



## BASKETBALL

“There are no secrets to success. Don’t waste time looking for them. Success is the result of perfection, hard work, learning from failure, loyalty to those you work for, and persistence.”

**-Colin Powell**

### **Shooting**

We will shoot 100 3’s before we play and condition Monday thru Thursday during the first 4 weeks of Fall ball. We will record each day and use these statistics (1200 3 pointers) to help determine our better shooters. It would be helpful to you and our team if you shot a lot of 3’s this summer. Your goal is \_\_\_\_\_ by September 1 (should be around 5,000 shots.)

### **Conditioning Test**

The DIXIE LADDER is the test that will be used to determine your physical and mental condition upon return to fall practice. This test includes

1 – 3 – 5 – 7 – 9 – 11 – 9 – 7 – 5 – 3 – 1 these are trips up and down the basketball court with a specified time and rest period.

- 1 – 5.5 sec/rest 11 sec
- 3 – 18 sec/rest 36 sec
- 5 – 33 sec/rest 66 sec
- 7 – 50 sec/rest 1:40
- 9 – 68 sec/rest 2:16
- 11 – 80 sec/rest 2:40
- 9 – 68 sec/rest 2:16
- 7 – 50 sec/rest 1:40
- 5 – 33 sec/rest 66 sec
- 3 – 18 sec/rest 36 sec
- 1 – 5.5 sec/rest 11 sec

It might be wise to attempt the DIXIE LADDER once or twice (or more?) over the course of the summer. It is very difficult and proper preparation is critical.