

Pine Island Boys Basketball 60 Hour Challenge

It is often said that teams are made during the “in” season while players are made in the “off” season. We as coaches talk about how important this fact is at the end of every season, and we notice the players who’ve dedicated themselves in the offseason at the beginning of each new year.

To compile 60 hours in the 3 summer months you will need to average 40 minutes a day. Print off this form and use it to track your time, you will turn it in at the end of the summer. Players who reach 60 hours will get a t-shirt and be recognized at a home Varsity basketball game. The 60 hour challenge is open to boys in grades 3-12. All physical basketball activities can count for the challenge, open gym, basketball camps, pickup or organized games, or playing in the driveway.

Workout Tips:

- Take GAME SHOTS!
 - Shoot shots that you take in games
 - Take shots at game speed
 - Work on dribble moves such as between the legs, behind the back, reverse pivot, and crossover.
 - Work on ball handling with both hands.
 - Two balls
 - Tennis balls
 - Right hand and Left hand layups
 - Also add in jumpstops
 - Post Moves
 - Ball fake
 - Pivot
 - Dropstep, up and under, jump hook
 - Perimeter Moves
 - Dribble pull up
 - Triple Threat first step, either direction with either foot as a pivot foot.
- WITHOUT TRAVELING**
- Free Throws and 3pt Shooting

Be sure to have your parents initial each month, and sign the tracking form at the bottom. Return the form to the school to the attention of Coach McNamara or Coach Baker by September 15th, 2020.

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Use this sheet to track your time spent towards 60 hours.

JUNE	Minutes	JULY	Minutes	August	Minutes
6/1/20		7/1/20		8/1/20	
6/2/20		7/2/20		8/2/20	
6/3/20		7/3/20		8/3/20	
6/4/20		7/4/20		8/4/20	
6/5/20		7/5/20		8/5/20	
6/6/20		7/6/20		8/6/20	
6/7/20		7/7/20		8/7/20	
6/8/20		7/8/20		8/8/20	
6/9/20		7/9/20		8/9/20	
6/10/20		7/10/20		8/10/20	
6/11/20		7/11/20		8/11/20	
6/12/20		7/12/20		8/12/20	
6/13/20		7/13/20		8/13/20	
6/14/20		7/14/20		8/14/20	
6/15/20		7/15/20		8/15/20	
6/16/20		7/16/20		8/16/20	
6/17/20		7/17/20		8/17/20	
6/18/20		7/18/20		8/18/20	
6/19/20		7/19/20		8/19/20	
6/20/20		7/20/20		8/20/20	
6/21/20		7/21/20		8/21/20	
6/22/20		7/22/20		8/22/20	
6/23/20		7/23/20		8/23/20	
6/24/20		7/24/20		8/24/20	
6/25/20		7/25/20		8/25/20	
6/26/20		7/26/20		8/26/20	
6/27/20		7/27/20		8/27/20	
6/28/20		7/28/20		8/28/20	
6/29/20		7/29/20		8/29/20	
6/30/20		7/30/20		8/30/20	
		7/31/20			
June Minutes		July Minutes		August Minutes	
Total Hours		Total Hours		Total Hours	
Parent Initial		Parent Initial		Parent Initial	
Players Name:				TOTAL HOURS:	