



DCBA

**Fall and Winter 10,000 Shot Club
September 20th - March 1st**

The 10,000 Shot Club is a chance for you to improve your shooting skills over the season. This is a program to challenge yourself and your teammates, and improve your shooting at the same time. Use the form attached to track your daily shot attempts. This must be completed on your own time, as it takes time and commitment to become the best player you can be! Signatures are required by parents or teammates as proof of your shooting.

3rd-4th: must attempt 5,000 shots.

5th-8th: must attempt 10,000 shots.

9th-12th: must make 10,000 shots.

Members of our 10,000 shot club will receive a t-shirt for their hard work.

<u>Shot Type:</u>	<u>Makes:</u>
Form Shooting (2 feet in front of rim with no guide hand)	15
Mikans (right and left alternating)	20
Layups (from behind the 3 pt line)	10 on each side
Jump Stop Layups (from behind the 3 pt line)	10 on each side
Reverse Layups (from behind the 3 pt line)	10 on each side
Free Throws	15
Elbow jumpers (both right and left)	10 on each side
Baseline Floaters	10 on each side
Mid Range Jumpers	50
Free Throws	10
3 pointers	50
Free Throws	20
Total Shots:	280

<u>Shot Type:</u>	<u>Makes:</u>
Form Shooting (2 feet in front of rim with no guide hand)	15
Mikans (right and left alternating)	20
Layups (from behind the 3 pt line)	10 on each side
Jump Stop Layups (from behind the 3 pt line)	10 on each side
Reverse Layups (from behind the 3 pt line)	10 on each side
Up and Under	10 on each side
Offensive Rebound Put Backs (toss the ball off the backboard, keep it high, and finish)	15 on each side
Free Throws	20
Mid Range Jumpers	50
Free Throws	20
Elbow jumpers (both right and left)	10 on each side
Free Throws	20
Total Shots:	265

Signature: _____ Date: _____