



**What:** 10,000 Shots Club

**Eligibility:** Any 3<sup>rd</sup> – 11<sup>th</sup> grade (2019 - 2020 School Year) boy who sends in results by Labor Day, Monday, September 2, 2019. Must be postmarked by 9/2/19.

**How:** Count your shots every time you shoot on your own or with friends, not at camps or other structured events. Instead of counting each shot, perhaps you can count the shots you take for a 15-minute period, and then just track the time you shoot. For example, if you can shoot 50 shots (at a normal shooting pace) in 15 minutes, every hour of shooting will be 200 shots.

**Brag:** Email an update to [craig@lakevillesouthbasketball.org](mailto:craig@lakevillesouthbasketball.org) on your status any time during the contest and we will post these on the LSBBA website to let everyone know how you're doing!

**Reward:** Don't just stop at 10,000! There will be prizes for the top 3 finishers (in the amounts of \$100, \$50 and \$25 gift cards) and everyone who makes it gets a 10,000 shots club T-shirt, recognition at a 2018-2019 high school game, and most importantly a better shot.

**Instructions:** Follow these simple instructions:

- Go shoot, preferably game shots and free throws
- Complete the attached shooting club form to easily track your shots.
- Send this sheet along with all the shooting club forms to the address below. Remember to have your parents sign it.

**Results:** May: \_\_\_\_\_ (Number of shots)

June: \_\_\_\_\_

July: \_\_\_\_\_

August: \_\_\_\_\_

Total: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

**Your Information:** Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone: \_\_\_\_\_

T-Shirt Size: YM YL S M L XL

**By Labor Day,  
Send Results To:** 10,000 Shot Club  
C/O Craig Trettin  
22111 Goose Lake Pass  
Lakeville, MN 55044

Or scan and email to: [craig@lakevillesouthbasketball.org](mailto:craig@lakevillesouthbasketball.org)







Here are a few sample workouts to choose from or create your own.

Do one, two, or all three workouts!

Take quality attempts, with game level focus and energy.

### **Finishing Moves**

10 Shots of each of the following. Alternate your starting spot between the elbow and the wing:

- Layups, right & left sides
- 2 Foot Jump Stop, right & left sides
- Step Through (vicious pivot) right & left sides
- Reverse Lay-up, right & left sides
- Post moves from the block, right & left sides
- Jab or stutter step, then explosive layup, right & left sides
- Mikans, right & left sides
- 20 Free throws

**160 Total shots**

### **Ball Toss Catch and Shoot**

10 Shots of each of the following

- Block to Block (10 from the right and left sides)
- Right Wing
- Left Wing
- Right Baseline
- Left Baseline
- Right Elbow
- Left Elbow

-20 Free throws

**100 Total shots**

### **Shooting Off the Dribble**

10 Shots of each of the following

- Right Wing (Turn the Corner Jumper)
- Left Wing (Turn the Corner Jumper)
- Right Wing (Turn the Corner Step Back Jumper)
- Left Wing (Turn the Corner Step Back Jumper)
- 3 Point line

-20 Free throws

**70 Total shots**