

Why is coordination important? How can you stay healthy? What are some fun, simple exercises we can all do to stay fit? Answer these questions and more with this simple and engaging text in the Exercise! series. Leveled text and vivid images help teach readers about important health concepts, while step-by-step directions help readers practice exercises on their own.

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Read Coordination: Catch, Shoot, and Throw Better! (Exercise!/Heinemann First Library, Level M) book reviews & author details and more at [shakethatbrain.com](http://shakethatbrain.com) So you want to improve your eye-hand coordination? First, get an eye exam and make sure your eyesight is as good as it can be, says We want our athletes to see 20/15 or better, he says. Next, you'll want to practice drills that improve your central and your peripheral (It works for Darrelle Revis!). As you get more comfortable with the motion, increase the speed and try As Shaquille O'Neal or Dwight Howard can tell you, free throw shooting is not easy. . this right is by the amount of backspin on the ball (there should be a lot!) This drill is another staple of NBA point guards' workout routines, and. When practicing, Stephen Curry must swish 5 out of 10 free throws. As a result, they have better rhythm and coordination with their shot. Shooting Workout - 10 wall shots and 50 shots at basket. . You immediately cushion the ball to this position when catching the ball off the pass or picking the ball up off the dribble.

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