



Osceola Chieftain Basketball



SHOT CLUB

Shot Club Overview:

The Osceola Youth Basketball Association is sponsoring their 4th Annual shot club for boys and girls basketball players to take their game to the next level this off-season. This club is designed to improve a player's shooting abilities and their overall game through hard work, dedication, and discipline. Teams are made during the season, players are made during the summer. Are you up for the challenge?

Instructions:

- Shot Club Runs May 1st - September 30th 2025
- Players to record the number of shots you make each day on the tracking calendars
- Submit monthly totals with parent signature the last day of each month to Coach Haase/Olson
- Submit final totals with parent signature by September 30th to Coach Haase/Olson

OHS Basketball, PO Box 128, Osceola, WI 54020

Shot Club Goals:

Grade (in 25-26 school year)	Goal	Breakdown (Approx.)
3rd-5th	5,000 Total Shots Made	≈1,000/month ≈250/week
6th-8th	7,500 Total Shots Made	≈1,500/month ≈375/week
9th-12th	10,000 Total Shots Made	≈2000/month ≈500/week

Reward:

- Osceola Shot Club Long Sleeve Shirt
- Recognition at Halftime of an Osceola Varsity Basketball Game

How to score Camps, etc:

- Full day camp sessions, team camps, AAU tournaments = 300 pts
- Skills sessions, 3 on 3, summer basketball league games = 100 pts
- Summer school class = 50 pts
- 15 minutes of ball handling = 25 pts





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Individual Workout Ideas

Form Shooting	Drives/Layups/Post Game	Shooting
Line Shooting 1 Hand Form Shots Regular Form Shots	Regular 1 Foot Take Off Layup Jump Stop Layup Stride Stop Layup Inside Hand Finish Layup Drop Step Up and Under	Catch and Shoot Free Throws Pull Up Jump Shots Spin to Self On The Move
Good Balance *Elbow Under Ball* *Extend on Follow Through* *One fluid Motion* *Check Rotation/Spin of Ball*		

Ball Handling	
Stationary Ball Handling Dribble Pounds Ball Circles (Waist, Ankles, Each foot, figure 8) Dribble Circles (Ankles, Each Foot, figure 8) High/Low Dribbles Windshield Wipers Push Pull 2 Ball Dribble at the same time	Change of Direction Moves Cross Over Between Legs Inside Out Dribble Behind Back Spin

Example of 100 Shot Workout
1 Hand Form Shots x 15 Regular Form Shots x 15 Right Hand Drives x10 Left Hand Drives x10 Mid Range Catch and Shoot x20 Dribble Pulls ups x10 Drop Step x5 Each Side Free Throws x10



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SHOT CLUB - May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Totals
Shots ideas: R/L Drop step R/L Lay-ups Free throws	Up & Under Mid-Range Self-spin curl Dribble Pull up			1 Shots Made: _____	2 Shots Made: _____	3 Shots Made: _____	
4 Shots Made: _____	5 Shots Made: _____	6 Shots Made: _____	7 Shots Made: _____	8 Shots Made: _____	9 Shots Made: _____	10 Shots Made: _____	
11 Shots Made: _____	12 Shots Made: _____	13 Shots Made: _____	14 Shots Made: _____	15 Shots Made: _____	16 Shots Made: _____	17 Shots Made: _____	
18 Shots Made: _____	19 Shots Made: _____	20 Shots Made: _____	21 Shots Made: _____	22 Shots Made: _____	23 Shots Made: _____	24 Shots Made: _____	
25 Shots Made: _____	26 Shots Made: _____	27 Shots Made: _____	28 Shots Made: _____	29 Shots Made: _____	30 Shots Made: _____	31 Shots Made: _____	Monthly Total _____
Player Name: _____ Player Grade: _____ Parent Signature: _____							



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June 2025 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Totals
1 Shots Made: _____	2 Shots Made: _____	3 Shots Made: _____	4 Shots Made: _____	5 Shots Made: _____	6 Shots Made: _____	7 Shots Made: _____	
8 Shots Made: _____	9 Shots Made: _____	10 Shots Made: _____	11 Shots Made: _____	12 Shots Made: _____	13 Shots Made: _____	14 Shots Made: _____	
15 Shots Made: _____	16 Shots Made: _____	17 Shots Made: _____	18 Shots Made: _____	19 Shots Made: _____	20 Shots Made: _____	21 Shots Made: _____	
22 Shots Made: _____	23 Shots Made: _____	24 Shots Made: _____	25 Shots Made: _____	26 Shots Made: _____	27 Shots Made: _____	28 Shots Made: _____	
29 Shots Made: _____	30 Shots Made: _____	Player Name:_____ _____ Player Grade:_____		Parent Signature: _____ _____		Monthly Total _____	



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July 2025 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Totals
Mid-range x 20 Self-spin curl shots x 10 / Dribble pull ups x 10 / Free throws x 10	100 shot work out example: 1 hand form shots x 15 / Regular form shots x 15 / Right/left hand layups/drives x 10 each /	1 Shots Made: _____	2 Shots Made: _____	3 Shots Made: _____	4 Shots Made: _____	5 Shots Made: _____	
6 Shots Made: _____	7 Shots Made: _____	8 Shots Made: _____	9 Shots Made: _____	10 Shots Made: _____	11 Shots Made: _____	12 Shots Made: _____	
13 Shots Made: _____	14 Shots Made: _____	15 Shots Made: _____	16 Shots Made: _____	17 Shots Made: _____	18 Shots Made: _____	19 Shots Made: _____	
20 Shots Made: _____	21 Shots Made: _____	22 Shots Made: _____	23 Shots Made: _____	24 Shots Made: _____	25 Shots Made: _____	26 Shots Made: _____	
27 Shots Made: _____	28 Shots Made: _____	29 Shots Made: _____	30 Shots Made: _____	31 Shots Made: _____	Shots ideas: R/L Drop step R/L Lay-ups Free throws	Up & Under Mid-Range Self-spin curl Dribble Pull up	
		Player Name: _____ Player Grade: _____					Monthly Total _____



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August 2025 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Totals
	Up & Under Mid-Range Self-spin curl Dribble Pull up	Shots ideas: R/L Drop step R/L Lay-ups Free throws			1 Shots Made: _____	2 Shots Made: _____	
3 Shots Made: _____	4 Shots Made: _____	5 Shots Made: _____	6 Shots Made: _____	7 Shots Made: _____	8 Shots Made: _____	9 Shots Made: _____	
10 Shots Made: _____	11 Shots Made: _____	12 Shots Made: _____	13 Shots Made: _____	14 Shots Made: _____	15 Shots Made: _____	16 Shots Made: _____	
17 Shots Made: _____	18 Shots Made: _____	19 Shots Made: _____	20 Shots Made: _____	21 Shots Made: _____	22 Shots Made: _____	23 Shots Made: _____	
24 Shots Made: _____	25 Shots Made: _____	26 Shots Made: _____	27 Shots Made: _____	28 Shots Made: _____	29 Shots Made: _____	30 Shots Made: _____	31 Shots Made: _____

Player Name:_____ Player Grade:_____ Shots Made:_____ Parent Signature:_____

100 shot work out example: 1 hand form shots x 15 / Regular form shots x 15 / Right/left hand layups/drives x 10 each / Mid-range x 20 / Self-spin curl shots x 10 / Dribble pull ups x 10 / Free throws x 10



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September 2025 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Shots Made: _____	2 Shots Made: _____	3 Shots Made: _____	4 Shots Made: _____	5 Shots Made: _____	6 Shots Made: _____
7 Shots Made: _____	8 Shots Made: _____	9 Shots Made: _____	10 Shots Made: _____	11 Shots Made: _____	12 Shots Made: _____	13 Shots Made: _____
14 Shots Made: _____	15 Shots Made: _____	16 Shots Made: _____	17 Shots Made: _____	18 Shots Made: _____	19 Shots Made: _____	20 Shots Made: _____
21 Shots Made: _____	22 Shots Made: _____	23 Shots Made: _____	24 Shots Made: _____	25 Shots Made: _____	26 Shots Made: _____	27 Shots Made: _____
28 Shots Made: _____	29 Shots Made: _____	30 Shots Made: _____				

Player Name: _____ Player Grade: _____ Total Shots Made: _____

Parent Signature: _____ 100 shot work out example: 1 hand form shots x 15 / Regular form shots x 15 / Right/left hand layups/drives x 10 each / Mid-range x 20
Self-spin curl shots x 10 / Dribble pull ups x 10 / Free throws x 10