



WAUPACA COMET BASKETBALL

10,000 SHOT CLUB



“Success comes from knowing that you did your best to become the best that you are capable of becoming” - John Wooden

Basketball TEAMS are made from November to March.... Basketball PLAYERS are made during the offseason. As a basketball player, THIS IS YOUR TIME!!!

The **Waupaca Youth Basketball Club** is sponsoring a 10,000 Shot Club for our boys and girls basketball players. We challenge all of our players to shoot at least 10,000 game-like shots this summer. We want our players to keep track of the shots that they take during the off-season. Do not worry about your makes. Only worry about your form.

THE TIME IS NOW! It's the time to get ready for next basketball season by working on your game. The goal of the 10,000 Shot Club is to develop the confidence you need to succeed in game situations because you put the time in to improve your game. 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. There are 122 days from June 1 to September 30. To qualify for the 10,000 shot club, a player will need to shoot an average of 82 shots a day. We believe this is a very accomplishable goal.

Qualification and Rules:

- Player must take 10,000 shots between June 1st and September 30th . We encourage you to shoot even more.
- Must signify your intent to participate by officially registering for the program no later than July 1st. Please register by filling out the form below and email it to Coach Molner at zmolner@waupacaschools.org.
- Record how many total shots you take each day on the weekly tracking form.
- Submit weekly reporting totals by emailing the form to Coach Molner at zmolner@waupacaschools.org. You will be given access to a google document that will be updated every week.
- 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 should not be counted towards your goal. We want you to challenge yourself to meet the 10,000 shot goal, not have a coach telling you when to be taking shots.

What are Game Shots?

You should shoot all of your shots at GAME SPEED because that is what will help you become a better player during the regular season. During our high school practices, we strive to make shots when we are tired. We want you to do the same in the off-season. Game shots are different for every player. To be successful, you should start in close to the basket working on proper form. Once you have established your range (distance from the basket where you can shoot the ball with proper form) you are ready to get started.



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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 shoot three pointers, pull-up jump shots, and post finishes. Our best advice is to include all types of shots into your workouts. Use Five-Ways to Finish, Pull-Up Jump Shots after 1-2 dribbles, catch and shoot three-pointers, and catching on movement after a down or flare screen.. 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, followed by 10 free throws, 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!

Can I shoot more than 10,000 shots?

YES! 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

Tips to having a GREAT Summer:

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

#GO COMETS

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SIGN UP SHEET

Name: _____

Grade (2020-2021 school year) _____

Email Address (this will give you access to view google form) _____

Favorite NBA Player _____

*submit to Coach Molner zmolner@waupacaschools.org

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Weekly Shot Form

(Submit updated version each Monday to Coach Molner zmolner@waupacaschools.org)

Week 1: June 8____ June 9____ June 10____ June 11____ June 12____ June 13____ June 14____

Week 2: June 15____ June 16____ June 17____ June 18____ June 19____ June 20____ June 21____

Week 3: June 22____ June 23____ June 24____ June 25____ June 26____ June 27____ June 28____

Week 4: June 29____ June 30____ July 1____ July 2____ July 3____ July 4____ July 5____

Week 5: July 6____ July 7____ July 8____ July 9____ July 10____ July 11____ July 12____

Week 6: July 13____ July 14____ July 15____ July 16____ July 17____ July 18____ July 19____

Week 7: July 20____ July 21____ July 22____ July 23____ July 24____ July 25____ July 26____

Week 8: July 27____ July 28____ July 29____ July 30____ July 31____ Aug 1____ Aug 2____

Week 9: Aug 3____ Aug 4____ Aug 5____ Aug 6____ Aug 7____ Aug 8____ Aug 9____

Week 10: Aug 10____ Aug 11____ Aug 12____ Aug 13____ Aug 14____ Aug 15____ Aug 16____

Week 11: Aug 17____ Aug 18____ Aug 19____ Aug 20____ Aug 21____ Aug 22____ Aug 23____

Week 12: Aug 24____ Aug 25____ Aug 26____ Aug 27____ Aug 28____ Aug 29____ Aug 30____

Week 13: Aug 31____ Sept 1____ Sept 2____ Sept 3____ Sept 4____ Sept 7____ Sept 8____

Week 14: Sept 9____ Sept 10____ Sept 11____ Sept 12____ Sept 13____ Sept 14____ Sept 15____

Week 15: Sept 16____ Sept 17____ Sept 18____ Sept 19____ Sept 20____ Sept 21____ Sept 22____

Week 16: Sept 23____ Sept 24____ Sept 25____ Sept 26____ Sep 27____ Sept 28____ Sept 29____

Week 17: Sept 30____