



Appleton East Youth Basketball Association
Since 2001

Appleton East 10,000 Made Shot Club

Program Overview

This off-season program is designed to encourage boys and girls in the AEYBA and the Appleton East basketball programs to practice their shooting on a regular basis. A player's shooting form eventually becomes natural and more difficult to change with each shot taken. Therefore it is very important that proper form and drills be followed. Players with poor form that shoot thousands of shots will have a more difficult time breaking their bad habits when compared to players with good form and good habits.

Before entering into this challenge, please consider the following:

- The type of shots you are taking...longer shots are more likely to be shot with poor form than closer shots. Older players should be shooting plenty of 3-point shots, but a player in 4th grade for example should keep the bulk of their shooting closer to the basket
- Incorporate different types of shots with different foot work around the rim, i.e. right hand lay-up off one foot, outside-inside power finish, inside-outside stop with different pivots (outside, vicious, spin), jump stop with different pivots, no dribble spin, hips across jump stop, etc.
- For any pull up off the dribble work, plant the inside foot as the pivot foot
- When practicing catch and shoot shots, the player should make sure to catch with the power foot back and at maximum bend with hands out ready to catch the ball
- A good habit to start is following up any miss with a lay-up type make

Players that shoot shots with proper form will improve faster and elevate their game quicker than a player shooting with improper form or not shooting at all.

How to Participate

Players need to keep track of their made shots from June through September. The competition will only allow a player to record 150 made shots per day as a means to get the player out shooting on a regular, almost daily basis if they want to reach the goal of 10,000 makes. However, players can shoot more than 150 shots per day given they are taken following proper form and drills.

There are four calendar sheets on the AEYBA website where players can record their makes. Parents need to sign off on the made shots at the end of the month so the AEYBA board knows the parent feels their son or daughter approached this honestly. Calendar records with parent signatures need to be submitted to their AEYBA coach by October 15th. Please make sure to include your name on the sheets when you hand them in.

Where do the players shoot?

Anywhere there is a regulation size basket – school gym, park, YMCA, fitness center, driveway, church etc....

Rewards

Players reaching 10,000 made shots this off-season will be recognized the night of a varsity basketball game with a sweatshirt.

How to Shoot a Basketball

Proper shooting form is important to shooting success. This six-step guide breaks down the fundamentals of shooting mechanics and form. Concentrate on executing the proper form by beginning in close range, and over time, begin to shoot from longer distances.

Step 1: Body Stance & Position

- A. Square body to the basket or target.
- B. Begin with your knees and hips slightly bent with equal weight on each foot, dominant foot should be slightly in front of non-dominant foot (no more than a few inches).
- C. Mentally prepare to catch ball and shoot.

Step 2: Hand Placement

- A. Place shooting hand behind the basketball and position balance hand on the side of the basketball.
- B. Leave a small space between the basketball and the middle of your palm.
- C. Spread your fingers far enough apart to balance the ball in one hand so it is sitting on your finger pads.

Step 3: Shot Pocket

- A. The shot pocket is the area where the player is most comfortable starting their shot from. This area is typically around the lower chest or stomach area and either in the middle of their body or slightly to the shooting hand side.
- B. Position the ball in the your shot pocket the same way every time you catch the basketball.

Step 4: Eyes on Target

- A. Pick a target and be consistent. Target options include, center of back of the rim, just over the front of the rim, first loop in net, entire hoop, or practice spot on the wall) and line up your body, shot pocket and eyes to the target.

Step 5: Wrist and Elbow Position

- A. Bend shooting hand back as far as possible (almost 90 degrees) B. Raise up arm to create a 'L' shape with upper and lower arm. Keep elbow in and not flared out.

Step 6: Shoot

- A. Basketball is lifted from the shot pocket.
- B. Player lifts into the air and knees and hips straighten out.
- C. The elbow of the shooting arm straightens up into the air and is lifted above shoulder height.
- D. Near the peak of the shot snap the wrist in the direction of the rim finishing with fingers pointed towards the ground.
- E. Balance hand (non-dominant hand) should stay flat and not guide the basketball to the hoop.
- F. Ball should roll off your fingertips, producing back spin.
- G. When returning to the ground, you will notice your momentum has moved your body slightly forward from take-off point.

Five Basketball Shooting Drills Without a Hoop

Wall Shooting

Any tall wall will work. Spin the basketball to yourself to prep your body and shoot. Find a spot on the wall to aim at about 15-18ft in the air, or lower if that height is too challenging.

Keep your arc high and focus on your mechanics. Repeat over and over to increase your strength and mechanics.

Self Shooting

Take the ball in your hands, position yourself in your shooting stance with your feet shoulder-width apart and facing your target, bend your knees and “shoot” the ball up in the air. The key is repetition, practice proper technique over and over again with only a basketball.

Remember to keep weight evenly balanced, raise arm to create a ‘L’ shape keeping elbow in and focus on your follow through finishing with your fingers pointed towards the ground.

Perform the drill without stopping for at least one minute, and repeat at least five times.

180 Degree Shooting

This drill is great for improving your shot preparation. Shoot the ball into the air, let the ball bounce move your feet around the ball (body behind where it landed) and shoot the ball back in the direction you came from and repeat.

This drill is great for working on footwork and shot preparation. Similar to the other drills focus on your form, getting your feet set, the height of the ball and your backspin. Option to add two lines across from each other to give you a line to shoot from.

Use tennis court, sidewalk lines, or use chalk to draw lines on your driveway.

Line Shooting

Tennis court lines, side walk lines, driveway lines all work for this drill. Shoot the ball (15-18 ft) into the air and try to get the ball to land on the line. Emphasizing your arc and spin.

Key is to get the ball to bounce in the same spot as it bounced the first time for optimal spin.

Chair Shooting

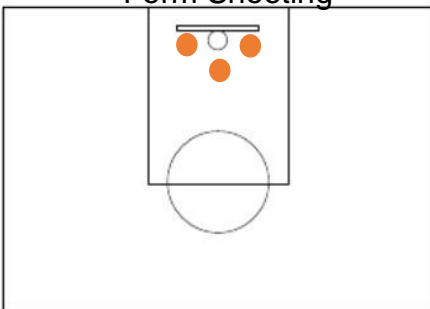
Sit on the edge of the chair or couch and shoot the ball up into the air working on your arm extension. Don't forget your follow through snapping your wrist finishing with your fingers towards the ground.

Option to let the ball bounce to check your backspin or to catch the ball.

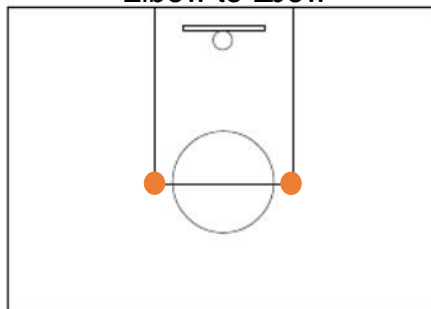
150 Shot Plan #1

Time	Drill	Drill Description	Shot Count
5 Minutes	Warm-up	Jump Rope (Jump until you need a break. Keep track of your jumps and try to increase each day)	
10 Minutes	Form Shooting	Start one foot from front of rim (practice from all three sides) focus on form and mechanics. Make 10 from each spot	30
10 Minutes	10 Footers	For the remaining shots begin with a jab step, pass fake, shot fake, sweep or any combination of multiple moves. Try to replicate game situations. Move all three spots out 10 feet. Make 15 from each spot.	30
10 Minutes	Elbow to Elbow	Shoot from Elbow to Elbow (corner of the free throw line) Make 15 from each side.	30
10 Minutes	Elbow to Wing	Shoot on left side elbow to wing follow by elbow to wing on the right side. Make 5 each spot or ten from each side.	20
10 Minutes	Long Range	Select the appropriate long range for your ability. Pick from three different spots on the court. Make 10 from each spot	30
5 Minutes	Free Throws	10 Free Throws	10

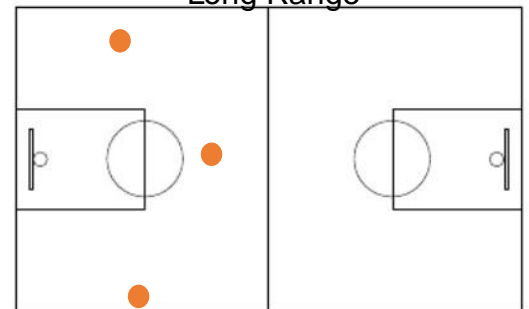
Form Shooting



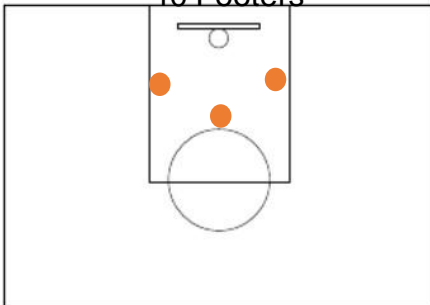
Elbow to Elbow



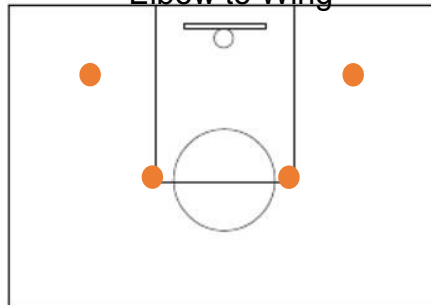
Long Range



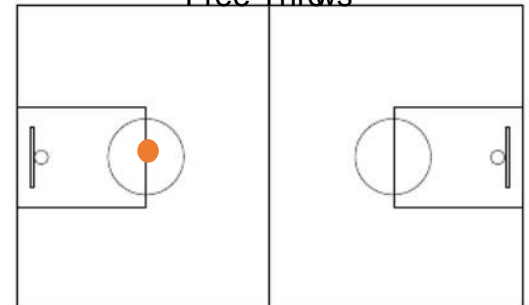
10-Footers



Elbow to Wing



Free Throws



150 Shot Plan #2

Time	Drill	Drill Description	Shot Count
5 Minutes	Warm-up	Jump Rope (Jump until you need a break. Keep track of your jumps and try to increase each day)	
10 Minutes	Right / Left Hand Lay-ups	One foot take-off, vary the number of dribbles from 1-3. Vary the angle of drive as well. Make 15 from each side.	30
10 Minutes	Right / Left Hand Power layups	Drive at basket using outside / inside footwork. Begin with a jab step, pass fake, shot fake, sweep or any combination of multiple moves. Have a parent or sibling play defense to start by getting around someone. Make 15 from each side.	30
10 Minutes	Chair Form Shooting	Put a chair in front of the basket about 3 feet out. Make 15 shots while seated and 15 as your lift out of the chair and release.	30
10 Minutes	Attack Elbow and finish	Put a chair/obstacle on the right and left elbow. Start under the basket and attack around the chair and finish with a lay-up.	30
10 Minutes	Curl & Shoot	Put the chair or obstacle about 10-15 feet on the right and left wing. Drive around the chair starting from the top of the key and pull up for a 10-15 foot jump shot. Make 10 from each side	20
5 Minutes	Free Throws	10 Free Throws	10