

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

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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.