



The **East Basketball Association** is sponsoring a Splash Brothers Club for our boys basketball players. In order to be a certified Splash Brother, players have to exceed **20,000** shots between June 1st and September 30th.

The goal of becoming a Splash Brother is to develop confident and consistent shooters. 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.

Qualifications and Rules:

- Players must take **20,000** shots between June 1st and September 30th. We encourage you to shoot even more.
- Players must keep a log of their shooting workouts and have them signed by a parent/guardian. A sample log is available in PDF or Excel format. You can find it on our website: www.dulutheastbasketball.com
- You must shoot game shots at game speed. Use the ball toss method to get a great workout.
- Free Throws should be included in your shooting workout.
- Shooting done at team practices and basketball camps do not count towards your goal.

What are game shots?

You should shoot all of your shots at game speed because that is what will help you become a consistent and confident shooter during the regular season. Standing around playing "Horse" or "Lightning" with a friend may be fun, but really isn't helping you when it comes to game time. Game shots are different for every player. To be successful, you should start in close to the basket working on your follow through, your arch, and your accuracy. Once you have established your range, you are ready to get started.

What type of shots should I work on?

It is important to develop your overall game. We believe that all players should have the ability to finish at the rim using a variety of finishes, shooting three-pointers, taking pull-up jump shots, and being able to finish with their back to the basket. Our best advice is to include all types of shots into your workouts. Use finishes from our Finishing School, 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. Be sure to use your imagination.

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 just guess how many shots I shoot?

NO! Once you have your routine, it should be easy to count your shots. If you shoot 25 shots at game speed and follow it with 10 free throws; then completing 4 cycles of that will give you 100 shots and 40 free throws. You can decide if you just want to count shots attempted or if you want to keep track of the shots you made, too. It's great to watch your progress! If you only want to keep track of shots made, after a week or so of counting shots and tracking time spent, you should have an idea of how many shots you make in 15 minutes or so and can just keep track of time. For example, if I shoot 25 shots in 15 minutes usually, and I spent 30 minutes shooting, I can track 50 shots for that session.

Does my parent have to watch me shoot every shot?

Absolutely not! Your parent needs to only verify that to the best of their knowledge you had the time/opportunity to shoot your shots. If your parent wants to help, that is great but not required. That being said, if your parent wants to rebound for you, he or she may certainly do

so. Players need to be sure to relocate after every shot. Again, it is important to shoot shots at GAME SPEED.

Can I shoot more than 10,000 shots?

YES! We want you to shoot way more than **20,000 shots!** 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.

What do I do once it is October 1st?

Total up all of your shots and make sure that all shots have been verified (signed) by a parent/guardian.

Send your completed form to Joe Schingen after October 1st and before October 15th. Coach Schingen's email address is below:

joseph.schingen@isd709.org

Tips to having a GREAT Summer:

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