

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

How to get in shape for basketball

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.