

Zephyrs Basketball 10,000 Shots Made Club

Boys/Girls entering grades 6-8

June 1, 2019 – October 15, 2019

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 June 1 – October 15.

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:

- 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 ~25% of your shots made. Majority of shots should be within 12-15 ft (free throw line extended). 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 ~25% of your made shots. Yes that is ~2,500 Free Throws. They are that important!
- Have a shooter’s mentality - BELIEVE THAT EVERY SHOT YOU TAKE IS GOING IN
- Total Available Days 137 – That is 73 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.

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





Basketball Club 10,000 Shots Made Tracker

Name _____

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

Parent/Guardian Signature _____

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

