

CRUSADERS 10,000 SHOT CLUB

Players are made in the off-season; teams are made during the season.

OBJECTIVE

Shoot 10,000 shots at game speed between May 20 and September 30.

PURPOSE

The 10,000 Shot Club will improve:

- Shooting form
- Shooting release time, range and percentage
- Ball handling ability
- Strength and conditioning
- Confidence

EXPECTATIONS

The 10,000 Shot Club is voluntary. It's about giving boys and girls who are serious about improving as basketball players the structure to work on their game outside of school. A few shooting drills have been provided that can be completed in the driveway, at the park, or at the gym. You can complete these alone or with a partner.

Shoot often. You will achieve your goal shooting 75 shots per day. 75 shots can be done in less than 10 minutes. Don't worry if you miss a day or go on vacation. You can make it up the next day. Just try to stay as consistent as possible.

Go hard. Playing Horse is fun, but those aren't game speed shots. Push yourself to take the kind of shots that you will get in games: catch and shoots, pull-ups, post moves, put-backs, etc.

Shoot free throws. Free throws are a great way to rest during your workout. About 25% of your shots should be free throws.

RESULTS

Use the attached chart to record the number of shots you take every time you shoot. Count 100 shots for attending summer league, open gym, or playing in a tournament. Each day at a basketball camp counts for 200 shots.

We are using the honor system to submit results. Only count shots you actually take at game speed. You can count lay-ups and short shots, if they are done at game speed.

You don't have to track shots made, but it might help you to see progress from week to week and year to year.

***All players who complete this challenge will get a Crusaders 10,000 Shot Club shirt and receive recognition on the school basketball homepage...
And become a better shooter.***



SHOT CLUB SHOOTING DRILLS

Mikan Drill: Stand under the front of the rim and work on alternating right handed and left handed shots as fast as you can and keep track of how many you make in 60 seconds.

Form Shooting: 3 types of set shots - Line up just above the low Block area in 1) front of rim, 2) on top of the left block; 3) on top of the right block. Concentrate on using perfect form and hold the follow through until the ball hits the floor after the shot.

Short corner: Baseline jump shots about 6-8 feet from the basket; both left and right sides.

Free Throw Line Shooting: 1) stand with back to the basket at the free throw line and pivot on left foot at game speed and shoot. 2) Same thing but pivot on right foot at game speed and shoot.

Elbow Shooting: Shoot from the “elbow” on the left side and from the right side. Start at the elbow with the ball on your outside hip and at game speed rip the ball through and take one power dribble to the center and shoot a jump shot. (“Elbow” is a spot on the court where the free throw line and the lane line meet to form a corner or elbow).

Elbow w/ rip: Start at the elbow with the ball on your inside hip, rip the ball through and take one power dribble and shoot a layup. Do this drill from both the left and right elbows.

Wing shooting: Start on the left wing position and self-toss the ball by spinning it back to yourself, catching it, fake a jab step to the center and then take two dribbles to the base line and shoot a jump shot. Do it from both the left and right wing positions. Add a dribble change to create more variety.

Free Throws: Always finish up with free throws to replicate game situations where you’re already tired. Do your ‘free throw routine’ as part of each free throw.

Creative Shooting: Make up your own favorite move or favorite shots. It could be a fade-a-way jumper, a running floater in the middle of the lane or a drop step move in the low block or whatever else you like to do. Make it your “signature move” and give it a name or use your own name to identify it.

Teaching points:

1. Feet should be staggered (one slightly forward) and roughly shoulder width apart,
2. Make an L with your wrist cocked and relaxed,
3. Shooting hand should be directly under the ball with fingers spread; the other hand on the side with light pressure only guiding the ball,
4. Ball should sit on finger pads (be up off the palm),
5. Shoot up and out and finish with a firm yet relaxed release,
6. Hold the extended arm and fully flexed wrist until the ball hits the rim (creates consistency and accuracy).

Crusaders 10,000 Shot Club

Summer 2018

Date	Shots Taken				
	May	June	July	August	September
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					
31					
Monthly Total:					

Grand Total of Shots Taken: _____

Name: _____

Grade: _____

Shirt Size: _____