



Boss Work

The cost to be the boss!



We ask that you complete your Boss Work daily. Check back to be sure your Boss Work hasn't changed!				
<i>Athlete's Name</i>	<i>Ball Handling</i>	<i>Dribbling</i>	<i>Shooting</i>	<i>Notes</i>
A, Ben	Tornado, 10 min	Figure 8 dribble, 10 min	Make 30 FT's	Be fast when doing tornado, push yourself
B, Marisah			Make 25 Form Shots	Be patient!!
E, Kenton	Ball Slap, 10 min		Make 20 FT's	Push yourself during Ball Slap
H, Keyawne	Ball Slap, 10 min	Figure 8 dribble, 5 min	Make 35 Form Shots	Shoot straight ahead, head up when dribbling
H, Sam	Combo Toss, 15 min	Maching Gun, 15 min	Make 50 FT's	Make 5 FT's in a row at end to count as finished
K, Nick	Ball Slap, 5 min	Alternate dribble	Make 25 Free Throws	On alternate dribble, up and down driveway 5 times
L, Grant	Tornado, 15 min	Sway, 10 min	Make 25 FT's	Waist high on sway, not too low
M, Drew	Rythym Drill, 10 min	Juggle both ways, 5 min	Make 30 FT's	Juggle 1 min in both directions
T, Anthony	Tornado, 10 min	Alternate dribble	Make 40 FT's	On alternate dribble, up and down driveway 5 times
T, Ofosu	Combo Toss, 10 min	Maching Gun, 15 min	Make 30 FT's	Watch lane violation on FT's
W, Darius	Rythym Drill, 15 min	Maching Gun, 15 min	Make 100 Form Shots	Follow through straight ahead

All timed workouts are to be finished over the course of the day.

For example, Grant must do "Sway for 10 min", it's not required that he does the Sway 10 minutes in a row. Instead, he spreads the ten minutes throughout the day. He does the Sway for 1 minute, takes a break, then does another minute later in the day, and a few hours after that, complete another minute. As long as Grant does his full 10 minutes of the Sway by the end of the day, he's done what he needs to do. Be it 1 minute of the Sway, a 2 minute break, and another minute of the Sway, or 1 minute of the Sway and a two hour break between his next minute, it's totally up to him.