



Raiders Basketball 2026

5,000/10,000 Shot Club Boys 4-12 grades

This year's shot club consists of two daily routines working on a variety of shots and drills!
Players should work through these routines (in full or in part) each day to fulfill their shots.

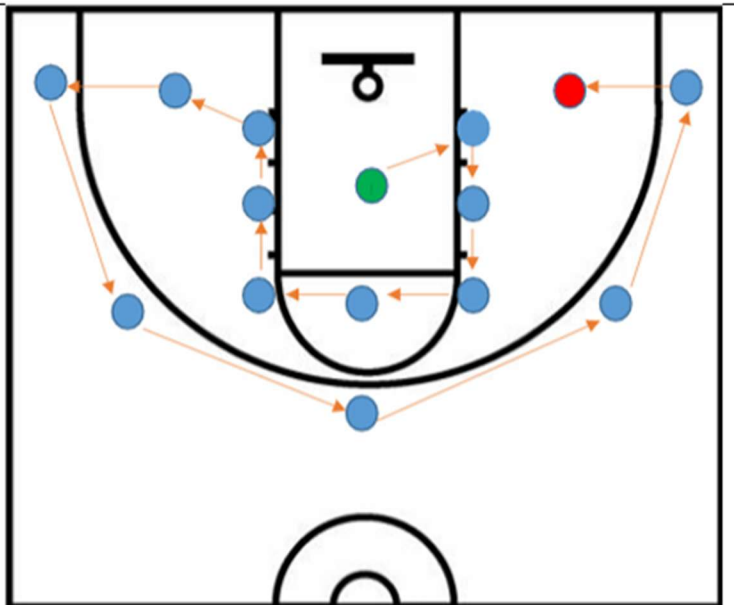
Routine 1

- 20 Mikan Layups (10 each hand)
- 20 bank shots from block (10 each side)
- 10 free throws
- 10 shots off the dribble (rip through, 2 dribbles to the left)
- 10 shots off the dribble (rip through, 2 dribbles to the right)
- 10 free throws
- 20 drop step with power dribble (10 each block/hand)
- 30 shots off the catch (spin ball to yourself)
- 20 layups (10 each hand, start at right elbow, dribble to right hand layup, rebound and dribble to left elbow, dribble to left hand layup, repeat)
- 10 free throws
- 10 shots from right baseline
- 10 shots from left baseline
- 10 shots from elbow (5 from right, 5 from left)
- 10 free throws
- 10 shots from wing (15 feet)
- 20 three-point shots (around arc)
- 10 free throws

Total shots= 250 (50 free throws)

Routine 2

- Start at the Green Dot, proceed around the world and end at the Red Dot
- 5 shots per dot = 75 total shots
- 10 shots per dot = 150 shots
- Set a goal each day of shots made for each trip around the world!



Shot Tracking Calendars — 2026

Record your daily shot totals in each date box.

APRIL 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JULY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

AUGUST 2026

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

SEPTEMBER 2026

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Players can start shooting as soon as the season is done and add those shots to their totals recorded from April–September.

You may credit **150 shots** if you attend regular camp or practice and **100 shots** for every regulation game you play.

Parent's initials needed after every 1,000 shots.

Most importantly, work on good shooting form on each and every shot! Master the shots up close, then begin to move back.

Player's Name: _____

Grade: _____

Parent signature: _____

Date: _____

Total number of shots: _____ Return by Oct 1 to NBARaiders.President@gmail.com