

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 exercises such as push-ups, sit-ups, jumping jacks, stretch 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.