Central Lyon 10,000 Shot Club

Use this sheet to automatically calculate your total number of minutes ballhandling

The Challenge Runs from June 1st, 2017 to September 1, 2017

Date	minutes dribbling	Date	minutes dribbling	Date	minutes dribbling
6/1/2017		7/1/2017		8/1/2017	
6/2/2017		7/2/2017		8/2/2017	
6/3/2017		7/3/2017		8/3/2017	
6/4/2017		7/4/2017		8/4/2017	
6/5/2017		7/5/2017		8/5/2017	
6/6/2017		7/6/2017		8/6/2017	
6/7/2017		7/7/2017		8/7/2017	
6/8/2017		7/8/2017		8/8/2017	
6/9/2017		7/9/2017		8/9/2017	
6/10/2017		7/10/2017		8/10/2017	
6/11/2017		7/11/2017		8/11/2017	
6/12/2017		7/12/2017		8/12/2017	
6/13/2017		7/13/2017		8/13/2017	
6/14/2017		7/14/2017		8/14/2017	
6/15/2017		7/15/2017		8/15/2017	
6/16/2017		7/16/2017		8/16/2017	
6/17/2017		7/17/2017		8/17/2017	
6/18/2017		7/18/2017		8/18/2017	
6/19/2017		7/19/2017		8/19/2017	
6/20/2017		7/20/2017		8/20/2017	
6/21/2017		7/21/2017		8/21/2017	
6/22/2017		7/22/2017		8/22/2017	
6/23/2017		7/23/2017		8/23/2017	
6/24/2017		7/24/2017		8/24/2017	
6/25/2017		7/25/2017		8/25/2017	
6/26/2017		7/26/2017		8/26/2017	
6/27/2017		7/27/2017		8/27/2017	
6/28/2017		7/28/2017		8/28/2017	
6/29/2017		7/29/2017		8/29/2017	
6/30/2017		7/30/2017		8/30/2017	
		7/31/2017		8/31/2017	
June	**0**	**July**	**0**	**August**	**0**
Parent: *		Parent: *		Parent: *	

Dribbling Options

Here are some options for getting your dribbling minutes. You can do something other than these as well, these are just some ideas.

*Go for a walk or light jog while dribbling. If you choose walking, challenge yourself. Maybe go 1 block with your left hand, 1 block with your right hand, and then one block dribbling between your legs!

*Use our YouTube video to do stationary ball-handling drills, or do drills that you already know!

*Do some "full court" dribbling up and down your driveway or sidewalk. Try to incorporate some speed dribbles into your workout so you're going at game speeds.

*Do some change of direction drills where you go from fast to slow.

Name:	
Address:	
Address:	
Grade 2017/2018	
Phone Number:	
Email Address:	
Total # of minutes	**#REF!**

Things to think about:

-Make sure you are using both right and left hand.
-Keep your eyes up! If you're using the YouTube video, put your laptop or cell phone on a chair, table, etc to keep you looking up.
-Challenge yourself. On stationary drills, you should go fast enough that you almost feel like you're losing control of the ball. If you're going too slow you're not getting any better.
-Keep that dribble low! Unless the drill is designed for a high dribble, stay low and quick at all times!

S - M - L - XL

T-Shirt Size

Please turn your completed form into Coach Grafing on September 1, 2017.

***Parents are not required to watch everything. We are only looking for you to initial that your child is working towards their goal.**