

# Raiders Girls Basketball 2021

1,000/2,500/5,000+ Shot Club

**Kindergarten-3rd Grade**

Player Name: _____
Grade for 2021-2022: _____
Number of shots: _____
Shirt size: _____ youth or adult
Parent name: _____
Email: _____
Parent Signature: _____

## May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		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 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				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 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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				

## 2021 SEPTEMBER

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		

Please email a photo of the completed forms to Jenny Streefland.

Email: [jstreefland@northfieldschools.org](mailto:jstreefland@northfieldschools.org)

**Return by October 1st, 2021**

Here are some recommended shot drills to help you strengthen your shooting in the off-season. Do your best to work on these shots with **good shooting form for every shot**. Work on mastering the shots at a closer range and then back up if you are able. Challenge yourself! Try to work through as many of these shots each day to develop your muscle memory! **Record your shots on the calendars page**

### Daily Shot Routine

#### **ROUTINE 1**

- 20 Mikan Layups (10 each hand)
- 20 bank shots from block (10 each side)
- 10 Free Throws
- 10 shots off the Dribble
  - o Rip through, 2 dribbles to the right
- 10 shots off the Dribble
  - o Rip through, 2 dribbles to the left
- 10 Free Throws
- 20 Drop Step w/power dribble (10 each block/hand)
- 30 shots off the catch
  - o Spin ball to yourself
- 20 layups (10 each hand)
  - o Start at right Elbow, dribble to right hand layup, rebound and dribble to left Elbow, dribble to left hand layup. Repeat
- 10 Free Throws
- 10 shots from right baseline
- 10 shots from left baseline
- 10 shots from Elbow (5 from right, 5 from left)
- 10 Free Throws
- 10 shots from wing (15 ft)
- 20 three point shots (move around the arc)
- 10 Free Throws
- Total shots = 250**



#### **ROUTINE 2**

- Around the World (see diagram on page 2)
- 5 shots at each spot = 75 total shots
- 10 shots at each spot= 150 total shots

#### **Around the World Diagram**

Start at the green dot and work your way around to the red dot

