

# “10 Press-ups, 10 Sit-ups”



## Situation

Your team needs to improve their shooting and their fitness.

## Mission

To improve fitness, practice shooting, and particularly practice shooting while tired.

## Execution

### Set-up:

Teams of 3-6. Each team needs a post with a ball under it.. Line them all up on the halfway line, all facing to the back of the court. Teams are lined up, facing their post at the back of the court.

1. Instruct each team what they have to do. It's a race against each other. The winners will set the forfeit for the losers.

2. Teams must score a certain number of a shot at the post, before running and touching the opposite wall to where they started. At this wall they must do 10 Press-ups and 10 Sit-ups, before touching the wall where they started.

4. If a person misses a shot at any point they must touch both side walls behind the posts before continuing. They may wait to feed before running if they wish.

6. Let the team who finishes first continue taking penalties. The maximum they can get in a row (not including the 5 already scored) is the 'number of forfeits' the losing team do.

3. They then move on to the next shot in the list, repeating the same drill after it's completion. The first team to touch the wall and sit cross-legged with their hands on their heads (optional but recommended) is the winner.

5. The list of shots I commonly use is as follows:

20 Runners

15 Drop-offs

10 Veers

5 Penalties scored in a row

### Progression/tips:

Change the shots/numbers to whatever suits you. Add different exercises at the end of the hall. Be mean if you want to. Try putting a suicide in there. Or a Destroy-icide (press-ups/sit-ups at every line).

Don't be afraid to change the number of penalties needed, for instance, during the drill if your team is struggling.

Be aware that it might take a while, and that often teams will be unwilling to just give up. It's a good sign – shows their determination.

If a team thinks they're finished once they've touched the wall for the final time, feel free to leave them to linger as to why you haven't declared them the winners. Only when all of them are sitting cross-legged with hands on heads do you declare them winners. Serves them right for not listening.