

# **THE WOLFPACK YOUTH SKILLS CHALLENGE**

RECORDING SHEET, SIGNATURE PAGE, AND WORKOUT ATTACHED!



## **\*\* 3,000 SHOTS MADE.**

- *GOOD FORM*
- *GOOD GAME SHOTS (WE DON'T BELIEVE 3 POINTERS ARE GOOD SHOTS FOR ELEMENTARY-AGED ATHLETES)*
- *YOU NEED TO TRACK EVERY DAY THAT YOU SHOOT... NO GUESSING!*
- *THE MOST YOU CAN RECORD IN ONE DAY IS 300 SHOTS. PART OF THE GOAL IS TO CREATE CONSISTENCY... CONSTANT REPETITION TO GROW YOUR GAME!*

## **\*\* 50 (FIFTY) CYBA DRIBBLING WORKOUTS COMPLETED**

- *THE DRIBBLING WORKOUT IS ATTACHED.*

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## **\*\* 1 ACT OF SERVICE TO ANOTHER PERSON.**

- *YOU CHOOSE, AND THEN WRITE DOWN WHAT IT WAS ON THE ATTACHED PAGE.*
- *BASKETBALL IS ABOUT MORE THAN JUST BASKETBALL - WE WANT TO DEVELOP OUR SKILLS, AND DEVELOP AS PEOPLE OF HIGH CHARACTER!*

## **ONCE THE TASKS ABOVE HAVE BEEN COMPLETED, WHAT DO WE DO?**

- *HAVE THE ATHLETE SIGN HIS/HER NAME. A PARENT OR GUARDIAN WILL SIGN TO CONFIRM THAT THE WORK WAS IN FACT COMPLETED. CONTACT CYBA VIA EMAIL AND WE WILL GET THE FORM!*

## **WHAT IS THIS FOR? WHAT HAPPENS IF THE ATHLETE COMPLETES THE WORK?**

- *ULTIMATELY... THIS IS TO GROW OUR GAME AND MAKE A COMMITMENT TO DEVELOPING BASKETBALL SKILLS! THE ATHLETE WILL RECEIVE A WOLFPACK CHALLENGE TSHIRT; THE ATHLETE WILL BE INVITED TO SIT ON THE BENCH FOR A HOME VARSITY BASKETBALL GAME WITH THE TEAM, WHERE THEY WILL HAVE THEIR NAME ANNOUNCED TO CELEBRATE THE COMMITMENT!*

## **WHEN DOES THIS NEED TO BE COMPLETED?**

- *THE CONTEST RUNS FROM SEPTEMBER 1ST TO DECEMBER 1ST. 91 DAYS TO CHALLENGE YOURSELF.*

# SHOT TRACKER

ON THIS PAGE, TRACK HOW MANY SHOTS YOU *MAKE* EACH DAY BY THE CORRECT DATE. SEE PAGE 1 INSTRUCTIONS.

SEPTEMBER		OCTOBER		NOVEMBER	
1	16	1	16	1	16
2	17	2	17	2	17
3	18	3	18	3	18
4	19	4	19	4	19
5	20	5	20	5	20
6	21	6	21	6	21
7	22	7	22	7	22
8	23	8	23	8	23
9	24	9	24	9	24
10	25	10	25	10	25
11	26	11	26	11	26
12	27	12	27	12	27
13	28	13	28	13	28
14	29	14	29	14	29
15	30	15	30	15	30
			31		

TOTAL SHOTS MADE: \_\_\_\_\_

# **BALL HANDLING TRACKER**

ON THIS PAGE, PUT A CHECKMARK OR "X" BY EACH DAY THAT YOU COMPLETE THE DRIBBLING WORKOUT. WORKOUT IS ON THE BACK OF THIS PAGE.

SEPTEMBER		OCTOBER		NOVEMBER	
1	16	1	16	1	16
2	17	2	17	2	17
3	18	3	18	3	18
4	19	4	19	4	19
5	20	5	20	5	20
6	21	6	21	6	21
7	22	7	22	7	22
8	23	8	23	8	23
9	24	9	24	9	24
10	25	10	25	10	25
11	26	11	26	11	26
12	27	12	27	12	27
13	28	13	28	13	28
14	29	14	29	14	29
15	30	15	30	15	30
			31		

TOTAL DRIBBLING WORKOUTS COMPLETED: \_\_\_\_\_

## **DRIBBLING WORKOUT (REFERENCE PAGE, NOTHING NEEDS TO BE FILLED OUT)**

*MISTAKES ARE OK - IT MEANS YOU ARE PUSHING YOURSELF! JUST PICK THE BALL BACK UP AND KEEP GOING UNTIL YOU FINISH. ALL GREAT DRIBBLERS MADE MISTAKES ALONG THEIR JOURNEY!*

*IN ALL OF THESE DRILLS, KEEP YOUR EYES UP. DEVELOP THE HABIT OF SEEING THE FLOOR WHILE YOU DRIBBLE!*

*IF YOU HAVE QUESTIONS ABOUT ANY OF THESE PLEASE CONTACT US - WE HAVE RESOURCES WE CAN SEND YOU OR EVEN BRING YOU INTO THE GYM TO SHOW YOU!*

### **BASIC BALL HANDLING WORKOUT (NOTHING FANCY, JUST KEEP DRIBBLING):**

BALL SLAPS, NO DRIBBLE 20 TIMES (MOVE THE BALL FROM HAND TO HAND, SLAPPING THE BALL HARD ON TRANSFER)

AROUND THE WAIST, NO DRIBBLE - 10 TIMES TO THE RIGHT, 10 TIMES TO THE LEFT.

POUND (DRIBBLE) THE BALL WITH YOUR RIGHT HAND 50 TIMES (BALL SHOULD STAY BELOW YOUR WAIST)

POUND (DRIBBLE) THE BALL WITH YOUR LEFT HAND 50 TIMES (BALL SHOULD STAY BELOW YOUR WAIST)

IN AND OUT DRIBBLE RIGHT HAND, 25 TIMES

IN AND OUT DRIBBLE LEFT HAND, 25 TIMES

CROSSOVERS 50 TIMES (KEEP THE BALL LOW UNDER YOUR KNEES AS IT BOUNCES FROM SIDE TO SIDE)

WALKING CROSSOVERS -- WALK FORWARD WHILE CROSSING OVER BETWEEN YOUR KNEE 25 TIMES.

CHALLENGE: WALK WHILE DRIBBLING BETWEEN YOUR LEGS. SEE IF YOU CAN GET 10 IN A ROW!

## **AN ACT OF SERVICE**

"YOU CAN'T LIVE A PERFECT DAY WITHOUT DOING SOMETHING FOR SOMEONE WHO WILL NEVER BE ABLE TO REPAY YOU."

- *JOHN WOODEN (LEGENDARY UCLA BASKETBALL COACH, 10 NATIONAL CHAMPIONSHIPS)*

BASKETBALL IS A TEAM SPORT - AND PART OF BEING ON A SUCCESSFUL BASKETBALL TEAM IS LEARNING TO PUT OTHERS FIRST. ONE WAY WE CAN PRACTICE THIS IS THROUGH AN ACT OF SERVICE TO ANOTHER PERSON.

ON THIS PAGE YOU ARE GOING TO DESCRIBE ONE ACT OF SERVICE FOR SOMEONE THAT YOU COMPLETED BETWEEN NOW AND DECEMBER 1ST!

*DESCRIBE HERE:*

**SIGNATURE PAGE - I COMPLETED THE WOLFPACK CHALLENGE!**

*BY SIGNING MY NAME BELOW I AM CONFIRMING THAT I MADE 3,000 SHOTS - COMPLETED 50 BALL HANDLING WORKOUTS - AND AN ACT OF SERVICE.*

*ATHLETE SIGNATURE*\_\_\_\_\_

*BY SIGNING MY NAME BELOW I AM CONFIRMING THAT MY CHILD MADE 3,000 SHOTS - COMPLETED 50 BALL HANDLING WORKOUTS - AND AN ACT OF SERVICE.*

*PARENT/GUARDIAN SIGNATURE*\_\_\_\_\_

**INFORMATION TO BE FILLED OUT BY PARENT/GUARDIAN**

ATHLETE NAME PRINTED\_\_\_\_\_

PARENT GUARDIAN NAME PRINTED\_\_\_\_\_

EMAIL ADDRESS\_\_\_\_\_

BEST PHONE NUMBER / NUMBERS TO REACH YOU AT\_\_\_\_\_

CHILD T-SHIRT SIZE (PLEASE NOTE IF YOUTH OR ADULT SIZING)\_\_\_\_\_