

Stillwater Girls Traveling Basketball Summer Shooting and Dribbling Challenge



Make 5,000 Shots Dribble 750 Minutes	Make 10,000 Shots Dribble 1,500 Minutes
☼ Recognition on PonyGB Website	☼ Recognition on PonyGB Website
☼ Recognition at Varsity Game	☼ Recognition at Varsity Game
☼ Shot Club member T-Shirt	☼ Shot Club member T-Shirt
	☼ Additional prize TBD

Suggestions/Guidance:

- *Shots taken should be "game type" or "game speed" shots
 - take shots off the dribble, ball/pump fake - and really focus on using good form*
- *Approximately 10% of shots should be free throws*
- *Make sure to work in free throws and layups, more layups for the younger ages*
- *Be sure to include shots and minutes from camps*
- *Have fun with this!*
- *Encourage your teammates to participate!*
- *An average of 100 shots per day will get you to 10K! (50 shots/day = 5,000)*