



Comet Boys 10K Shot Club

Teams are built during the season, but players are built over the summer!

Working on your game this summer by getting quality shots up and practicing ball handling on a daily basis will improve your shooting and give you an advantage over your competition.

This 10,000 shot program gives you a consistent method to improve your shooting skills over the summer. The Shot Club program consists of four different shooting routine options, working a variety of drills, shots and movements. Use one of these routines, rotate within them, or make up your own!

Qualifications and Rules:

- Each player must take 10,000 shots between May 1st and July 31st, but players are encouraged to start after their Spring sport season ends.
- Players must keep a log of their shooting workouts
- Parents must initial every 1000 shots and sign at the end, verifying you completed your goal
- A sample log is available in PDF or Excel format. You can find it on our website:
<https://www.hlaathletics.com/page/show/6825186-hillcrest-boys-basketball>
- You must shoot game shots at game speed
- Free Throws should be included in your shooting workout.
- You may credit 150 shots if you attend a day of camp or practice.
- Deadline for turning in completed shot charts is August 1.

ROUTINE #1 - 75-100 Shots: Around the World! Players shoot from 15 different spots on the court (diagram included.)

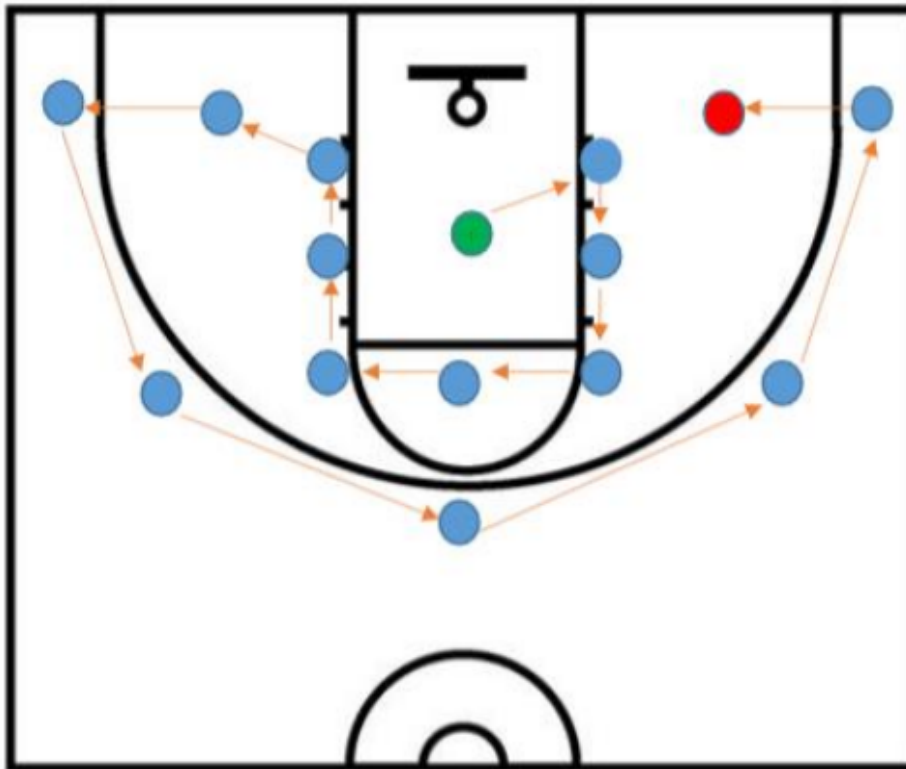
ROUTINE #2 - 250 Shots: Made up of 250 shots in different styles and locations on the court.

ROUTINE #3 - 150 Shots: This workout is on the advanced level as it keeps in mind the positions of the players and is designed for possible shots in our offensive system.

ROUTINE #4 - 150 Shots: 3 Minute Flow Shooting with 150 attempts instead of competing against the clock. It is designed for you to get shots that happen within our offense.

ROUTINE 1

Start at the Green Dot, proceed around the world and end at the Red Dot.



5 shots per dot = 75 total shots

10 shots per dot = 150 total shots

ROUTINE 2

- 20 Mikan Layups (10 each hand)
- 20 bank shots from block (10 each side)
- 10 Free Throws
- 10 shots off the Dribble - Rip through, 2 dribbles to the right
- 10 shots off the Dribble - Rip through, 2 dribbles to the left
- 10 Free Throws
- 20 Drop Step w/power dribble (10 each block/hand)
- 30 shots off the catch - Spin ball to yourself

- 20 layups (10 each hand) - Start at right elbow, dribble to right hand layup, rebound and dribble to left elbow, dribble to left hand layup. Repeat.
 - 10 Free Throws
 - 20 shots from the baseline: alternate between left and right side and 3pt shots and 15ft jumpers
 - 20 shots from elbow (10 from right, 10 from left)
 - 10 Free Throws
 - 10 shots from wing (15 ft)
 - 20 three-point shots (move around the arc)
 - 10 Free Throws Total shots = 250 (50 Free Throws)
- 250 Total Shot Attempts

WORK ON GOOD SHOOTING FORM ON EACH SHOT. MASTER SHOTS UP CLOSE, BEFORE MOVING FURTHER BACK.

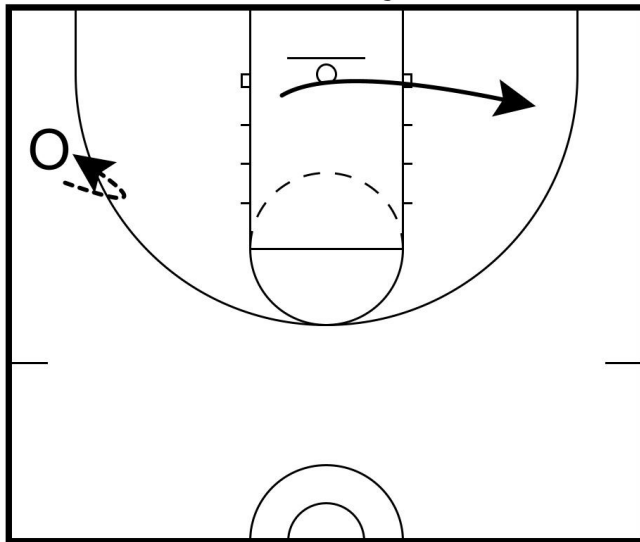
ROUTINE 3

This routine is designed for you to develop different counters off of the catch. Shooter should set up in the high corner as designed for our 4-out 1-in offense.

Spin the ball to yourself and execute the following actions alternating between the left and right side of the court:

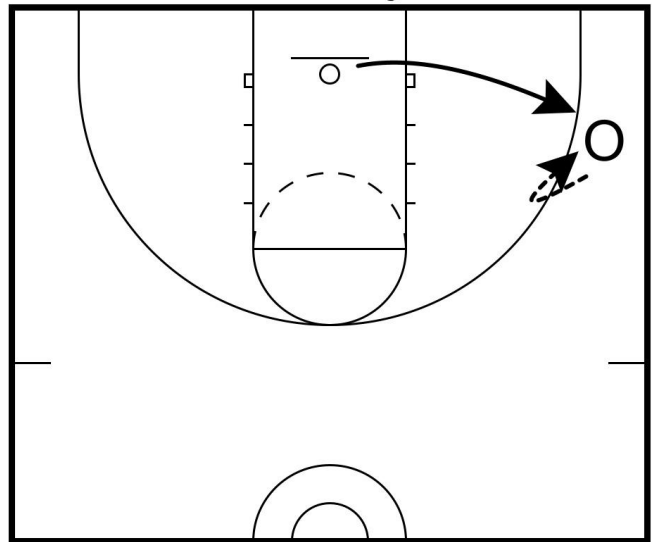
- 20 - Jump shots
- 10 - Free Throws
- 20 - Counter the jump shot with a pump fake, one-dribble baseline into a pull-up jump shot
- 10 - Free Throws
- 20 - Counter the jump shot with a pump fake, power dribble to the middle of the court into a two-foot finish
- 10 - Free Throws
- 20 - Counter the jump shot with a pump fake, power dribble to the *baseline side* into a two-foot finish
- 10 - Free Throws
- 20 - Counter the jump shot with a pump fake, power dribble to the middle of the court into a two-foot finish
- 10 - Free Throws
- 150 Total Shot Attempts

Routine 3: Wing Attack Series
10K Shooting



In this series, shooter moves from one corner to another. Shooter can start on either left or right corner.

Routine 3: Wing Attack Series
10K Shooting



After getting own rebound, shooter will move to the opposite corner.

ROUTINE 4

This routine is based on our Green Light Shooting drill - 3 Minute Flow Shooting. It is designed for you to get shots that happen within our offense. Most of these shots should be catch and shoot shots on the move. For a variation, catch, pump fake and use one dribble to get somewhere into a pull-up jump shot.

You should have a passer and a shooter for this routine, so it is best done with a friend.

This drill utilizes six locations on the floor and instead of having 30 seconds at each location, the shooter should move back and forth at each location and take 20 shot attempts - for example, 10 shots from each elbow or from each slot.

Shot 1: Shooter will start with the ball on the right side about 15 ft from the basket moving back and forth from baseline to wing receiving the pass from the foul line area. (20 attempts)

Shot 2: Shooter will move to the three-point line with pass coming from same side elbow. (20 attempts)

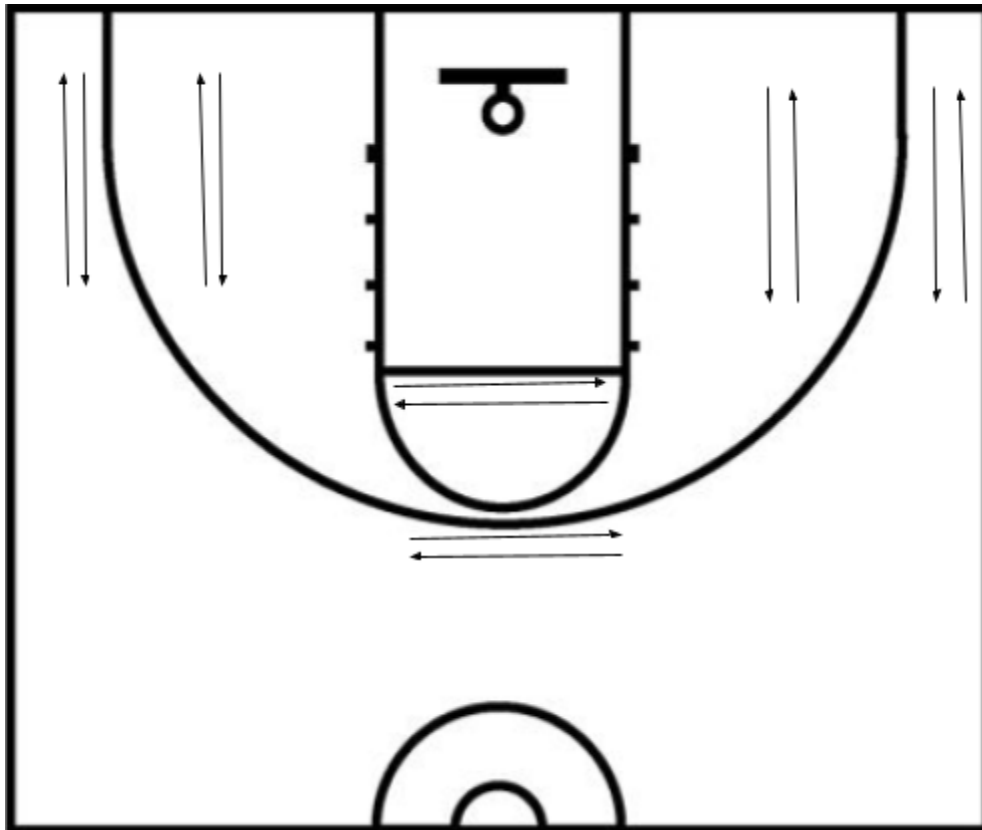
Shot 3: Shooter will move elbow to elbow receiving the pass from the right side of the floor (where the shooter just vacated). (20 attempts)

Shot 4: Shooter will move out to the three-point line - slot to slot. (20 attempts)

Shot 5: Shooter will move to the left side about 15 ft from the basket moving back and forth from baseline to wing receiving the pass from the foul line area. (20 attempts)

Shot 6: Shooter will move back to the three-point line on the left side. (20 attempts)

Shooter should shoot 5 free throws in between each shot location. 120 shots + 30 free throws = 150 for this routine.



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