

Name: _____

TINKOS HOME PRACTICE

PASS & CATCH

- 1 10 Right hand chest bounce- add fake
- 2 10 Left hand chest bounce-add fake
- 3 10 Over the head bounce, advance to 15'
- 4 10 Right hand throw bounce
- 5 10 Left hand throw bounce
- 6 20 Right hand throw with small ball (throw them grounders)
- 7 20 Left hand throw with small ball (throw them pop ups)

DRIBBLING

- 1 30 Right hand - make "V" while walking
- 2 30 Left hand - make "V" while walking
- 3 30 Windshield wiper
- 4 30 "V" while walking
- 5 10 Right-fake-rock-n-go

PUSH UPS & SIT UPS

- 1 10 "Good" Push ups
- 2 20 Sit ups

SHOOTING

- 1 10 Spinners
- 2 10 Spinners left hand

Mon, Jan 02 _____
Parent Signature

Tue, Jan 03 _____
Parent Signature

Wed, Jan 04 _____
Parent Signature

Thu, Jan 05 _____
Parent Signature

Fri, Jan 06 _____
Parent Signature

REMEMBER TO BRING THIS FORM BACK TO YOUR COACHES AT THE NEXT PRACTICE, Saturday, January 7th. Don't cheat on any of your homework. It will show. January 2nd is a Free Homework Day! Remember, the harder you try, the better you will become. Happy New Year! Happy New Year!! Happy New Year!!! Go to www.ocoyouth.org for our latest news. Going to a high school or college game counts as a homework, and we have lots of OCO players out there. We also have lots of OCO members coaching at our local high schools and colleges!!! Have you gone to a game yet??????? What are you waiting