

Instructions

We have put together this workbook with everything you need for the next 9 weeks of training and competition.

We want you to participate in each days activities and practices/workouts. We have provided you a daily guide to either an in home practice, a fitness and health activity or a general workout. While the practices are basketball based, the warm ups for practice are not, and can be done by all athletes and modified for your ability level. While most of the material you will need will be in this workbook, there will be supplementary workouts and activities on our Sports and Wellness Facebook page, <https://www.facebook.com/groups/sonmfit>.

You will also need to complete the Fit 5 Tracker included to keep track of your water, exercise and vegetable/fruit intake over the course of this virtual training season. You can only become stronger and faster if your body is fueled correctly and nutrition is the key to becoming a better athlete.

Supply list

What you need to be prepared to begin your in home basketball training practice.

1. A comfortable shirt, no buttons or zippers and allows freedom to move your shoulders.
2. Shorts should be a lightweight material and have an elastic waistband that allows freedom of movement at the hips and thighs
3. Socks should be properly fitted and comfortable
4. Shoes are the most important article for practice. They must have a good tread for traction and fit snugly around the ankle, yet provide room in the top to prevent blisters.
5. Full water bottle in reach of your practice area
6. A basketball
7. A hoop, but only if you can be safe by keeping social distance
8. A strong wall if you cannot use a hoo

NOTE

As you work through the Workbook, the daily activities are just suggestions and you can choose to flip days to match your schedule. Training is progressive, so we ask that you do not skip ahead