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How to get in shape for basketball

1. Verb - Base Form _____
2. Adverb _____
3. Adverb _____
4. Adverb _____
5. Verb - Present Ends In S _____
6. Noun _____
7. Noun _____
8. Noun _____
9. Noun _____
10. Adverb _____

How to get in shape for basketball

How to get in shape for _____Verb - Base Form_____. First you need to work on your speed, so run and jog go your own speed and eventually you will get _____Adverb_____ and _____Adverb_____. Next you will need to do some exersises such as push-ups, sit-ups, jumping jacks, steratch your legs and arms, and etc... Then you will need to practice dribbling a ball, _____Adverb_____ it up and down the side-walk in a open gym or in a open area. After dribbling try to shoot from different _____Verb - Present ends in S_____ and spots to get better, then try to face a _____Noun_____, _____Noun_____, _____Noun_____, _____Noun_____, someone you know around your size. To get better at _____Adverb_____ see how fast you can go while keeping control of the ball.

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