

## **AMARAVIAN BASKETBALL PRACTICE DURING SUMMER VACATION- 2017**

Dear Amaravians,

1. Please download videos of the YouTube links given below (Page No: 2) and enjoy your Basketball practice at home. For easy download from YouTube go to this link

<http://en.savefrom.net/102-how-to-download-youtube-video-mp3.html>

2. Follow the SPECIAL exercises for Basketball every day and increase your exercise repetition by ONE every day, thus in 2 months you will easily be doing up to 60 repetitions.

3. **PRACTICE DAILY WITH PASSION** and **JUST CHALLENGE YOURSELF**, then your personal success is guaranteed!

4. Please watch American National Basketball Games in Sony Six Channel from 0600h to 0900h daily, you will see world class basketball players at their very best!

5. Any queries, please email to [amaravianbasketball@gmail.com](mailto:amaravianbasketball@gmail.com)

Best wishes,

Commander Nanda Parrat

SSA 322/Class of 1972

Basketball Expert.

On behalf of

The Vice Principal,

Sainik School, Amaravathinagar

And Amaravian Alumni Association ( AAA)

1. BEGINNER DRIBBLING TECHNIQUE-  
<https://www.youtube.com/watch?v=v1ocRKLq7R4>
2. 115 BASKET BALL DRILLS <https://www.youtube.com/watch?v=3S1n5AppVp8>
3. 6 YEAR OLD GIRL- <https://www.youtube.com/watch?v=oOaeY6CrF8I>
4. DRIBBLE ALONE- <https://www.youtube.com/watch?v=OLEn1AKImFc>
5. WEAK HAND DRILL-<https://www.youtube.com/watch?v=L87I-isj2J4>
6. TOP 4 BALL HANDLING DRILLS -DRIBBLE-  
<https://www.youtube.com/watch?v=IUrJeUDZg-8>
7. IMPROVE BALL HANDLING AT HOME -DRIBBLE-  
<https://www.youtube.com/watch?v=kW4D9iM8cDs>

#### SPECIAL EXERCISES FOR BASKETBALL PLAYERS

1. FIVE EXPLOSIVE GENERAL EXERCISES-  
[https://www.youtube.com/watch?v=BW\\_L2Njcwgc](https://www.youtube.com/watch?v=BW_L2Njcwgc)
2. 5 EXERCISES FOR CORE BODY-  
<https://www.youtube.com/watch?v=s00vLpxVI-E>
3. 3 EXERCISES- ONE LEG VERTICAL JUMP  
<https://www.youtube.com/watch?v=Dm8ptEwtlrE>
4. VERTICAL JUMP EXERCISES- NO EQUIPMENT  
[https://www.youtube.com/watch?v=60hu2J\\_edbY](https://www.youtube.com/watch?v=60hu2J_edbY)

#### **SHOOTING PRACTICE**

1. SHOOTING BASICS-- [https://www.youtube.com/watch?v=nqqw\\_hYT4QM](https://www.youtube.com/watch?v=nqqw_hYT4QM)
2. SHOOTING OFF A DRIBBLE -- <https://www.youtube.com/watch?v=i128B5vOdSM>
3. 6 MINUTE PROFESSIONAL SHOOTING --  
<https://www.youtube.com/watch?v=qs924HJNpxA>
4. PRACTICE ALONE- <https://www.youtube.com/watch?v=aVWDdayH48k>