speed Dribbling

Lay Ups

Reps

Isolated Lay Ups

X Lay Ups

Wing Lay Ups

Shooting

Reps

Shooting Footwork

Shadow Shooting

Form Shooting

Players Name _____

Date Completed ___/___/2023

Parents Signature _____