

**PRACTICE MAKE UP
BB 2016-17**

NAME: _____

Make up is for missing on: _____ (date)

Initial that you have completed the following task:

1. Make 50 Block shots- 25 rt./25 left
2. Make 40 Lay ups- 20 right/ 20 left
3. Make 20 free throws
4. 5 Horses with the ball
5. 10 down and back sprints without the ball, 100 yards if not on a court.

All items must be completed on your own time

Bring this paper to your coach before the next game.

If you are out sick for more than one day you only need to do one make up. Please make sure you are better before you worry about completing a make up.

When you're not sureask your coach ☺