



Girls Junior Chargers Basketball

10,000 Makes Club

- Rules:
 - Runs from June 11, 2022 to Sept 30, 2022.
 - Submission deadline is October 2, 2022.
 - Record number of shots made each day.
 - 100 made shots credit for each day of camp.
 - 50 made shots credit for each summer league game.
 - 50 made shots credit for each summer practice.

Shooting Mechanics:

Priority 1:

Ball should start in the shooting hand with the wrist locked

NO	NO	YES
		




Priority 2:

Ball should raise up the shooting side of the body with the wrist locked



Note:

The shooting pocket is individual, it can be low, medium, or high, based on the player's body type and strength

Low: Below the eyes, in line with the shoulders (common for younger players)	Medium: Just above the eyes (common for HS players)	High: Above the head or higher (common for college or pro players, physically stronger shooters)
		

Priority 3:

The guide hand should be flat at all times and should not flick

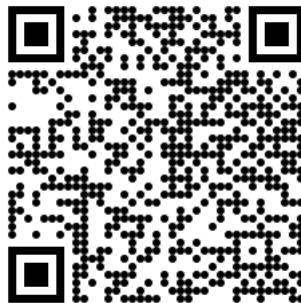


Priority 4:

The elbow should be extended and the wrist fully bent for a good follow through. Follow through should be held until the ball hits the ground.

Video Demonstration:

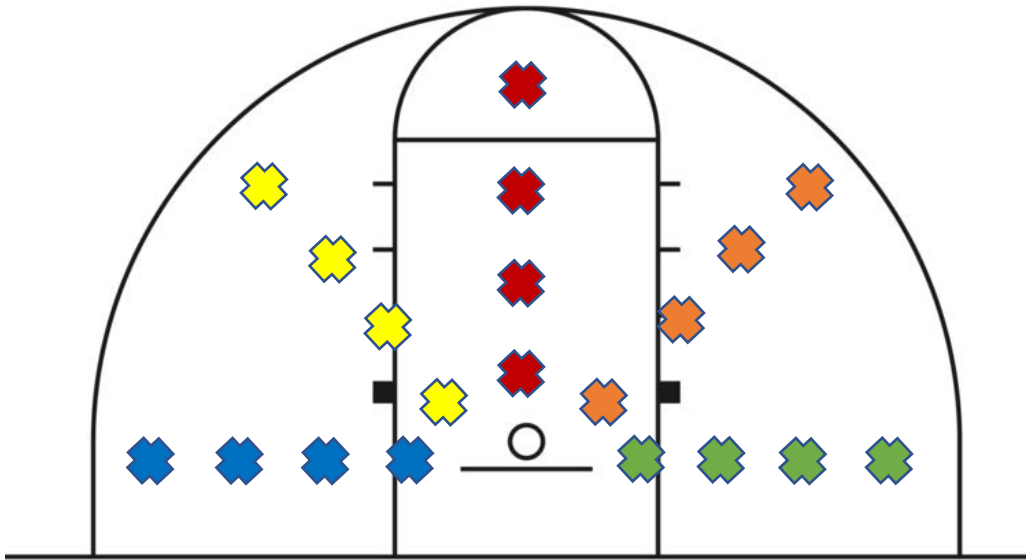
Highly recommended that you watch this 2 minute video and follow along every day!



The Most Important Drill to Do

Form 100 (100 makes)

- 5 perfect form makes without jumping at each of 20 spots, in order closest to farthest in down each line. Follow the rainbow order.
- (Steph Curry does this drill to start his shooting workout every day...feel free to do this drill every day if you want!)



Form 100 -extra work- (40 makes)

- Same drill order, at each spot make one shot after 1-dribble right and one shot after 1-dribble left

Demonstration videos are in this google drive folder.



*The audio is very low on some of them, sorry!

*Make sure that you aren't trying to access the videos through your Hamilton student email, Hamilton doesn't allow access to outside google docs/drives

Individual Drills

Pick the drills you want to do each day and log the number of shots (hopefully after you have done the form 100 at least once that week, if not many times)

Free Throws

Make free throws in between drills, at the beginning, at the end, or in any way possible. Shooting 2 at a time mimics game like pressure, while shooting many in a row can build confidence. Counting consecutive made free throws can also be a good way to challenge yourself.

Shot Builder (25 makes)

- One hand (10 makes)
- Snap ups (5 makes)
- 1 Dribble 1-2's Right (5 makes)
- 1 Dribble 1-2's Left (5 makes)

Footwork Builder (25 makes)

A passer is recommended for this drill, but you can do it yourself if you pass the ball off the backboard and catch it into each of the shots.

- Hop & shot (5 makes)
- Step forward (5 makes)
- Step back (5 makes)
- Step right side (5 makes)
- Step left side (5 makes)

Finishing Builder (30 makes)

- Right side 2-foot finish (5 makes)
- Left side 2-foot finish (5 makes)
- Right side 1-foot finish (5 makes)
- Left side 1-foot finish (5 makes)
- Right side rebound putback (5 makes)
- Left side rebound putback (5 makes)

Advanced Finishing Builder I (25 makes)

- Right scoop (5 makes)
- Left scoop (5 makes)
- Right side stay square reverse (5 makes)
- Left side stay square reverse (5 makes)
- Middle 2-foot floater (5 makes)

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Advanced Finishing Builder II (25 makes)

- Right inside/outside euro step (5 makes)
- Left inside/outside euro step (5 makes)
- Right side twist reverse (5 makes)
- Left side twist reverse (5 makes)
- Middle 1-foot floater (5 makes)

Right Elbow Attack (10 makes)

Push the ball back to the right elbow and make 2 of each of the following shots :

- 1-foot layup
- 2-foot jumpstop layup
- 2-foot jumpstop ballfake layup
- 1-foot scoop
- Inside/outside euro

Left Elbow Attack (10)

Push the ball back to the left elbow and make 2 of each of the following shots :

- 1-foot layup
- 2-foot jumpstop layup
- 2-foot jumpstop ballfake layup
- 1-foot scoop
- Inside/outside euro

5 Spot Dynamic Attack (25 makes)

- Drive and use a different finishing move from all 5 spots, making 5 baskets from each spot before moving to the next one.

1-Dribble Pullup Jumpshots from the Point (10 makes)

- *This drill can be from any spot on the floor. Starting at the point, make a hard 1 dribble into a pullup jumpshot right, then do the same going to the left.
- Be sure to dribble with your right hand going right and cross your left foot into the shot. Be sure to dribble with your left hand going left and cross your right foot into the shot.

2-Dribble Pullup Jumpshots from the Point (10 makes)

- *This drill can be from any spot on the floor. Starting at the point, make a hard 1 dribble into a pullup jumpshot right, then do the same going to the left.
- Be sure to dribble with your right hand going right and cross your left foot into the shot. Be sure to dribble with your left hand going left and cross your right foot into the shot.

Challenge Drills

60 second makes

- Put 60 seconds on a timer and see how many shots you can make getting your own rebound and dribbling to the edge of your comfortable range. These can be layups, pullup jumpshots, floaters, or 3s. If you vary it each time, keep a record for how many makes you can get with layups and another record for how many makes you can get with pullup jumpshots, etc.

Around the World (10/15/20/25)

- Start a timer and see how long it takes you to make a set number of shots from each of the 5 spots. If you are trying to make 2, that will total 10 makes, etc. Keep that time as a record to beat next time.

(Log your challenge scores here each day you try them and keep score)

Partner Drills

*While it is certainly not mandatory to work with a partner, if you work with a partner who is also attempting the 10000 makes challenge, you will get up more shots in less time and likely push each other to work harder and enjoy it more.

*If you have a parent/sibling/friend/relative who can rebound for you, you will definitely get up more shots in less time...be sure to thank them for helping you each time!

Partner 10 Spot

- Hop into the pass and shoot one shot from each of the 5 spots, sliding (not running) to each spot after the shot. Make sure you hop into all passes and shoot two from the corner before going back around for 10 total shots. Count your makes and do it multiple times until you have made enough shots (varsity players will routinely do this drill for 30-40 minutes shooting at least 200 shots). *Check linked video for clarification

Partner 10 Spot – Pullup Jumpshots

- Hop into the pass, *make a good ballfake, jabstep, or hang dribble* take one or two dribbles, and shoot one shot from each of the 5 spots, sliding (not running) to each spot after the shot. Make sure you hop into all passes and shoot two from the corner before going back around for 10 total shots. Count your makes and do it multiple times until you have made enough shots (varsity players will routinely do this drill for 30-40 minutes shooting at least 200 shots) *Check linked video for clarification

Situational Shots (10 per action)

With a partner as the passer, make 10 shots doing one of the following actions. Feel free to put down cones to make it more replicable or use chairs or garbage cans as screeners. Get your own rebound to pass back to the passer and then run the action again until you've made 10 shots. Make 2 free throws after each 10 and repeat that action again for another 10 or move on to another action.

Actions (can be run/should be run on both sides):

- Corner to elbow curl (passer opposite wing)
- Block to elbow curl (passer point)
- Block to block curl (passer point)
- Elbow to elbow curl (passer corner)
- Block to wing flare (passer point)
- Point to wing flare (passer opposite wing)
- Elbow to wing flare (passer opposite wing)
- Wing to corner drag (passer point or block)
- Corner to wing rise up (passer point or elbow)
- Transition catch and shoot corner (passer same side half court)
- Transition catch and shoot wing (passer block or elbow off the bounce)
- Transition pullup (passer at far free throw line or similar)

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Calendar/Log

Month	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Jun 2022	5	6	7	8	9	10	11 10000 Makes Challenge Starts
	12	13	14	15	16	17	18
	19	20	21	22	23	24	25
	26	27	28	29	30	1	2
Jul 2022	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	1	2	3	4	5	6
Aug 2022	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	1	2	3
Sep 2022	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 10000 Makes Challenge Ends	1

Name _____

Player Signature _____ Parent Signature _____