

10 Days to Conquer

SHOOTING

A

BASKET

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 SHOOT - 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 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 SHOOT - 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!

SHARE YOUR SUCCESS STORIES!

#10DAYSTOCONQUER

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