



## **NRBA- Summer Shooting and Dribbling Program**

2022 for 4<sup>th</sup>-8<sup>th</sup> graders (as of fall of 2022)

The goal for summer 2022 is to shoot 10,000 shots (can only record up to 200 per day) and do dribbling drills x 500 minutes (can only record up to 15 minutes per day). The shooting/dribbling log is located on the New Richmond Basketball Association webpage under the "Tiger Shooting" tab. The program will go from 4/17/22-9/30/22.

[www.newrichmondbasketball.net](http://www.newrichmondbasketball.net)

Once completed, submit your name on the webpage under the same tab (due 9/30/22). Anyone who completes the program is eligible to participate in a shooting competition at the fall basketball kick-off event. The tentative prize for the competition winner is new basketball shoes (max value of \$150) and a chance to compete against a varsity athlete in a shooting competition. All athletes completing the 10K Shot program will be recognized at a varsity event and receive a smaller prize.

---

Because shooting form is very important, we would strongly encourage the participants to review and use the Star Shooting Program, which can be found on the webpage on the same tab as noted above. If you have questions about this program, please contact a member of the New Richmond Basketball Association for guidance. This program also includes a shooting drill (see tab noted above) that can guide practice, but is not mandatory for the 10K Shot Shooting Program.

Dribbling can be done with drills the participants are familiar with, or you can search youtube for more ideas. One example of stationary dribbling drills can be found at:

<https://www.youtube.com/watch?v=1zRQwaN96rk>

# NRBA Shooting Program



Name \_\_\_\_\_

Grade in Fall \_\_\_\_\_

200 shots/day maximum

Goal of 30+ days of ball handling, 15 min each day

Dates: 4/17/22 - 9/30/22

Submit results to 10K Shot Program Completion Form when completed.

Date	Shots	Ball Handling
1-Jun		
2-Jun		
3-Jun		
4-Jun		
5-Jun		
6-Jun		
7-Jun		
8-Jun		
9-Jun		
10-Jun		
11-Jun		
12-Jun		
13-Jun		
14-Jun		
15-Jun		
16-Jun		
17-Jun		
18-Jun		
19-Jun		
20-Jun		
21-Jun		
22-Jun		
23-Jun		
24-Jun		
25-Jun		
26-Jun		
27-Jun		
28-Jun		
29-Jun		
30-Jun		

Date	Shots	Ball Handling
1-Jul		
2-Jul		
3-Jul		
4-Jul		
5-Jul		
6-Jul		
7-Jul		
8-Jul		
9-Jul		
10-Jul		
11-Jul		
12-Jul		
13-Jul		
14-Jul		
15-Jul		
16-Jul		
17-Jul		
18-Jul		
19-Jul		
20-Jul		
21-Jul		
22-Jul		
23-Jul		
24-Jul		
25-Jul		
26-Jul		
27-Jul		
28-Jul		
29-Jul		
30-Jul		
31-Jul		

Date	Shots	Ball Handling
1-Aug		
2-Aug		
3-Aug		
4-Aug		
5-Aug		
6-Aug		
7-Aug		
8-Aug		
9-Aug		
10-Aug		
11-Aug		
12-Aug		
13-Aug		
14-Aug		
15-Aug		
16-Aug		
17-Aug		
18-Aug		
19-Aug		
20-Aug		
21-Aug		
22-Aug		
23-Aug		
24-Aug		
25-Aug		
26-Aug		
27-Aug		
28-Aug		
29-Aug		
30-Aug		
31-Aug		

Date	Shots	Ball Handling
1-Sep		
2-Sep		
3-Sep		
4-Sep		
5-Sep		
6-Sep		
7-Sep		
8-Sep		
9-Sep		
10-Sep		
11-Sep		
12-Sep		
13-Sep		
14-Sep		
15-Sep		
16-Sep		
17-Sep		
18-Sep		
19-Sep		
20-Sep		
21-Sep		
22-Sep		
23-Sep		
24-Sep		
25-Sep		
26-Sep		
27-Sep		
28-Sep		
29-Sep		
30-Sep		

# Workout #3: Develop Accuracy From All Over The Court

## Directions

1. Use the **SHOOTING STRAP**.
2. Using a properly marked court, make FIVE shots in ROW from each of the 16 spots starting at #1 and continue in order.
3. **Be sure to shoot each attempt at GAME SPEED.** Here's how: as the ball starts to move up, say the words GAME SPEED as fast as you can. The ball must be released before you hear the "D" in SPEED.
4. Post Position vs Perimeter Position. For locations near the basket - 1,2,3,4,5,6,7 – position the ball above head level – Post Position – when beginning the shot. Power comes mostly from the legs and arm.
5. Once the workout can be completed in 45 minutes or less, begin Workout #4.
6. Now watch the video to learn more. [Watch Video](#)

## Coaching Points

- **Marking Your Court** – Practicing on a court that has regulation markings builds accuracy and confidence. Turn to page 5 to learn how to lay out your own practice facility. [Back to Page 5](#)

## Workout Order and Shot Descriptions

- |  |  |
|--|--|
| <p>1 &amp; 2: Bank Shots from the blocks<br/>         • Aim at upper half of vertical line (photos C &amp; D)</p> <p>3 &amp; 4: <b>YOUR</b> Maximum Range Bank Shot in line with the blocks as shown</p> <p>5: Middle of the Lane 8'-10'</p> <p><b>Free Throws – Goal: 9/10</b></p> <p>6 &amp; 7: Baseline "Short Corner" 12'-14'</p> <p>8 &amp; 9: Baseline Medium Range 16'-18'</p> <p><b>Free Throws – Goal: 9/10</b></p> | <p>10 &amp; 11: Medium Range Wing Shots 16'-18'</p> <p>12 &amp; 13: Free Throw Line Elbow Area 14'-18'</p> <p><b>Free Throws – Goal: 9/10</b></p> <p>14 – 16: 3-Pointers</p> <ul style="list-style-type: none"> <li>• Begin the shot at least 12" behind the line</li> <li>• Eyes should NEVER check the line first</li> </ul> <p><b>Free Throws – Goal: 9/10 (End of workout)</b></p> <p><b>EXTRA: Make 10 free throws in a row. Time it.</b></p> |
|--|--|

\*To emphasize making the 1st attempt of a Bonus free throw, ANYTIME the 1st attempt of ANY set of free throws is missed, sprint 50 feet and begin again. Do this until the 1st attempt is made.

## Shooting Locations

