

Capital Basketball “10,000 Shot Club”

Capital Basketball is starting our first ever 10,000 Shot Club! We challenge all of our players to shoot at least 10,000 game-like shots this summer.

THE TIME IS NOW! It's the time to get ready for next basketball season by working on your game. The goal of the 10,000 Shot Club is to develop the confidence you need to succeed in game situations because you put the time in to improve your game. You must be true to yourself and be honest about what you want to get out of this.

It's a good idea to establish a practice routine. Record information with your shot attempts and shots made and you will be able to track your improvement throughout the summer.

Guidelines

- Players must take 10,000 shots between May 28th, 2019 and September 1st.
- Players must keep a log of their shooting workouts
- You must shoot game shots at game speed.
- Free-throws should be included in your shooting workout.
- Shooting done at Summer Practices, Skill Work sessions and/or basketball camps should not be counted towards your goal. We want you to challenge yourself to meet the 10,000 shot goal on your own.

“What are ‘Game Shots?’”

You should shoot all of your shots at GAME SPEED because that is what will help you become a better player during the regular season. During our high school practices, we strive to make shots when we are tired. We want you to do the same in the off-season. Game shots are different for every player. To be successful, you should start in close to the basket working on proper form. Once you have established your range (distance from the basket where you can shoot the ball with proper form) you are ready to get started.

“What type of shots should I work on?”

It is important to develop your overall game. Our best advice is to include all types of shots into your workouts. Use Finishing, Floaters, Pull-Up Jump Shots after 1-2 dribbles, ball screen attacks, and catch and shoot three-pointers. These are all good examples of what you could be working on within your workouts.

“Do Free Throws count?”

Absolutely! First and foremost, we want our kids to be GREAT free-throw shooters. Free throws are a great way to rest during a workout. The best advice is to use free-throws as your break. When you shoot shots at game speed for a long period of time, you will need to rest. Shoot 2-5 free-throws and get back to the workout.

“Can I shoot more than 10,000 shots?”

YES! Your goal should be to get as many GAME LIKE shots up as possible. Who will get the most shots up in our program? Will it be you? Some kids get up 50,000 shots or more in the summer. Find time within your day, every day, to get shots up.

Total up all of your shots and send your completed form to Coach Moore after September 1st and before September 15th. Coach Moore’s email address is:
scotts.moore@boiseschools.org

Please be sure to provide your shirt and short size on your shot tracker form or within the email!!!

Tips to having a great shooting summer

1. Establish a specific practice time.
2. Write down long range and daily goals.
3. Work to develop the basic shooting fundamentals.
4. Use shots that you will take in a game.
5. Shoot off of movement.
6. Develop a routine that combines a variety of shots.
7. Use fakes and drives while shooting.
8. Follow all shots. NEVER let the ball bounce twice.
9. GO FULL SPEED – no casual shooting (example, “Horse” or “Lightning”).
10. Shoot from a variety of spots.
11. Practice shots after you are tired, don’t just quit.
12. Incorporate free throws into your shooting.
13. Shoot with confidence, concentration, and relaxation.
14. You have to believe that every shot you take is going in. Have the shooter’s mentality

How do I get a Shot Tracker chart?

Please click the following link:

<https://docs.google.com/spreadsheets/d/1c6lIocQLvSZB8AV6X0pBEDgPDFYQ6Or85yMcvfjQelA/edit?usp=sharing>

This will take you to the “Shot Tracker” spreadsheet. All you have to do is insert the shots attempted each day and program will count your total attempts for you.

PLAYERS CAN ALSO PRINT THE SHEETS AND DO THE MATH ON THEIR OWN.

AFTER YOU CLICK ON THE LINK FOLLOW THESE STEPS:

1. Click on the "File" Tab at the top of the screen.
2. Then, you will get the option to select "Make a Copy". This will allow you to make edits to the sheet without affecting the master copy.
3. Save it to your drive. Then, players will be able to use this as a shot tracker throughout the summer.

Shooting Drills

1. Catch and Shoot | Around the World

Roll the ball out to yourself with reverse spin. Curl and catch the ball squared up to the basket in triple threat position. As soon as you catch the ball go right into shooting a jump shot. Make sure you're squared up to the basket when shooting and always go game speed. Shoot 10 shots from 5 different locations on the court. Each shot should be between 10 to 15 feet away from the basket.

2. Dribble Drive

Roll the ball out to yourself with reverse spin. Curl and catch the ball squared up to the basket in triple threat position. Ball fake with a shot fake or pass fake. Rip the ball through as you push off with your left foot to drive hard to the hoop and shoot a layup. Make sure to explode with your first step with your shoulder low and head up. Do 3 sets of 10 with both the right and left hand. One set from the top of the key, one set from the right wing, and one set from the left wing. When driving left always shoot the layup with your left hand.

3. Shooting off the Dribble

Roll the ball out to yourself with reverse spin. Curl and catch the ball squared up to the basket in triple threat position. Ball fake with a shot fake or pass fake. Rip the ball through as you push off with your left foot to drive hard to the hoop. Make sure to explode with your first step with your shoulder low and head up. Take 1 or 2 dribbles and pull up for a jump shot. Make sure you are square to the basket when you take the shot. Do 3 sets of 10 with both the right and left hand. One set from the top of the key, one set from the right wing, and one set from the left wing.

4. Mikan Drill

Stand on one side of the basket slightly inside the block facing the baseline. Jump and power the ball up for a layup. Make sure to use the backboard. As soon as you land, jump back up and rebound the ball out of the net. Try to rebound the ball as high as possible. When you grab the ball, keep it above your head. Your jump should transition you to the other side of the hoop. Continue the process side to side working on your left and right hands. Do 3 sets of 20.

5. Free Throws

Shoot 10 free throws after each shooting drill for a total of 4 sets.

Other fundamental areas to work on (Warm-Up, Cool down, etc.)

Ball Handling Warm-Up

30 Second Reps (1 round with regular ball + 1 round with heavy ball)

* if you don't have a heavy ball, do 2 rounds with regular ball

- Right Hand Pound Dribble (Knee Height)
- Left Hand Pound Dribble (Knee Height)
- Narrow cross-overs (keep inside your knees)
- Wide Cross Overs (outside your knees)
- Between the legs (4 total rounds - 30 seconds front to back each direction)
- Behind the back

1. Double Pound at Ankle Height

Dribble both basketballs as hard as you can at ankle height.

2. Double Pound at Waist Height

Dribble both basketballs as hard as you can at waist height.

3. Double Pound at Shoulder Height

Dribble both basketballs as hard as you can at shoulder height.

4. Double Pound Alternating

With the balls at a comfortable height, alternate the dribbling of each basketball.

5. One High/ One Low

Dribble one of the basketballs at ankle height and one of them at shoulder height. Then alternate.

6. 3 Dribble Double Crossover

Pound dribble both basketballs 3 times and then cross the balls over at the same time. Then perform another 3 dribbles before crossing over again.

10. Double V-Dribble in Front (Windshield Wipers)

Dribble both basketballs side to side in front of you simultaneously.

11. Double V-Dribble on Side (Swing the Purse)

Dribble both basketballs from back to front beside you simultaneously.

12. Kills

Pound both basketballs higher and higher starting from ankle height. When you reach the shoulders 'kill' both balls stopping them a few inches from the ground before dribbling both balls back up.

Passing

20 Reps Each

Do with a partner or use a wall

- Left Hand Continuous Pass (3 feet from wall / shoulder height)
- Right Hand Continuous Pass (3 ft./ shoulder height)
- 2 Hand Chest Pass (10 feet from wall)
- 2 Hand Overhead Pass (10 ft.)
- 1 Hand Bounce Pass Left Hand (10 ft.)
- 1 Hand Bounce Pass Right Hand (10 ft.)

Finishing

5 Spots - Left Corner, Left Wing, Top, Right Wing, Right Corner

1 Shot at Each Spot for Each Finish
Use same hand for all 5 spots

- Left Hand Lay-up
- Right Hand Lay-up
- Left Hand Reverse Lay-up
- Right Hand Reverse Lay-up
- Left Hand Floater
- Right Hand Floater