



**#BLUE BLOODED**



Follow this guide and you will make 10,000+ high quality basketball shots. Pat Freeman, owner of Midwest Basketball Training will lead you through your **FOUNDATIONAL SHOOTING**. There will be **ADVANCED LEVEL SHOOTING** videos. During your **FREE SHOOTING**, we encourage you to mix up your shots. The **QR CODES** in this guide will take you to video explanations of each shot.



**Leaderboard and shot entry will be on our BYB Website!**

**SPONSORED BY**  
**2<sup>1st</sup> Century Bank**

## Weekly Shooting Log

	<b>How Many Shots Did You Make Each Week?</b> Add Up Your Foundational, Advanced, and Free Shots.
<b>Week 1</b> <b>June 1 - June 11</b>	
<b>Week 2</b> <b>June 12 - June 18</b>	
<b>Week 3</b> <b>June 19 - June 25</b>	
<b>Week 4</b> <b>June 26 - July 2</b>	
<b>Week 5</b> <b>July 3 - July 9</b>	
<b>Week 6</b> <b>July 10 - July 16</b>	
<b>Week 7</b> <b>July 17 - July 23</b>	
<b>Week 8</b> <b>July 24 - July 30</b>	
<b>Week 9</b> <b>July 31 - Aug 6</b>	
<b>Week 10</b> <b>Aug 7 - Aug 13</b>	
<b>Week 11</b> <b>Aug 14 - Aug 20</b>	
<b>Week 12</b> <b>Aug 21 - Aug 31</b>	
<b>TOTAL</b>	

## Week 1

June 1 - June 11

### Week 1 Foundational Shooting Form

Watch the video. Make 250 shots with ONE HAND from 5-10 feet. Circle when you reach each number of makes.



50      100      150      200      250

### Week 1 Advanced Level Shots

Watch the video. Make 250 DRIBBLE PICK UPS from 10-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

### Week 1 Free Shooting

Make 500 of any shots you want, but of course you can shoot more. Circle when you reach each number of makes.

100      200      300      400      500

600      700      800      900      1000

## Week 2

June 12 - June 18

### Week 2 Foundational Shooting Form

Watch the video. Make 250 shots with BALL ROLL UPS from 5-10 feet. Circle when you reach each number of makes.



50      100      150      200      250

### Week 2 Advanced Level Shots

Watch the video. Make 250 DRIBBLE BETWEEN PICKUPS from 10-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

### Week 2 Free Shooting

Make 500 of any shots you want, but of course you can shoot more. Circle when you reach each number of makes.

100      200      300      400      500

600      700      800      900      1000

### **Week 3**

June 19 - June 25

#### **Week 3 Foundational Shooting Form**

Watch the video. Make 250 shots with GUIDE HAND SLIDES from 5-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

#### **Week 3 Advanced Level Shots**

Watch the video. Make 250 MOVING SLIDE PICK UPS from 10-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

#### **Week 3 Free Shooting**

Make 500 of any shots you want, but of course you can shoot more. Circle when you reach each number of makes.

100      200      300      400      500

600      700      800      900      1000

### **Week 4**

June 26 - July 2

#### **Week 4 Foundational Shooting Form**

Watch the video. Make 250 shots using LOCK AND LOADED from 5-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

#### **Week 4 Advanced Level Shots**

Watch the video. Make 250 DRIBBLE BETWEEN MOVING PICK UPS from 10-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

#### **Week 4 Free Shooting**

Make 500 of any shots you want, but of course you can shoot more. Circle when you reach each number of makes.

100      200      300      400      500

600      700      800      900      1000

### **Week 5**

July 3 - July 9

#### **Week 5 Foundational Shooting Form**

Watch the video. Make 250 shots FROM MOVEMENT from 5-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

#### **Week 5 Advanced Level Shots**

Watch the video. Make 250 SPOT SHOOTING from 15 feet. Circle when you reach each number of makes.



50      100      150      200      250

#### **Week 5 Free Shooting**

Make 500 of any shots you want, but of course you can shoot more. Circle when you reach each number of makes.

100      200      300      400      500

600      700      800      900      1000

### **Week 6**

July 10 - July 16

#### **Week 6 Foundational Shooting Form**

Watch the video. Make 250 shots LUNGE, SPIN, or JUMPS from 5-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

#### **Week 6 Advanced Level Shots**

Watch the video. Make 250 ONE DRIBBLE SLIDE PULL UPS from 10-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

#### **Week 6 Free Shooting**

Make 500 of any shots you want, but of course you can shoot more. Circle when you reach each number of makes.

100      200      300      400      500

600      700      800      900      1000

### **Week 7**

July 17 - July 23

#### **Week 7 Foundational Shooting Form**

Watch the video. Make 250 shots from ONE TWO FOOTWORK from 10-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

#### **Week 7 Advanced Level Shots**

Watch the video. Make 250 180 DEGREE JUMP SHOTS from 10-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

#### **Week 7 Free Shooting**

Make 500 of any shots you want, but of course you can shoot more. Circle when you reach each number of makes.

100      200      300      400      500

600      700      800      900      1000

### **Week 8**

July 24 - July 30

#### **Week 8 Foundational Shooting Form**

Watch the video. Make 250 shots ONE DRIBBLE PICK UPS from 5-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

#### **Week 8 Advanced Level Shots**

Watch the video. Make 250 SLIDE ONE DRIBBLE PULL UPS from 10-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

#### **Week 8 Free Shooting**

Make 500 of any shots you want, but of course you can shoot more. Circle when you reach each number of makes.

100      200      300      400      500

600      700      800      900      1000

## **Week 9**

July 31 - August 6

### **Week 9 Advanced Level Shots**

Watch the video. Make 200 CURL NO DRIBBLE PULL UPS from 10-15 feet. Circle when you reach each number of makes.



50      100      150      200

### **Week 9 Free Shooting**

Make 800 of any shots you want, but of course you can shoot more. Circle when you reach each number of makes.

100      200      300      400      500

600      700      800      900      1000

## **Week 10**

August 7 - August 13

### **Week 10 Advanced Level Shots**

Watch the video. Make 200 CURL ONE DRIBBLE PULL UPS from 10-15 feet. Circle when you reach each number of makes.



50      100      150      200

### **Week 10 Free Shooting**

Make 800 of any shots you want, but of course you can shoot more. Circle when you reach each number of makes.

100      200      300      400      500

600      700      800      900      1000

## Week 11

August 14 - August 20

### Week 11 Advanced Level Shots

Watch the video. Make 250 CURL STEP BACKS from 10-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

### Week 11 Advanced Level Shots

Watch the video. Make 250 ADVANCED DRIBBLE PICK UPS from 10-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

### Week 11 Free Shooting

Make 500 of any shots you want, but of course you can shoot more. Circle when you reach each number of makes.

100      200      300      400      500

600      700      800      900      1000

## Week 12

August 21 - August 31

### Week 12 Advanced Level Shots

Watch the video. Make 250 FREESTYLE GAME SPEED SHOTS from 10-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

### Week 12 Advanced Level Shots 2

Watch the video. Make 250 ATTACK PULL BACK PULL UPS from 10-15 feet. Circle when you reach each number of makes.



50      100      150      200      250

### Week 12 Free Shooting

Make 500 of any shots you want, but of course you can shoot more. Circle when you reach each number of makes.

100      200      300      400      500

600      700      800      900      1000