

# BISON BUCKETS



## Summer Challenge:

**MAKE** 1,000 shots per month = 3,000 shots this summer

## Challenge Timeframe:

Begins June 1, 2024, and concludes on August 31, 2024

## Award:

- A What's the Scoop gift card will be awarded each month to anyone who has 1,000 **MAKES**.
- A Bison sweatshirt will be awarded to anyone that **MAKES** 1,000 shots per month: June, July, and August.

## Instructions:

- Write your number of **made** shots each day on the included calendar.
- At the end of the month, total your made shots.
- Ask your parents to sign the calendar.
- Email the calendar to [buffalogirlshoops@gmail.com](mailto:buffalogirlshoops@gmail.com).

**Example Daily Workouts** for grade and skill level is a simple way to achieve 1,000 made shots per month.

### 4<sup>th</sup> - 5<sup>th</sup> Grade Daily Workout

- 10 right hand layups
- 10 left hand layups
- 10 shots from left block
- 10 shots from right block

### 6<sup>th</sup> – 8<sup>th</sup> Grade Daily Workout

- 4 right hand layups
- 4 left hand layups
- 4 left elbows
- 4 right elbows
- 4 free throws
- 4 15-foot jump shot left
- 4 15-foot jump shot right
- 4 3-point top key
- 4 3-point right corner
- 4 3-point left corner

# JUNE BUCKETS



PLAYERS NAME: \_\_\_\_\_ GRADE FALL 2024 \_\_\_\_\_

Write your **MADE** number of shots for each day that you shoot.

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

Total Number of **MADE** Buckets in this month \_\_\_\_\_

I attest that the player named above **MADE** the buckets accounted for on this form.

Parent Signature: \_\_\_\_\_

Email the completed form at the end of the month to [buffalogirlshoops@gmail.com](mailto:buffalogirlshoops@gmail.com).

# JULY BUCKETS



PLAYERS NAME: \_\_\_\_\_ GRADE FALL 2024 \_\_\_\_\_

Write your **MADE** number of shots for each day that you shoot.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6 Total Weekly MADE Shots _____
7	8	9	10	11	12	13 Total Weekly MADE Shots _____
14	15	16	17	18	19	20 Total Weekly MADE Shots _____
21	22	23	24	25	26	27 Total Weekly MADE Shots _____
28	29	30	31			Total Weekly MADE Shots _____

Total Number of **MADE** Buckets in this month \_\_\_\_\_

I attest that the player named above **MADE** the buckets accounted for on this form.

Parent Signature: \_\_\_\_\_

Email the completed form at the end of the month to [buffalogirlshoops@gmail.com](mailto:buffalogirlshoops@gmail.com).

# AUGUST BUCKETS



PLAYERS NAME: \_\_\_\_\_ GRADE FALL 2024 \_\_\_\_\_

Write your **MADE** number of shots for each day that you shoot.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Total Weekly MADE Shots _____
4	5	6	7	8	9	10 Total Weekly MADE Shots _____
11	12	13	14	15	16	17 Total Weekly MADE Shots _____
18	19	20	21	22	23	24 Total Weekly MADE Shots _____
25	26	27	28	29	30	31 Total Weekly MADE Shots _____

Total Number of **MADE** Buckets in this month \_\_\_\_\_

I attest that the player named above **MADE** the buckets accounted for on this form.

Parent Signature: \_\_\_\_\_

Email the completed form at the end of the month to [buffalogirlshoops@gmail.com](mailto:buffalogirlshoops@gmail.com).