

Pacelli & Lyle 10K Shot Club

~ May 2021 ~							Totals		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly	Monthly	Total
						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								
~ June 2021 ~									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
		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						
~ July 2021 ~									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
				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			
~ August 2021 ~									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
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			
28	30	31							
~ September 2021 ~									
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
			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					

Name _____ Grade _____
 Team or coach _____
 Phone # _____
 Email address _____
 Parent's signature _____

**Open to Lyle or Pacelli Students entering the 6th through 12th grades.
 Turn this completed document into your school office before October 10th**

Be an exclusive member of the 10,000 shot club!

The 10,000 Shot Program is a chance for you to improve your shooting skills over the summer giving you a goal you can achieve. Attempting 10,000 quality shots during the course of the summer is all it takes to become a member of the 10,000 shot program. That's just 100 shots per day. When you break it down, it shouldn't take you more than 10 minutes a day to get up 100 quality shots. Challenge yourself or challenge your friends, but get out there and get it done.

- Shoot and record the number of shots attempted each week.**
- Have your parent(s) / guardian initial each week.**
- Record your total shots at the bottom of the chart.**

You can use the sample workouts on the back, come up with your own workouts, or ask your coaches to suggest a challenging workout! It has often been said that teams are made during the season and players are made over the summer. By working on your game this summer and getting quality shots daily, you will improve your shooting and gain an advantage for next season.

Take quality shot attempts, with game level focus and energy.

Here are a few sample workouts to choose from or create your own.

Finishing Moves - 10 Shots of each of the following.

180 Total shots

Alternate your starting spot between the elbow and the wing:

- Layups, right & left sides
- 2 Foot Jump Stop, right & left sides
- Step Through (vicious pivot) right & left sides
- Reverse Lay-up, right & left sides
- Post moves from the block, right & left sides
- Jab or stutter step, then explosive layup, right & left sides
- Mikans, right & left sides
- Reverse Mikans, right & left sides
- 20 Free throws

Shooting – Catch and Shoot - 10 Shots of each of the following

100 Total shots

- Block to Block, right & left sides
- Wing, right & left sides
- Baseline, right & left sides
- Elbow, right & left sides
- 20 Free throws

Shooting – Off the Dribble - 10 Shots of each of the following

70 Total shots

- Wing (Turn the Corner Jumper), right & left sides
- Wing (Turn the Corner Step Back Jumper), right & left sides
- 3 Point line
- 20 Free throws

Practice dribbling!

Every ball player can benefit from better ball handling skills. In the same manor that shooting the ball will make you a better shooter, practicing ball handling skills will make you a better ball player. If you cannot separate from your defender, you won't be able to shoot the ball!

Here are some ideas for improving your ball handling skills:

- Look up while dribbling... Don't look at the ball!
- Always protect the ball with your free hand.
- Stay low and keep your knees bent so you can explode past your defender. (Staying low helps improve your quickness.)
- Strive to go at full game speed. But at first go at a pace that is comfortable for you - with time, you will get better.
- Make sure you are not palming the ball. Keep the ball on your fingertips.
- If you are practicing alone, imagine a defender in front of you at all times.
- Mix up the dribble moves to keep defenders off-balance.
- Dribble with the correct hand (if a defender is on your right side, dribble with your left hand).
- Keep the ball under control!
- Work on both right and left handed dribbling!

Figure 8 Dribble

Stand in the triple threat position (feet roughly shoulder width apart, one foot ahead of the other, knees bent). Using your right hand, dribble the ball around your right foot from front to back. Once the ball reaches between your legs, switch to your left hand and dribble the ball around your left foot. Each time the ball comes back to the center, switch hands and dribble around the other foot, keeping the ball just a few inches off the ground with the dribble. As you get better, speed up the drill. Also, be sure to keep your head up while you dribble (don't look down at the ball). Do this drill for a full minute, resting 30 seconds, then repeat.

Scissor Dribble

Stand in the triple threat position and dribble the ball with your right hand, sending it between your legs and to the left side of your body. Move the ball to the front, and with your left hand, make a hard dribble through your legs and to the right (rear) side of your body. Continue this motion until you develop a good rhythm. Speed the dribble up as you get better. Remember to keep your head up so you can see the court. Don't look down at the ball as you dribble. Keep the ball on your fingertips at all times and really get used to making a good, strong dribble. Do this drill for a full minute, resting 30 seconds, then repeat.

Repeat this drill the full length of the court. Once you reach the other end of the floor, turn around and do the same drill back.

Full Court Zig Zags

Stand on the baseline just under the right side of the backboard and dribble to the right sideline at a 45-degree angle with your right hand. Stay low, keep your head and eyes up so you can see the floor. When you get to the sideline, change direction with a cross-over dribble and dribble with your left hand at a 45-degree angle to the center of the court. Once you reach the center of the court, switch directions again with a cross-over and dribble to the right sideline. Repeat this drill for 5 full court lengths. Keep the ball on your fingertips. Stay low, and keep your head and eyes up so you can see the court at all times.

Full Court Speed Dribble

Standing on the baseline, dribble at full speed up the court. Stay under control but push the ball up the floor as quickly as possible while still maintaining complete control of the dribble. When you reach the opposite free throw line, come to a strong and on-balance two-foot jump stop. Repeat the drill 5 times, each time stopping at the opposite free throw line with a two-foot jump stop.

2-Ball Dribble Drills

Two ball drills are some of the best possible drills for improving your ball handling skills. Start by dribbling both balls from the baseline up to the free throw line, with both basketballs hitting the ground at the same time. Once you reach the free throw line, start a stagger dribble where each ball hits the ground separately. Use this stagger dribble to the half court line, then switch back to a simultaneous dribble to the free throw line, then a stagger dribble to the baseline. Do this for 2 full court lengths. Next, do an up and back drill where you take 4 or 5 steps forward dribbling both balls, then take 2 or 3 steps back, continuing the full length of the court.