

CHOOSE ANY 5 OF THE FOLLOWING TO ATTEMPT EVERY DAY FOR ONE MONTH.

C O N D I T I O N I N G		H E A L T H	
DRIBBLE SPRINTS	SPRINT BACK & FORTH WHILE DRIBBLING, ALTERNATING WEAK/STRONG HAND	3 MEALS	COMPLETELY FINISH 3 FULL MEALS PER DAY TO ENSURE YOU HAVE ENERGY
EAT LEFTY	EAT EVERY MEAL THROUGHOUT THE DAY WITH YOUR NON-DOMINANT HAND	BREAKFAST	EAT A HEALTHY BREAKFAST LIKE EGGS, OATMEAL, OR FOODS HIGH IN PROTEIN
FREE THROWS	MAKE 10, WITH 1 SPRINT FOR MISSING THE 1ST SHOT, 2 FOR THE 2ND, ETC	CANDY	AVOID EATING SUGARY TREATS TO KEEP YOUR BODY'S ENERGY FROM CRASHING
GET BACK	WATCH GAME FILM; SPRINT FOR EACH TIME THE BALL BEATS YOU BACK TO D	FAST FOOD	AVOID FOOD FROM ANY FAST FOOD RESTAURANT OR DRIVE-THRU
JUMP ROPE	JUMP ROPE FOR 3 MINUTES, SWITCHING BETWEEN 3 DIFFERENT JUMPS	FRIED FOODS	AVOID FRENCH FRIES AND OTHER FOODS COOKED IN OIL
LANE SLIDES	QUICKLY DO 10 DEFENSIVE SLIDES BACK N FORTH IN THE KEY. AT LEAST 5 SETS	FRUIT	EAT AT LEAST 3 PIECES OF FRUIT THROUGHOUT THE DAY
MILE RUN	RUN AT LEAST ONE MILE, ALWAYS ATTEMPTING TO BEAT YOUR BEST TIME	SLEEP	GO TO SLEEP ON TIME SO THAT YOU GET BETWEEN 7 AND 9 HOURS OF SLEEP
NASH DRILL	SPRINT FOR 3 MINUTES ATTEMPTING TO BEAT YOUR BEST RESULT	SUGARY DRINKS	AVOID DRINKING SODA, JUICE, OR SPORTS DRINKS. DRINK WATER INSTEAD.
RIM TOUCHES	SPRINT IN TO TRY TO TOUCH THE RIM 21 TIMES, JUMPING OFF LEFT/RIGHT/BOTH	STRETCH	STRETCH AFTER EVERY WORKOUT OR GAME TO INCREASE YOUR ATHLETICISM
RUN TWO 17'S	A ONE-MINUTE SPRINT FROM SIDELINE TO SIDELINE. 17 IS THE GOAL. DO IT TWICE	WATER	DRINK AT LEAST 8 GLASSES OF WATER THROUGHOUT THE DAY
M E N T A L I T Y		S K I L L	
40 MINS EARLY	INSTEAD OF 30 MINUTES, SHOW UP TO OUR EVENTS 40 MINUTES EARLY	CARDS	WORKOUT USING ANY OF OUR WORKOUT CARDS. EVENTS > BOOT CAMPS
BED SHOTS	SHOOT THE BALL 50 X'S TOWARDS THE CEILING FROM YOUR BACK WHILE IN BED	DRIBBLING	DO 7 DIFFERENT TWO-BALL DRIBBLING DRILLS FOR 30 SECONDS EACH
DAILY GOAL	WRITE YOUR GOAL FOR THE DAY ON AN INDEX CARD TO PLACE ON YOUR WALL	EPIC DRILL	SEARCH "50 ALL-STARS EPIC DRILL" ON GOOGLE TO SEE HOW IT'S DONE
DRIBBLE YOGA	DRIBBLE CONSISTENT & LOW WHILE DOING AN ENTIRE STRETCHING ROUTINE	FORM SHOTS	SHOOT CLOSE ONE-HANDED WARMUP SHOTS BEFORE YOUR WORKOUT
GAME FOCUSES	WATCH GAME FILM: TALLY YOUR POS/NEG COUNT FOR OUR 12 GAME FOCUSES	HOMEWORK	PRINT OUT AND DO THE MONTHLY HOMEWORK. OUR SITE > CALENDAR
NBA HIGHLIGHTS	WATCH NBA GAME HIGHLIGHTS OR THE TOP 10 ON ESPN OR YOUTUBE	MASTERY	CLICK THE QUOTE AT OUR SITE'S BASE TO PRINT/LEARN THE LIST OF SKILLS
PLAY	PLAY A GAME OF BASKETBALL AT SCHOOL RECESS OR AT OUR OPEN GYM	MR. COMBO	USE OUR APP TO DO YOUR OWN WORKOUT. DETAILS > HALL OF FAME
SAY THANKS	SAY THANKS TO EACH COACH, REF, & SCOREKEEPER AFTER EVERY EVENT	SHOOTING	MAKE 100 JUMPERS, ALTERNATING BETWEEN CATCH & OFF THE DRIBBLE
SHOW UP	DON'T MISS ANY SCHEDULED WORKOUTS OR PRACTICES OF OURS	TRIPLE CROSS	CROSS 3 TIMES, BETWEEN LEGS, BEHIND BACK, THEN REPEAT FOR 3 MINUTES
STUDY PLAYS	VISIT OUR SITE TO STUDY OUR 12 PLAYS FOR ONE MINUTE EACH	TURNOVERS	WATCH GAME FILM; DO 1 MINUTE OF BALL HANDLING FOR EVERY TURNOVER
S T R E N G T H			
BALL THROWS	OVERHEAD PASS OFF THE BACKBOARD FROM THE FT LINE TO YOURSELF 50 X'S	OFF REBOUNDS	WATCH GAME FILM; 1 PUSHUP FOR EACH TIME YOU DIDN'T GO FOR THE OFF. REB
CALF RAISES	DO 3 SETS OF 100 CALF RAISES ON THE STAIRS. TOES IN, TOES OUT, & EVEN	PUSH-UPS	DO 50 PUSHUPS EVERY DAY, & TRY TO SLOWLY LOWER YOUR BREAKS TO ZERO
COMMERCIALS	WHILE WATCHING ONE TV SHOW, DO PUSHUPS EVERY COMMERCIAL BREAK	SQUATS	FROM THE ELBOW, DO 4 SQUATS THEN DRIBBLE TO A SWOOP LAYUP. REPEAT.
DEVINE'S DRILL	ALTERNATE BETWEEN 15 SEC PLANKS & 5 PUSHUPS, LOWERING SECONDS TO 5	SUNRISE	SET YOUR ALARM TO SUNRISE, THEN WAKE UP TO DO A QUICK 10 PUSHUPS
GENIE SITS	DO THIS EXERCISE FOR 2 MINUTES A DAY TO PREVENT KNEE INJURIES	WRIST ROLLER	IF YOU OWN A WRIST ROLLER, USE IT FOR 3 MINUTES A DAY

"EXCELLENCE IS AN ART WON BY TRAINING AND HABITUATION."

MONTH: _____

CHOICE #1:						AMOUNT/DAY:				
1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	•	•
CHOICE #2:						AMOUNT/DAY:				
1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	•	•
CHOICE #3:						AMOUNT/DAY:				
1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	•	•
CHOICE #4:						AMOUNT/DAY:				
1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	•	•
CHOICE #5:						AMOUNT/DAY:				
1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31	•	•

- ★ CHOOSE 5 NEW ITEMS EACH MONTH, CROSSING OUT WHICH ONES YOU'VE ALREADY DONE
- ★ EXTRA: HIGHLIGHT WHICH ITEMS YOU WERE ABLE TO COMPLETE 100%
- ★ EXTRA: RE-TRY THOSE WHICH YOU WERE UNABLE TO COMPLETE 100%
- ★ AFTER 10 MONTHS, CHOOSE YOUR FAVORITE 5 TO CONTINUE FOR YOUR ENTIRE CAREER
- ★ SHOW YOUR COACHES THE RESULTS!

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