



10,000 SHOT CLUB INFO 2025

WHAT IS THE 10,000 SHOT CLUB?

The Westonka Youth Basketball Association (“**WYBBA**”) sponsors a 10,000-shot club in the offseason where players are encouraged to shoot 10,000 shots after school ends and before the season begins. All players who complete the challenge will earn (not win) an exclusive custom WYBBA shirt. The top 3 shot-takers will have a chance to win Timberwolves tickets. All players who earn the title will have their names placed on the WYBBA website and honored everywhere they go.

WHY 10,000?

Basketball *teams* are made from November to March. BUT, basketball *players* and their *skills* are made in the off-season! The time to start sharpening your skills is NOW! The most important way to increase your skills is to repeat those skills repeatedly *and* with *focus*. Get your reps in NOW, instead of when the season begins. The season is a time to refine your skills and build team strategy. The summer is your time to build your muscle memory!

QUALIFICATIONS & RULES

- Players must take 10,000 focused “**game shots**” between June 1 and August 30. That is a total of 92 days, or an average of 108 shots/day.
- Players must keep a detailed log using the tracking sheet provided. NO GUESSING! Count out loud or know that you are going to do 25 layups, 25 jump shots, 25 pump-fake to jump shots, etc. Keep the sheet with you.
- Shots taken during games, practices or camps/clinics DO NOT count! We only count shots that you take on your own practice time.
- Parents do not need to watch and we encourage parents to “help” out sparingly. We want our players to start taking their development upon themselves rather than have it be forced upon them.
- DO NOT WORRY ABOUT HOW MANY YOU MAKE – WORRY ABOUT PROPER FORM AND FOLLOW-THROUGH!

WHAT IS A GAME SHOT?

Players should only practice “**game shots**” during their own practice time. This means that players are taking shots at game speed and not just standing in one spot like when you play “horse”. Practicing free throws is the only exception to the no stand-still-shots rule.

Players should start practicing 1-2 moves to create space with a “ghost” defender then move into a smooth shot. The shot can be a jump shot, fade, floater, or finish at the rim, or any other finish that they can think of. For example, a player may want to work on a crossover right to a crossover to the left, then shoot. This mimics what the player will see in a game. Just get into the mindset that you must beat a defender or create space with a defender before you can shoot.

WHAT IS “FOCUSED PRACTICE”?

This means that players should have a practice plan and identify what they want to work on, whether it be a specific dribble move to a shot, or overall fundamentals of their shot form. Take the time to think about a specific move and practice it at least 10-25 times in a row – this creates a “focused practice”. Also, do not just jump into a full-speed practice. Players should warm-up by focusing on the mechanics and the smoothness of their shot with up-close shots, then move into dribble moves to shots routine that are farther out. Studies show that focused practice and repetition produces much better results than haphazardly practicing without thinking about what activity you are performing.

HOW TO MAKE IT MORE FUN!

- Play against your favorite player as a “ghost” defender in the championship game. Pretend there is a defender that you have to get by and create space for your shot. Play an entire game or just the final shot of a game.
- Count how many you can get in a row.
- Count how many swishes you can make in a row.
- Follow all shots and practice tip-ins and rebounding
- Toss a ball to yourself with spin to mimic a pass from a teammate
- Time yourself to see how many shots you can make in 1 minute, 2 minutes, etc.
- Start a chart of how many free throws you make out of 25 every day.

SHOOTING FUNDAMENTALS TO FOCUS ON:

1. **Mentality:** Focus on the middle, back or front of the rim and *know* that the ball is going in on every shot.
2. **Balance:** Start with great balance (wide feet, bent knees, hands close to body) – triple-threat gets you there.
3. **Hand placement:** Spread those fingers on the back of the ball (do you shoot with two or three fingers?)
4. **Pocket:** Find your “pocket” for the ball before the upward push and make sure elbow is bent in “L” position
5. **Pre-Release:** Put the ball on a platter with an elevated elbow (like a waiter) and “wrinkle the wrist”
6. **Whole Body:** Body goes from “small to tall” as you shoot (bend knees and extend straight up)
7. **Shot:** “Smash the ceiling” with your palm as you “shoot it out of telephone booth” with a big rainbow
8. **Create Rotation:** Snap the elbow as you “stick your hand in the cookie jar” that is high on the shelf.

SAMPLE GAME-SHOT ROUTINES:

There are many different variations of your shot routine that you can create. But the best routines always involve a dribble move to create space for a clean. Below are examples of “game shots” that, if practiced, regularly and with focus, WILL IMPROVE YOUR OVERALL GAME!

You could do any of these 10-25 times in a row with each hand, remembering to keep the dribble low and all moves start from the Triple Threat:

- **Pick and Pop:** Pretend a teammate sets a pick for you. Dribble once to your R/L and pull-up jumper, or drive.
- **Pick and Roll:** Set a pick and roll to hoop. Toss a ball with spin to yourself. Run to the ball and take jumper/drive.
- **Crossover Pick and Pop:** Pretend a teammate sets a pick for you. Crossover to the R/L and pull-up jumper/drive.
- **Jab Step:** Jab step R, and then drive L to layup or jumper.
- **Pick to Step back:** Ghost pick is set. Crossover or behind back dribble to step-back jumper.
- **Hesitation:** Hesitation dribble to pull-up jumper or drive.
- **Spin:** Drive R into lane and spin back L into lane for a floater, layup, step-back, or jumper
- **Shot Fake:** Shot fake and drive R/L, or combine with cross-over to jumper/drive.
- **Euro Step:** Jab step/fake, then dribble into Euro Step move to floater/layup.
- **Behind Back:** Fake/Jab/Hesi dribble one direction, behind the back other direction to jumper/drive.
- **Low Post Turnarounds:** Spin pass ball to yourself with back to the basket in low post. Turn and shoot using proper triple threat.
- **Low Post Faceup:** Spin pass to self, back to basket and then turn. Then can do any of the above combos to drive or shoot.
- **Drop Step Post:** Spin ball pass to self. Upon receiving, do a drop step into lane and shoot.
- **Dream Shake:** Back to basket, spin pass to self. Dribble one way, fake spin one way, but reverse spin back into shot.
- **Free Throws:** Practice at the end of your routine when you’re tired. Pretend it’s an end-of-game scenario.
- **Any other shots move combos you can come up with – these are just examples!** Be your own player and get creative! Or watch some of the greats to mimic their go-to moves!

Your practice routine is limitless! Find your move and find your shot and repeat it as many times as it takes until you are comfortable with making it part of your in-game moves. Find your go-to move/shot combo and you’ll soon be as dangerous as Jordan’s fadeaway, Hakeem’s Dream Shake, Iverson’s crossover pullup, etc.! What’s your move?!

**THERE ARE ONLY THREE THINGS YOU NEED TO
BECOME A BETTER PLAYER:
PRACTICE, PRACTICE, PRACTICE!**