

# Laser 10,000 Shot Club Workout

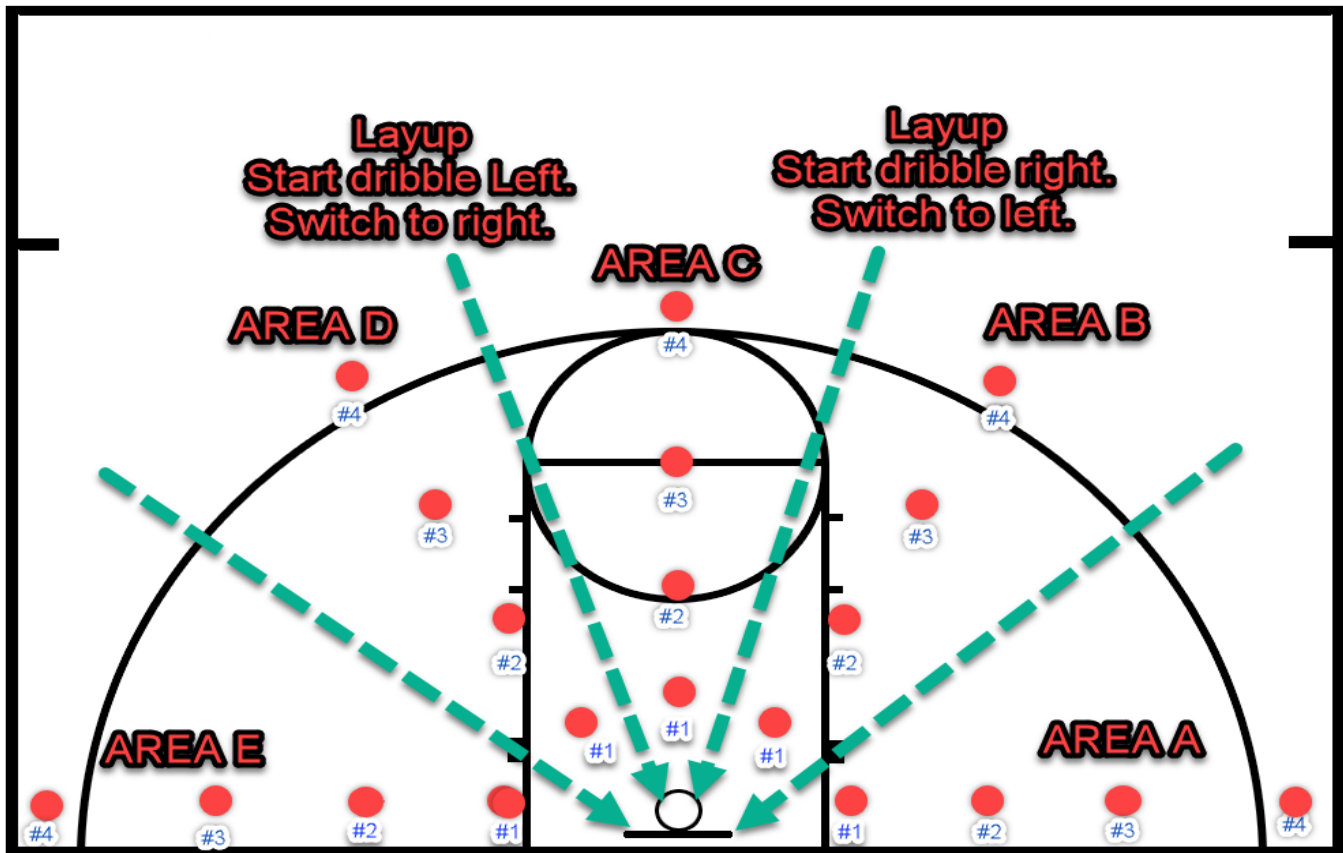
The 10K Shot Club is a prestigious club of basketball players. These players are willing to separate themselves in commitment and dedication to the game. These players understand that hard work is essential in achieving goals and being able to reach the highest potential.

## A.A.B.C Shooting Technique

- A – AIM. See your shooting target (Center of front of the rim or back of the rim) with clear vision.
- A – ALIGNMENT. Check B.E.N.T. alignment. Make sure they are all in a line.
  - B – Ball
  - E – Elbow
  - N – kNee
  - T – Toe
- B – BALANCE. Feet about shoulder width apart with slightly staggered stance. Knees bent, butt down, and ankle flexion/extension for power. Head level (avoid tilting head back too far.) Up and down in same spot. Never on your heels.
- C – CONNECT. Shooting hand fingers spread and on the middle of the ball. Off hand forming a V and not affecting shot. Wrist skin fold on shooting and. Elbow finish eye level or higher. Follow thru with ball rotation (finish high and wave goodbye. Palm facing the ceiling as you start shot. Palm facing the floor on your finish. Rainbow Arch! Rainbow Arch! Rainbow Arch!

## Trouble Shooting

- Good shooters tend to only miss long or short, not to the left or right.
- If you are missing left or right, check you're alignment – remember ball over elbow.
- Short = (front rim) shot is too flat. Add more knee bend and arch to shot. Make sure you are not jumping back or falling backwards on your shot.
- Long = (back rim) you're pushing your shot. Finish with elbow higher and more rotation on the ball (wrist action all the way through your shot). Make sure you're not jumping forward on the shot.



## AREA A

- You will take 10 shots from three or four different spots in this area for 30-40 total shots.
- Spot #1 is 6 feet from the basket. Start with one hand under the ball method – no guide hand here. Shoot 10 shots using this method. Make sure your shooting fingers are in the middle of the ball. Bend your knees as you bring the ball to shoulder height. Focus here is on keeping the ball over your elbow. Finish high and wave goodbye. Shoot 10 Shots.
- Spot #2 is 10 feet from the basket. Start with one hand under the ball method. When ball is brought to shoulder height, touch the ball with your off hand lightly and continue to shoot thru with one hand. Shoot 10 shots using this method. Remember to bring off hand to shooting hand and NOT shooting hand to off hand. Shoot 10 shots.
- Spot #3 in this area is about 15 feet from the basket. Shoot your normal shot by stepping into your shot or spinning the ball and stepping into your shot. If you are right handed, start with your right foot slightly staggered back and bring it forward just before you start your shot motion. Remember to freeze your follow thru to check if shooting arm elbow is at eye level or higher. Finish high. Shoot 10 shots.
- (OPTIONAL) Spot #4 is behind the 3 point line (20 feet). The key is to still shoot this shot using same form you used in Spot #3. Good tempo on your shot as you raise the ball from your shooting pocket to release. Use your legs. Shoot with good arch. If you are not ready to shoot from this spot, be patient and work your back from Spot 3. The key is to maintain good form while you extend your shooting range. Shoot 10 shots.

## Crossover Layup

- Start on the left side of the court and dribble with right hand towards the free throw line and make a HARD, LOW crossover dribble to the left and finish with a left handed layup. Shoot 5 layups.
- Start on the right side of the court and dribble with your left hand towards the free throw line and make a HARD, LOW crossover dribble to the right and finish with a right handed layup. Shoot 5 layups.

## Free Throws

- Shoot 10 free throws from 15 feet. Remember to use the same simple routine for every free throw attempt. Include a deep breath to relax. Positive self-talk. (Good, swish, money, all day, bucket!) Move to Area B.

## AREA B

- Use the same shooting methods as in area A. Shoot 10 shots from spots 1, 2, 3 and 4 (if ready).

## Between the Legs Layup

- Start on the left side of the court and dribble with right hand towards the free throw line and make a between the legs dribble to the left and finish with a left handed layup. Shoot 5 layups.
- Start on the right side of the court and dribble with your left hand towards the free throw line and make a between the legs dribble to the right and finish with a right handed layup. Shoot 5 layups.

## Free Throws

- Shoot 10 free throws from 15 feet. Move to Area C.

## AREA C

- Use the same shooting methods as in area A. Shoot 10 shots from spots 1, 2, 3 and 4 (if ready).

## Behind the Back Layup

- Start on the left side of the court and dribble with right hand towards the free throw line and make a behind the back dribble to the left and finish with a left handed layup. Shoot 5 layups.
- Start on the right side of the court and dribble with your left hand towards the free throw line and make a behind the back dribble to the right and finish with a right handed layup. Shoot 5 layups.

## Free Throws

- Shoot 10 free throws from 15 feet. Move to Area D.

## AREA D

- Use the same shooting methods as in area A. Shoot 10 shots from spots 1, 2, 3 and 4 (if ready).

### Spin Move Layup

- Start on the left side of the court and dribble with right hand towards the free throw line and make a spin move dribble to the left and finish with a left handed layup. Shoot 5 layups.
- Start on the right side of the court and dribble with your left hand towards the free throw line and make a spin move dribble to the right and finish with a right handed layup. Shoot 5 layups.

### Free Throws

- Shoot 10 free throws from 15 feet. Move to Area E.

## AREA E

- Use the same shooting methods as in area A. Shoot 10 shots from spots 1, 2, 3 and 4 (if ready).

### Step Through Layup

- Start on the left side of the court and dribble to middle of the lane with your right hand, two foot jump stop, step through with your right foot past the defense into a left handed layup. Shoot 5 layups.
- Start on three point line in Area D and dribble to middle of the lane with your left hand, two foot jump stop, step through with your left foot past the defense into a right handed layup. Shoot 5 layups.

### Free Throws

- Shoot 10 free throws from 15 feet.

### When specifically working on shooting, use the following tips to help improve your shooting.

- Follow this 250-300 shot routine to help get you into the 10,000 Shot club.
- The idea is to shoot 250-300 quality shots every time you practice.
- As you get comfortable with routine, feel free to mix it up. Instead of finishing each area with layups, you could use one dribble out of your move into a jump stop with a 8-10 foot jumper or start with the Mikan drill to work on finishing with both hands around the basket.
- Work hard to improve every week – pay attention to the details.
- Shoot at game speed from spots 2-4 and with your layups.
- Mistakes and missed shots are okay as long as you learn from your mistakes.
- The best shooters have missed the most shots.
- Follow your shot. NEVER let the ball bounce twice.
- Shoot with confidence, concentration and relaxation. Believe that every shot is going in.
- Have fun!