SHOOTER'S SHOOT (and Dribble) SHOT/DRIBBLING CLUB

"Champions Practice When No One is Watching"

The SHOOTER'S SHOOT (and Dribble) Club is a program designed to encourage girls entering grades 9th-12th grade to improve their shooting and ball-handling skills by keeping a basketball in their hands over the summer WHEN NO ONE IS WATCHING

Info:

- This is all to be done ON YOUR OWN or with a PARTNER/SMALL GROUP! Un-Common Club, MSB, AAU Practices, Summer League Etc. DON'T COUNT! **The Question is WHO IS WILLING TO PUT IN EXTRA WORK?**
- From June 1st – August 31st, basketball players will be asked to **make** a specified number of 3's, Mikan Lay-Ups/Finishes at the Rim, Free Throws and Minutes Dribbled **at game speed and with correct form**. **Use this form to individually track progress (MAKE YOUR OWN COPY) https://docs.google.com/spreadsheets/d/1i75jUDA9hbpr_cfBpnwLVChWqRfvbvV4Olg95fli7Go/edit?usp=sharing**
- Each month participants should enter their monthly Shots MADE & minutes Dribbled on the program tracker document by accessing it through this link https://docs.google.com/spreadsheets/d/10O7PG8AjzeqCtJpaeUmHDFf6Kl44CM0DpD5lzLJHUq0/edit?usp=sharing or visit Rosemount Basketball Website by clicking on this link for more information https://www.rosemountbasketball.com/lady-irish-shooters-shoot-club
- Each player is encouraged to set a 3-month goal for the program, achieving at least 33% of their goal each month.

Goals:

- 3's Made: 2000 makes (avg. of 22 shots per day)
- Free Throws: 1000 makes (avg. of 11 shots per day)
- Mikan/Finishes at the Rim: 2000 shots made (avg. of 22 shots per day)
- Dribbling Minutes: 500 Minutes of Ball Handling (Avg. of 5.5 minutes per day)