

Name: _____

PEEWEE UPPER HOME PRACTICE

PASS & CATCH

- 1 15 Right hand bounce - add fake
- 2 15 Left hand bounce - add fake
- 3 15 Over the head chest, advance to 15'
- 4 15 Right hand throw
- 5 15 Left hand throw
- 6 15 Right hand hook pass
- 7 15 Left hand hook pass

DRIBBLING

- 1 50 Right hand - make "V" while walking
- 2 50 Left hand - make "V" while walking
- 3 50 Two hand "V" while walking
- 4 20 Behind the back "V"
- 5 20 Between the legs "V"
- 6 10 sets (3 dribbles to right, 3 dribbles to left) through the legs
- 7 10 sets (3 dribbles to right, 3dribbles to left) behind the back, drop
- 8 10 sets (3 dribbles to right, 3 dribbles to left) reverse pivots

STRENGTHENING and FOOTWORK

- 1 15 "Good" Push ups (No Cheating!)
- 2 20 Sit ups (hold their ankles and come up part way)
- 3 4 wall sits for 15 seconds each
- 4 10 sets defensive slides (3 to right, 3 to left) - Get low!

SHOOTING

- 1 20 right hand spinners
- 2 20 left hand spinners

Mon, Dec 05 _____
Parent Signature

Tue, Dec 06 _____
Parent Signature

Wed, Dec 07 _____
Parent Signature

Thu, Dec 08 _____
Parent Signature

Fri, Dec 09 _____
Parent Signature

- Remember to bring this form back to your **next practice Saturday, December 10, 2011 at Loara HS.**
- **Ball handling clinics on Sundays** –Sorry, no more Sunday clinics due to lack of gym time. Attending a high school varsity game also counts as one day.
- **Visions Contest** – The theme for the 2012 Visions contest is “If I Could Give the World a Gift...” Great opportunity for the kids to demonstrate their creativity. This is a literature and visual arts contest. All entries are due January 28, 2012. See flyer for more information. Any questions, please contact Julia Wong at julia@planet-wong.com.
- **Save Lids to Save Lives Campaign** -Bring your pink Yoplait yogurt tops to support the Susan G. Koman for the Cure. Junior Optimists (JOs) will be collecting at practice through Dec. 10.
- **OCO Mochi-Tsuki at Tanaka Farms, Sat., Dec. 31, 8:00-11:30am.** Come celebrate the New Year with the traditional “pounding of rice” and making rice cakes. See flyer for more details about the potluck event.
- **No practice Dec. 24 and 31, 2011. Happy Holidays!**
- Log onto our website at www.ocoyouth.org for homework sheets and other fascinating OCO news.

Promise yourself: To wear a cheerful countenance at all times and give every living creature you meet a smile - The Optimist Creed