

# 10 Days to Conquer

## SHOOTING

### Day 1

1 - Wall Squats - Stand with back against wall and feet 12-14" away from wall. Slide back down the wall as if sitting in an imaginary chair. Hold for a count of 10. Repeat 3 times.

2 - Ball Slaps - Wake hands up by slapping the ball 10 times with each hand!

### Day 3

1 - Ball Slaps - Wake hands up by slapping the ball 10 times with each hand!

2 - Bend/Extend - Position body as if you are going to shoot a basket. Bend knees and, as you straighten them, straighten your shooting arm toward the sky.

### Day 2

1 - Army Crawls - Lying on stomach, creep the body forward using an alternating pattern with opposite arm and leg reaching forward. Crawl across room 5 times.

2 - Rocket Jumps - Start in a low squat, hands touching the floor. Count down from 10 and then explode upward, jumping into the air. Repeat 10 times.

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## BASKET

### Day 5

1 - Wrist Flicks - Lie on your back on the ground, arms in shooting position. Hold a small ball in shooting hand. Shoot ball into air with a flick of your wrist. Catch and repeat 20 times.

2 - Army Crawls - Lying on stomach, creep the body forward using an alternating pattern with opposite arm and leg reaching forward. Crawl across room 5 times.

### Day 6

1 - Catch and Shoot - Toss a basketball to the child and have her catch it and set hands/body in ready position to shoot. Repeat 10 times.

2 - Plank - Hold plank position for as long as you can 5 times.

### Day 7

1 - Wheelbarrow Walk - Wheelbarrow walk the length of the room 5 times.

2 - Target Practice - Make an X with tape on the garage door or wall slightly above the child's height. Practice shooting to the X with one hand.

### Day 8

1 - Squishy Ball - Squeeze a squishy ball or wet sponge 20 times with each hand.

2 - Wrist Flicks - Lie on your back on the ground, arms in shooting position. Hold a small ball in shooting hand. Shoot ball into air with a flick of your wrist. Catch and repeat 20 times.

### Day 9

1 - Target Practice - Make an X with tape on the garage door or wall slightly above the child's height. Practice shooting to the X with one hand.

2 - Ball Shoots - Place a basketball in the child's hand. Have her bend elbow to 90° and, keeping your elbow in shooting position, push ball straight up in the air 10 times.

### Day 10

1 - Ball Slaps - Wake hands up by slapping the ball 10 times with each hand!

2 - Try shooting a basket on your own!

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#10DAYSTOCONQUER

## Day 1

1 - Wall Squats - STAND WITH BACK AGAINST WALL AND FEET 12-14" AWAY FROM WALL. SLIDE BACK DOWN THE WALL AS IF SITTING IN AN IMAGINARY CHAIR. HOLD FOR A COUNT OF 10. REPEAT 3 TIMES.

2 - Ball Slaps - WAKE HANDS UP BY SLAPPING THE BALL 10 TIMES WITH EACH HAND!

## Day 2

1 - Army Crawls - LYING ON STOMACH, CREEP THE BODY FORWARD USING AN ALTERNATING PATTERN WITH OPPOSITE ARM AND LEG REACHING FORWARD. CRAWL ACROSS ROOM 5 TIMES.

2 - Rocket Jumps - Start in a low squat, hands touching the floor. Count down from 10 and then explode upward, jumping into the air. REPEAT 10 TIMES.

## Day 3

1 - Ball Slaps - WAKE HANDS UP BY SLAPPING THE BALL 10 TIMES WITH EACH HAND!

2 - Bend/Extend - POSITION BODY AS IF YOU ARE GOING TO SHOOT A BASKET. BEND KNEES AND, AS YOU STRAIGHTEN THEM, STRAIGHTEN YOUR SHOOTING ARM TOWARD THE SKY.

## Day 4

1 - Wall Squats - STAND WITH BACK AGAINST WALL AND FEET 12-14" AWAY FROM WALL. SLIDE BACK DOWN THE WALL AS IF SITTING IN AN IMAGINARY CHAIR. HOLD FOR A COUNT OF 10. REPEAT 3 TIMES.

2 - Ball Shoots - PLACE A BASKETBALL IN YOUR HAND, BEND YOUR ELBOW TO 90\* AND KEEPING YOUR ELBOW IN SHOOTING POSITION, PUSH BALL UP IN THE AIR 10x.

## Day 5

1 - Wrist Flicks - LIE ON YOUR BACK ON THE GROUND, ARMS IN SHOOTING POSITION. HOLD A SMALL BALL IN SHOOTING HAND. SHOOT BALL INTO AIR WITH A FLICK OF YOUR WRIST. CATCH AND REPEAT 20 TIMES.

2 - Army Crawls - LYING ON STOMACH, CREEP THE BODY FORWARD USING AN ALTERNATING PATTERN WITH OPPOSITE ARM AND LEG REACHING FORWARD. CRAWL ACROSS ROOM 5 TIMES.

## Day 6

1 - CATCH AND SHOOT - TOSS A BASKETBALL TO THE CHILD AND HAVE HER CATCH IT AND SET HANDS/BODY IN READY POSITION TO SHOOT.  
REPEAT 10 TIMES.

2 - PLANK - HOLD PLANK POSITION FOR AS LONG AS YOU CAN 5 TIMES.

## Day 8

1 - SQUISHY BALL - SQUEEZE A SQUISHY BALL OR WET SPONGE 20 TIMES WITH EACH HAND.

2 - WRIST FLICKS - LIE ON YOUR BACK ON THE GROUND, ARMS IN SHOOTING POSITION. HOLD A SMALL BALL IN SHOOTING HAND. SHOOT BALL INTO AIR WITH A FLICK OF YOUR WRIST. CATCH AND REPEAT 20 TIMES.

## Day 10

1 - BALL SLAPS - WAKE HANDS UP BY SLAPPING THE BALL 10 TIMES WITH EACH HAND!

2 - TRY SHOOTING A BASKET ON YOUR OWN!

## Day 7

1 - WHEELBARROW WALK - WHEELBARROW WALK THE LENGTH OF THE ROOM 5 TIMES.

2 - TARGET PRACTICE - MAKE AN X WITH TAPE ON THE GARAGE DOOR OR WALL SLIGHTLY ABOVE THE CHILD'S HEIGHT. PRACTICE SHOOTING TO THE X WITH ONE HAND.

## Day 9

1 - TARGET PRACTICE - MAKE AN X WITH TAPE ON THE GARAGE DOOR OR WALL SLIGHTLY ABOVE THE CHILD'S HEIGHT. PRACTICE SHOOTING TO THE X WITH ONE HAND.

2 - BALL SHOOTS - PLACE A BASKETBALL IN THE CHILD'S HAND. HAVE HER BEND ELBOW TO 90° AND, KEEPING YOUR ELBOW IN SHOOTING POSITION, PUSH BALL STRAIGHT UP IN THE AIR 10 TIMES.

10 Days

to Conquer

SHOOTING A BASKET