

Raiders Girls Basketball 2021

5,000/10,000/15,000 Shot Club: **Grade 4-8**

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: jestreefland@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 Mikán 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

