

Wildcat Shot Club



The off-season is a vital component of developing a player's skill set. In order to improve, players have to get out of their comfort zones. It isn't about playing a certain amount of games; it's about putting in more hours of work to fine-tune their skill set. Players need to establish a routine of age appropriate shots with proper form and shooting at game speed. This program requires players to be honest with what they are accomplishing as they only get out of it what they put into it. The program is designed with different age groups in mind. Our focus is the amount of made shots, using correct form, and going at a speed/intensity level that games require.

The workouts included below can be adapted for younger players by taking shots closer to the basket or just doing the sessions that includes shots close to the basket. The primary purpose for younger grades is to practice good form and often times that means staying closer to the basket.

Any player from grades 4-8 who reaches their grade level goal will be a part of a high school game day experience that includes pre-game and post-game activities with the varsity team, being recognized at halftime of a varsity game, and an official high school basketball. Players in grades 9-12 will receive exclusive Wildcat team apparel.

4th-5th grade- 8,000 made shots
6th-8th grade- 12,00 made shots
9th-12th grade- 15,000 made shots

Please contact Coach Sticht with any questions!

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Work-out # 1

* Do with a partner * Each of you should have 500 shots up by end of workout * Each session try to keep track of your makes, including your free throws! By end of the workout you will have shot 100 free throws and your goal should be to make at least 80. *Don't take a drink break between your shots and free throws, wait until session is complete before you take a drink... must shoot free throws while you are tired!!!

Session 1: (120 Shots) * Spot shooting (15 feet and in)- shoot 20 from 5 spots... rotate shooters at every spot Focus- catch and shoot... have good balance and a quick release... finish with a good follow through every time (stick hand in the hoop). * After you shoot from all 5 spots shoot 20 Free Throws (5 and rotate).

Session 2: (120 Shots) * Pull up Jump Shot (catch outside of 3 point line)- shoot 20 from 5 spots... rotate shooters at every spot. Focus- make a move to get yourself open (jab step, crossover step, strong side step)... 1 or 2 hard dribbles and shoot the pull up jumper. * After you shoot from all 5 spots shoot 20 Free Throws (5 and rotate).

Session 3: (120 Shots) * 3 Point Shot- shoot 20 from 5 spots (all 3's)... rotate shooters at every spot. Focus- catch and shoot... good balance and follow through... find the distance and become a good 3 point shooter! * After you shoot from all 5 spots shoot 20 Free Throws (5 and rotate).

Session 4: (70 Shots) * Rim Attackers- Shoot 10 from 5 spots... rotate shooters every shot. Focus- Make a game move (jab step, crossover step, strong side step) and get all the way to the hoop and finish. Right and Left hand needs to be used when on that side of the hoop! Practice finishing off of one foot and with a jump stop. * After you shoot from all 5 spots shoot 20 Free Throws (5 and rotate).

Session 5: (70 Shots) * Game Work- Shoot 10 then rotate shooters (use the whole floor, don't stay in one spot) Focus- Make game like moves using all of the skills you used in previous sessions. Mix it up, knock down a 3 then next time hit a pull up jumper then attack the rim. Be on the move and use everything! Should be fast paced for 10 shots then your partner goes. Final session so finish strong!!! * After you shoot all 50 shots shoot 20 Free Throws (5 and rotate).

Workout #2

* Do with a partner * Each of you should have 500 shots up by end of workout * Each session try to keep track of your makes, including your free throws! By end of the workout you will have shot 100 free throws and your goal should be to make at least 80. *Don't take a drink break between your shots and free throws, wait until session is complete before you take a drink... must shoot free throws while you are tired!!!

Session 1: (60 Shots) * Back to Baseline- Shoot 20 from each side of hoop... rotate shooters every shot (continuous).

- Catch, Power dribble to hoop, get shoulders parallel to hoop, finish high off the glass

* After you shoot from both sides (40 shots) shoot 20 Free Throws (5 and rotate).

Session 2: (180 Shots) * Back to Hoop- Shoot 20 from each block for each move to get a total of 40 shots for each move.

- Drop step and power dribble, lay-up (40 shots)
- Inside and Outside shoulder turn, hook/jump shot (no dribbles) (40 shots)
- Inside and Outside shoulder turn, hook/jump shot (1-2 dribbles back down) (40 Shots)
- Inside and Outside Up and Under (40 Shots)

* After you complete all the shots, shoot 20 Free Throws (5 and rotate).

Session 3: (120 Shots) * Face to Hoop- Shoot 10 from for each move on each side of the floor for a total of 20 shots for each move. Catch the ball about 12-15 feet from hoop somewhere between wing and baseline.

- Pivot, strong side step by for a lay-up (20 shots)
- Pivot, jab step, crossover step, lay-up (20 shots)
- Pivot, strong side step/crossover step, jump stop lay-up (20 shots)
- Pivot, jab step, jump shot (20 shots)
- Pivot, shot fake, lay-up (20 shots)

* After you complete all the shots, shoot 20 Free Throws (5 and rotate).

Session 4: (80 Shots) * Pick and Roll- Shoot 10 for each move on each side of the floor for a total of 20 shots for each move. Set the pick between top of key and wing.

- Roll and finish at the rim (20 shots)
- Roll/Slip to 12-15 feet and shoot jump shot (20 shots)
- Roll/Slip to 12-15 feet, use ball fake, get to rim and finish or hit short (5 ft) jump shot (20 Shots)

* After you complete all the shots, shoot 20 Free Throws (5 and rotate).

Session 5: (60 Shots) * Game Work- Shoot 10 then rotate shooters (use the whole floor, don't stay in one spot) Focus- Make game like moves using all of the skills you used in previous sessions. Mix it up- go back to hoop, then go do a pick and roll, then hit a face up jumper ect... Be on the move and use everything! Should be fast paced for 10 shots then your partner goes. Final session so finish strong!!! * After you shoot all 40 shots, shoot 20 Free Throws (5 and rotate).

Workout #3

* Do with a partner * Each of you should have 500 shots up by end of workout * Each session try to keep track of your makes, including your free throws! By end of the workout you will have shot 100 free throws and your goal should be to make at least 80. *Don't take a drink break between your shots and free throws, wait until session is complete before you take a drink... must shoot free throws while you are tired!!!

Session 1: (60 Shots) * Back to Baseline- Shoot 20 from each side of hoop... rotate shooters every shot (continuous). Move- Catch, Power dribble to hoop, get shoulders parallel to hoop, finish high off the glass * After you shoot from both sides (40 shots) shoot 20 Free Throws (5 and rotate).

Session 2: (180 Shots) * Back to Hoop- Shoot 20 from each block for each move to get a total of 40 shots for each move.

- Drop step and power dribble, lay-up (40 shots)
- Inside and Outside shoulder turn, hook/jump shot (no dribbles) (40 shots)
- Inside and Outside shoulder turn, hook/jump shot (1-2 dribbles back down) (40 Shots)
- Inside and Outside Up and Under (40 Shots) * After you complete all the shots, shoot 20 Free Throws (5 and rotate).

Session 3: (120 Shots) * Face to Hoop- Shoot 10 from for each move on each side of the floor for a total of 20 shots for each move. Catch the ball about 12-15 feet from hoop somewhere between wing and baseline.

- Pivot, strong side step by for a lay-up (20 shots)
- Pivot, jab step, crossover step, lay-up (20 shots)
- Pivot, crossover step, 2 foot lay-up (20 shots)
- Pivot, jab step, jump shot (20 shots)
- Pivot, shot fake, lay-up (20 shots)

* After you complete all the shots, shoot 20 Free Throws (5 and rotate).

Session 4: (80 Shots) * Pick and Roll- Shoot 10 for each move on each side of the floor for a total of 20 shots for each move. Set the pick between top of key and wing. Move

- Roll and finish at the rim (20 shots)
- Roll/Slip to 12-15 feet and shoot jump shot (20 shots)
- Roll/Slip to 12-15 feet, use ball fake, get to rim and finish or hit short (5 ft) jump shot (20 Shots)
- * After you complete all the shots, shoot 20 Free Throws (5 and rotate).

Session 5: (60 Shots) * Game Work- Shoot 10 then rotate shooters (use the whole floor, don't stay in one spot) Focus- Make game like moves using all of the skills you used in previous sessions. Mix it up- go back to hoop, then go do a pick and roll, then hit a face up jumper ect... Be on the move and use everything! Should be fast paced for 10 shots then your partner goes. Final session so finish strong!!! * After you shoot all 40 shots, shoot 20 Free Throws (5 and rotate).