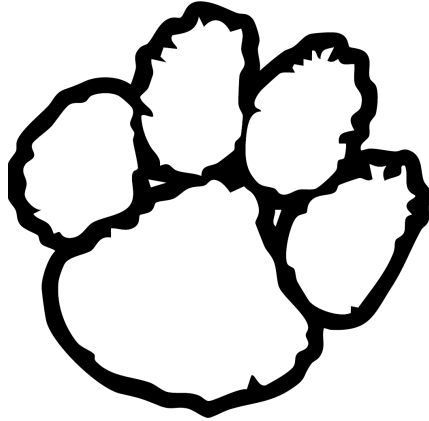


Ellsworth Basketball “150 Hour Club”

Players in grades 4-6



“No Deposit, No Return”

Here’s a reminder that no one has yet found a way to get something for nothing. All worthwhile goals came at a price, and the coins with which we pay are concentration, persistence, and desire.

It is often said that teams are made during the “in” season while players are made in the “off” season. It is with this premise that we have the Ellsworth 150-Hour Club. The goal of the 150-Hour Club is for players to document OVER 150 hours of basketball-related activities during the off-season. Players will set individual goals, will be given a calendar, and will monitor their basketball-related activities on the calendar. The 150 club hours will start on April 1st. Players will turn this into Coach Staley or Coach Yaeger by October 31st. All players who have earned over 150 Hours will receive a t-shirt and be recognized before a varsity basketball game. Players who reach the 400 Hour and 500 Hour Club will receive a t-shirt and other awards.

Players can earn hours in the following ways:

- 50 hours for playing in a fall or spring sport
- 1 hour for every hour spent in the weight room
- 1 hour for every hour of basketball you practice or play (includes: camps, summer leagues, shooting in the driveway, etc.)
- Up to 20 hours of service work will count toward the 150-hour club.
- Bonus Hours:
 - 1 Bonus hour for every 250 Free Throws that you shoot and track
 - 1 Bonus hour if you complete the entire perimeter workout plan

Ellsworth Basketball Off-Season Goal Setting

“No Deposit, No Return”

Here’s a reminder that no one has yet found a way to get something for nothing. All worthwhile goals came at a price; the coins we pay are concentration, persistence, and desire.

Name:

Grade next year:

Today’s Date:

What are my off-season basketball goals?

What is my detailed plan and the daily habits I will use to reach these goals?

Reflection in October: Did you achieve your off-season goals? Why or why not?

Ellsworth Basketball

Perimeter Player Workout

+/- system of shooting: When you make a shot it is +1, when you miss it is -1. If the goal is make 10, then you want to shoot until you are at a +10. (For example: make (+1), make (+1), make (+1), miss (-1), make (+1), make (+1), make (+1), miss (-1), make (+1), make (+1), make (+1), make (+1), make (+1), make (+1). = $1+1+1-1+1+1+1-1+1+1+1+1+1 = +10$)

1. Jump rope (1 minute)
2. Dot Drill (1 minute)
3. Ball Slaps (20)
4. Stationary ball handling: head waist, right leg, left leg, both legs (5 times each spot, both directions).
5. Stationary ball handling (dribble): crossover (25), right leg, left leg, figure 8 (5 times each spot, both directions)
6. Mikan Drill (make 40)
7. Perfect form shot (make 10 +/- system)
8. Perimeter shooting
 - a. Block to block (make 10 +/- system)
 - b. Free Throws (make 10 +/- system)
 - c. Ten footers in paint (make 10 +/- system)
 - d. Free Throws (make 10 +/- system)
 - e. Elbow to baseline right side (make 10 +/- system)
 - f. Free Throws (make 10 +/- system)
 - g. Elbow to baseline left side (make 10 +/- system)
 - h. Free Throws (make 10 +/- system)
 - i. Elbow to Elbow (make 10 +/- system)
 - j. Around the horns 3's (make 15 +/- system)
9. Full court ball handling: x-over, behind the back, between the legs, retreat (3 times down and back each skill)
10. Jump Role (1 minute)
11. 1 on 1 play: Square up and take the ball to the hoop on both sides
 - a. Jab step/rocker (5 times)
 - b. Jab step/crossover (5 times)
 - c. Jab step/ shot fake (5 times)
 - d. Jab step/shot fake/ crossover (5 times)
12. Free Throws (make 10 +/- system)
13. Post Moves
 - a. Perfect Mikan (regular, reverse, power, shot fake) perfect makes 5x of each
 - b. Right handed jump hooks, Left handed jump hooks (x5)
 - c. 1 dribble jump hooks (x5 each way)
 - d. 1 dribble up and unders (x5 each)
 - e. Choice moves (x5 each way)
14. Defensive slides: side to side (20 touches)
15. Free Throws (make 10 +/- system)

Ellsworth Basketball Calendar

150 Hour Club: No Deposit, No Return

- Print out a blank calendar from April 1 - October 31 of the calendar year.
- You can also keep track of this in the notes app of your phone
- Write your detailed daily log of activities on each calendar day. For Example:

<p><i>June 15, 2022</i></p> <p><i>Weightroom from 6:30 - 8:00 am (1.5 Hours)</i> <i>Open gym from 10:00-11:00 am (1 Hour)</i> <i>Shot 250 free throws in the driveway from 1:00-1:00 pm</i> <i>(1 Hour + 1 Bonus Hour)</i> <i>Summer League Games from 6:00-8:00 pm (2 Hours)</i></p> <p><i>Total Hours: 6.5 Hours.</i></p>
--

- Put your total hours for the month on the top of each page.

April 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			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		

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						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 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		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 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				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 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
							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						

September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
			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				

October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					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	

Ellsworth Basketball Summary of Hours

150 Hour Club

April Hours:

May Hours:

June Hours:

July Hours:

August Hours:

September Hours:

October Hours:

Total Hours:

Total Weight Room Hours:

Total Basketball Hours:

Total Fall/Spring Sport Hours:

Total Service Hours (20 max):

Total Bonus Hours:

Player Signature:

Parent Signature: