

Zephyrs Basketball 10,000 Shots Made Club

Boys/Girls Entering grades 6-8

April 15, 2023 – September 30, 2023

WHAT? The “ZBC’s 10,000 Shots Made” program is a basketball shooting plan designed to improve shooting over the offseason. This incentive program aims to advance player skills grades 6 – 8 in shooting fundamentals and efficiency. To become a member of our 10,000 shot club, you will need to take and record **10,000 MADE** basketball game shots from April 15th – September 30.

HOW? The player should record all shots made and incorporate a variety of shots that they would feel comfortable taking during game situations. To see progress, it is recommended to also record the number of shots attempted. Here are some tips to help you achieve your goal of improving shooting (our 3rd page also has workout plans for 100 made shots if that is easier):

- Always shoot with purpose and use the shooting fundamentals you have been taught.
- Can’t emphasize this enough – **GO GAME SPEED!**
- Incorporate lay-ups, block to block shots and post-up moves early in your shooting sessions. They should account for ~25% of your shots made
- Jump shots from a variety of spots should account for ~30% of your shots made. Do not shoot further than you can without breaking your shooting form. Spinning ball back to you to simulate a pass is encouraged. Follow all shots – never let it bounce twice!
- Shooting off of movement should account for ~25% of your made shots. This means doing 1 or 2 dribble “jump stop” jump shots while using ball or jab fakes. Be creative with ballhandling and one on one moves and work those into your shooting routine.
- Free Throws should account for ~20% of your made shots. Yes that is ~2,000 Free Throws. They are that important!
- Have a shooter’s mentality - **BELIEVE THAT EVERY SHOT YOU TAKE IS GOING IN**
- Total Available Days 169 – That is ~60 made shots per day! Don’t fall behind!

Upon completion of the program please email the name of the player and a picture of the verification form (last page) to Caela Brenn, caelamclone@yahoo.com. Parents make sure your players are being honest, you should be seeing significant improvement!

***If completed, the player will be recognized at
halftime of a Varsity game and will receive a
very special prize***

Please contact Caela Brenn (caelamclone@yahoo.com) upon completion.



Zephyrs Basketball Club 10,000 Shots Made Tracker



Name _____

Date	Made	Date	Made	Date	Made	Date	Made	Date	Made	Date	Made
		5/1		6/1		7/1		8/1		9/1	
		5/2		6/2		7/2		8/2		9/2	
		5/3		6/3		7/3		8/3		9/3	
		5/4		6/4		7/4		8/4		9/4	
		5/5		6/5		7/5		8/5		9/5	
		5/6		6/6		7/6		8/6		9/6	
		5/7		6/7		7/7		8/7		9/7	
		5/8		6/8		7/8		8/8		9/8	
		5/9		6/9		7/9		8/9		9/9	
		5/10		6/10		7/10		8/10		9/10	
		5/11		6/11		7/11		8/11		9/11	
		5/12		6/12		7/12		8/12		9/12	
		5/13		6/13		7/13		8/13		9/13	
		5/14		6/14		7/14		8/14		9/14	
4/15		5/15		6/15		7/15		8/15		9/15	
4/16		5/16		6/16		7/16		8/16		9/16	
4/17		5/17		6/17		7/17		8/17		9/17	
4/18		5/18		6/18		7/18		8/18		9/18	
4/19		5/19		6/19		7/19		8/19		9/19	
4/20		5/20		6/20		7/20		8/20		9/20	
4/21		5/21		6/21		7/21		8/21		9/21	
4/22		5/22		6/22		7/22		8/22		9/22	
4/23		5/23		6/23		7/23		8/23		9/23	
4/24		5/24		6/24		7/24		8/24		9/24	
4/25		5/25		6/25		7/25		8/25		9/25	
4/26		5/26		6/26		7/26		8/26		9/26	
4/27		5/27		6/27		7/27		8/27		9/27	
4/28		5/28		6/28		7/28		8/28		9/28	
4/29		5/29		6/29		7/29		8/29		9/29	
4/30		5/30		6/30		7/30		8/30		9/30	
		5/31				7/31		8/31			
Totals		Totals		Totals		Totals		Totals		Totals	

Parent/Guardian Signature _____

10,000 Shots Made Practice Plans Ideas

- ***25% Free Throws (FT)***
- ***25% Lay-ups, block to block and post moves***
- ***25% Jump shots***
- ***25% Shooting off movement***

Workout 1=100

10 ea. Form shots from 3 spots=30

10 ea. R/L handed lay ups=20

Mikan drill=25

Free Throws=25 (as close to FT line using good form)

Workout 2=100

10 ea. Form shots from 3 spots=30

5 ea. Around the world from 7 spots=35 (vary distance use good form)

Free Throws=15

Reverse lay ups=10

Free throws=10

Workout 3=100

10 ea. Form shots from 3 spots=30

Free throws=10

Mikan drill =25

Free throws=5

Reverse layups=10

Free throws=5

Reverse layups=10

Free throws=5

Workout 4=100

5 ea Around the world 7 spots=35 (vary distance, use a shot fake or jab step, then 1-2 dribbles

then shoot)

Free throws=15

5 ea around the world layups 7spots=35

Free throws =15