



Summer Shooting Program

DeForest Area Girls Basketball Shot Club

"If you want to be the best, then work harder than the rest."

WHAT:

- ★ Practice your shooting this off-season and take 1,000, 5,000 or 10,000 shots by November 1st, 2021 to be recognized and be eligible for a PRIZE!
- ★ Shot Club - up for the challenge? Push yourself into this exclusive group who is committed to taking their game to the next level!

ELIGIBILITY:

- ★ Any girl entering 1st – 8th grade during the 2021-22 School Year.
- ★ There is no cost to participate.

HOW:

- ★ Shoot a lot!! Keep track of how many shots you take and send in your shot log when done.

INSTRUCTIONS:

- ★ Go shoot, shoot, shoot! Count your shots every time you practice..
- ★ Cover All Shooting Scenarios: There are many different drills you can use and we encourage you to mix it up and be creative. Shoot off the pass, off the dribble, and/or from a set triple threat position. NEVER FINISH ON A MISSED SHOT! (For example: you could shoot 25% free throws; 25% layups; 25% outside lane; 25% inside)
- ★ Free Throws: When you are tired and need a break, shoot free throws! This simulates the end of a game situation. You seldom get to shoot a free throw when you are fresh.
- ★ All participants must submit a shot log by November 1st in order to receive recognition and be eligible for a PRIZE..

REWARD:

- ★ Recognition at DeForest High School Varsity "Youth Night", and most importantly, develop as a basketball player!
- ★ Those reaching 1,000/5,000/10,000 shots taken will also earn a PRIZE (prizes will be awarded based on the level of shots taken).

Questions?

Please direct any questions regarding this to DeForest Area Girls Youth Basketball Association:

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