

# How to get in shape for basketball

1. Adverb
2. Verb - Present Ends In Ing
3. Verb - Present Ends In Ing
4. Adverb
5. Adverb
6. Adverb
7. Adverb
8. Verb - Present Ends In Ing
9. Verb - Present Ends In Ing
10. Verb - Present Ends In Ing
11. Verb - Present Ends In Ing
12. Verb - Present Ends In Ing
13. Adverb
14. Adverb
15. Adverb
16. Adverb
17. Adverb

# How to get in shape for basketball

How to get in shape for basketball. To get in shape for basketball you need to \_\_\_\_\_ Adverb \_\_\_\_\_ \_\_\_\_\_ Verb - \_\_\_\_\_

Present ends in ING \_\_\_\_\_ and \_\_\_\_\_ Verb - Present ends in ING \_\_\_\_\_, so basically work of your \_\_\_\_\_ Adverb \_\_\_\_\_. So set a timer every 5 minutes go from \_\_\_\_\_ Adverb \_\_\_\_\_ to \_\_\_\_\_ Adverb \_\_\_\_\_ to running, so you get \_\_\_\_\_ Adverb \_\_\_\_\_ at it. Next practice \_\_\_\_\_ Verb - Present ends in ING \_\_\_\_\_ the ball in open areas for instance up and down a sidewalk in a open gym.

Try \_\_\_\_\_ Verb - Present ends in ING \_\_\_\_\_ and \_\_\_\_\_ Verb - Present ends in ING \_\_\_\_\_ at the same time, so when you are in a game you can be fast at \_\_\_\_\_ Verb - Present ends in ING \_\_\_\_\_ and \_\_\_\_\_ Verb - Present ends in ING \_\_\_\_\_ the ball up and down the court away from the other team. Then try \_\_\_\_\_ Adverb \_\_\_\_\_ \_\_\_\_\_ Adverb \_\_\_\_\_ from different \_\_\_\_\_ Adverb \_\_\_\_\_ and \_\_\_\_\_ Adverb \_\_\_\_\_ just in case you don't get a perfect shot you still got a good try. Then try facing a family member so you know what it is like in a real game and know whats coming and have some practice and know how to box out. Last you need lots of \_\_\_\_\_ Adverb \_\_\_\_\_ like push ups, sit ups, jumping jacks, streaches so you don't get hurt or your muscles tighten.