



Homework Program

Level 2



Homework Program Guide



Overall Set Up

- Perform each skill for a total of 60 seconds
- Complete each skill 2 - 3 times.
- Count how many times you perform the skill within the time limit.
- Watch the demos in the video for set up tips and coaching points on how to perform the skills

Ball Mastery Program

- Toe Tap-Bells Alternate - perform 5 toe taps then switch to 5 bells.

Dribbling Program

- Slalom Dribble > set up 4—5 cones about 1 foot apart.
- Chaos Dribble > set up 8 - 12 cones in a random order.

Passing & Receiving Program

- Set up a wall with an obstacle placed at the midway point of the wall.

Juggling Program

- The Wall must be at least 5 feet tall so that you can pass the ball off of it at chest height.
- The perfect wall could be found at a school but make sure there is no windows near by that you could break.
- The goal is to be in control of the ball during all contacts with it, not be chasing after the ball.

Fast Feet / Balance Program

- Make sure to take at least a 30 second rest before starting the next exercise.
- Set up a 1 yard x 1 yard Box with tape

Strength Program

- All of these exercises are body weight exercises and require very little equipment.
- Upon completion of exercises 1, take a 60 second rest then move on to exercises 2.
- If you are looking for more of a challenge, find household items to use as weights.

Make sure that you are marking down your scores so that you can monitor your progress

