

Menominee Hoops Club

10,000 Shot Club



“You can practice shooting eight hours a day, but if your technique is wrong, then all you become is very good at shooting the wrong way. Get the fundamentals down and the level of everything you do will rise.”

- Michael Jordan

MHC 10,000 Shot Club Details

The Menominee Hoops Club 10,000 Shot Club is a chance for you to improve your shooting skills over the summer giving you a goal you can achieve. Making **5,000+** or **10,000+** quality shots during the course of the summer is all it takes to greatly improve as a shooter and become a member of the club. This gives you 91 days to reach your goal. Challenge yourself or challenge your friends and get out there and get it done. **You can do it!**

The 10,000 Shot Club will take place beginning May 10th, running through August 8th for grades 6-12.

- **To make 5,000 shots this summer, you would only have to make 55 shots per day.**
- **To make 10,000 shots this summer, you would only have to make 110 shots per day.**

How It Works

1. Register to be part of the club. **There is a \$10 fee to cover Shot Club and the awards** . Registration form is included in this packet. Here are options how to submit your registration & payment:

a. **Signup and pay at menomineehoopsclub.com**

b. Mail to : Menominee Hoops Club, PO Box 814, Menominee, MI 49858

2. Each day you shoot, choose one of the workouts or create your own. Alternate your workouts – ask coaches at open gym for tips/questions or contact Lucas Chouinard at chouinarl@gomaroons.org or Sam Larson at larsons@gomaroons.org

3. Record how many shots **you make** daily and weekly on the shooting chart for the workout you completed.

4. **You may not report more than 2,500 per week and you must report weekly. Please be honest on made shots. Parents: please monitor best you can.**

****Every SUNDAY, you must fill out the Google Form found on the hoops club website. If you are over 2 weeks late, they will NOT be counted****

5. Throughout the summer we will have open gym times that you can meet with coaches to re-evaluate your shot or help keep you on the right track. These dates will be emailed to you once the gym is available for use in calendar form.

6. **Note: Simulate Game Speed while shooting. Repetition will build shooting muscle memory. Every workout you will be gaining confidence after seeing hundreds of shots go through the net.**

Reward Levels

10,000 Makes Achievement - Special Menominee Hoops Club 10,000 Shot Club Dri-Fit Shirt

All Participants - Menominee Hoops Club Shirt

SHOOTING WORKOUT OPTIONS

Form Shooting Progression

Complete each day prior to starting your workout

Total Shots Made = 100



Ball Toss - Catch and Shoot

- Working with a partner, receive a pass into each shot.
- Working by yourself, spin the ball to yourself into each shot.

Workout

****make 10 at each spot****

- Right block, Right baseline, Right wing, Right Elbow, Left block, Left baseline, Left wing, Left elbow
- Make 20 Free Throws

Total Shots Made = 100

Mid-Range Shooter

- 1 Dribble Pull ups
 - 5 spots: left corner, left wing, top of the key, right wing, right corner
 - Alternate going right and left
 - Make 5 at each spot
- Shot Fake 1 Dribble Pull ups
 - 5 spots: left corner, left wing, top of the key, right wing, right corner
 - Alternate going right and left
 - Make 5 at each spot

Total Shots Made = 50

On the Move

- Right short corner to right wing
 - Start at the right wing. Spin ball to short corner spot, catch and shoot.
 - Start at the right short corner. Spin the ball to the right wing, catch and shoot.
 - Alternate spots after each shot
 - Total Shots Made =10
- Left short corner to left wing
 - Start at the left wing. Spin ball to short corner spot, catch and shoot.
 - Start at the right short corner. Spin the ball to the wing spot, catch and shoot.
 - Alternate spots after each shot
 - Total Shots Made =10
- Elbow series
 - Alternate shooting from left elbow to right elbow.
 - Total shots made = 10
- Make 20 Free Throws

Total Shots Made = 50

Post Scoring

- Mikan Layups
 - Total shots made = 10



- Drop Step Baseline
 - **make 5 at each spot**
 - Right and Left Block
 - Total shots made = 10



- Drop Step Middle
 - **make 5 at each spot**
 - Right and Left Block
 - Total shots made = 10



- Up and Under
 - **make 10 at each spot**
 - Right and Left Block
 - Total shots made = 10



- Make 10 Free Throws
- Shots Made = 50

Alternate Ways to Earn Shots

- 50 shots for:
 - 15 minute Ball-handling Routine
 - find online or see coach at open gym
- 50 shots for:
 - A 5 minute jump roping routine (30 seconds each jump)
 - two feet, alternate two feet, high knees, line hops forward and back, Line hops side to side, Hop scotch, hip twist, single leg.
 - on the move: two feet, alternate, high knees, hop scotch, hip twist, single leg

****Make up your own workout. Ask your coach for specific things you can work on or to come up with a program for you! ****

Menominee Hoops Club

10,000 Shot Club Recording Form

Player Name: _____

Grade (2026-2027): _____

<u>Week</u>	<u>Sun</u>	<u>Mon</u>	<u>Tues</u>	<u>Weds</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>	<u>Week Total</u>	<u>Overall Total</u>
1) 5/10-5/16									
2) 5/17-5/23									
3) 5/24-5/30									
4) 5/31-6/6									
5) 6/7-6/13									
6) 6/14-6/20									
7) 6/21-6/27									
8) 6/28-7/4									
9) 7/5-7/11									
10) 7/12-7/18									
11) 7/19-7/25									
12) 7/26-8/1									
13) 8/2-8/8									

Final Total: _____

Menominee Hoops Club 2026 Shot Club Registration Form

This form does not need to be turned in if you sign up online at menomineehoopsclub.com

Grades 6th - 12th going into the school year 2026-2027.

May 10, 2026 - August 8, 2026

Player Name: _____

Boy or Girl (circle)

School: _____

Grade (2026-2027): _____

Guardian Contact Name: _____

Guardian Phone #: _____

Best Contact Email Address: _____

T-shirt Size: YS YM YL AS AM AL AXL A2XL (**presented in winter for those who hit min. levels and up**)

1. Participation in the Menominee Hoops Shooting Club begins and ends on dates listed in the packet. Any questions or contact Lucas Chouinard at chouinarl@gomaroons.org or Sam Larson at larsons@gomaroons.org
2. Registration Fee to be part Shot Club will be \$10. Please sign up online at menomineehoopsclub.com. If you must register with a paper copy, please make checks out to **Menominee Hoops Club**
3. **Registration Forms and money need to be turned in to the MHC (see page 2) no later than May 24, 2026!!**
4. **Shot Club packets can be found online at Menominee Hoops Club Website or email your grade level coach.**
5. **Parents/Players: You ARE RESPONSIBLE for getting your coach your shot numbers WEEKLY!**

Parents, if your child is old enough to submit their own shot totals, please be sure to discuss that they need to be responsible to do this weekly. Your job is also to make sure shots made are true/accurate. Again, there is a 2500 weekly max and a 2 week window to report your shot totals! If you submit totals past a two week period, they will not be counted. Do not wait weeks on end and submit one "Large number"! We need to know the shots PER WEEK. Please monitor your child's numbers/math if you have time. Your tracking sheets make this EASY to figure out this year.

I, _____, (*parent*) understand and agree to the 10,000 Shot Club expectations.