

# BLYBA BASKETBALL



## 10,000 and 20,000 Shot Club

April 1, 2024–September 2, 2024

### WHAT DO I HAVE TO DO?

All you have to do is put in some time during the off-season to improve your game. Shoot 10,000 or 20,000 GAME SHOTS using CORRECT FORM not only will you be an improved player but earn a free shirt.

### WHAT ARE GAME SHOTS?

Game shots are different for every player. To be successful, you should start in close to the basket working on proper form. Once you have established your range (distance from the basket where you can shoot the ball with proper form) you are ready to get started.

### SHOOT AT GAME SPEED!

You should try to shoot all of your shots at GAME Speed because that is what will help make you a better player during games. Standing around and playing “horse” with a friend may be fun, but really isn’t helping you come game time.

### DO FREE THROWS COUNT?

Absolutely! Ideally free throws will consist of approximately 25% of your shots taken. When you shoot shots at game speed for a long period of time, you will need to rest. Free throws are a great way to rest during a workout.

### RULES:

- 1) All BLYBA players that are registering for basketball for the 2024-25 are eligible to participate. This includes all traveling players, in-house players.
- 2) You must shoot game shots, at game spots. Free throws need to be included in your shooting workout.
- 3) Shooting done at team practices and basketball camps should be counted towards your goal. BLYBA wants you to challenge yourself to meet the 10,000 or 20,000 shot goal, not have a coach telling you when to be making these shots.
- 4) You must have a parent/guardian verify your paperwork.

### CAN I JUST GUESS HOW MANY SHOTS I TOOK?

The idea behind a 10,000 and 20,000 Shot Club is to give you, the player, the confidence and knowledge that you deserve to win because you put in time to improve your game. You must be true to yourself and be honest about what you want to get out of doing this. Once you have your routine it should be easy to count your shots. If you shoot 25 shots at game speed, followed by 10 free throws. Once you have completed 4 cycles of that you will have shot 100 shots and 40 free throws (25-10, 25-10, 25-10, 25-10). Record that information on paper.

### DOES MY PARENT HAVE TO WATCH ME SHOOT EVERY SHOT?

Absolutely not! Your parent needs to only verify that to the best of their knowledge you had the time/opportunity to shoot your shots. If they want to help that is great but not required.

### WHAT DO I DO WHEN I'M DONE?

Send your completed form to BLYBA at PO Box 131, Big Lake, MN 55309 or email it to [shotclub@BLYBA.com](mailto:shotclub@BLYBA.com) by October 1, 2024. Total up all of your shots and make sure that all shots have been verified by a parent/guardian.

## Big Lake Basketball Shots MADE Tracker: Dates: 4/1/2024 through 9/2/2024

- You MUST do a workout to record shots - there are 2 different workouts to choose from all worth 225 MAKES. Once you complete a workout you can do extra shooting for extra MAKES but just shooting with no workout DOES NOT COUNT– to maximize improvement we want to be practicing game like shots, moves, and ball handling
- Keep a running tally of makes completed so you know where you are at
- All members of the 10,000 & 20,000 shots MADE club will receive special recognition on our website and receive a shirt. They will be introduced at half time at “youth night.” All workout sheets must be turned in to shotclub@blyba.com, by 10/1/2024

	Mon: # of made shots	Tues: # of made shots	Wed: # of made shots	Thurs: # of made shots	Fri: # of made shots	Sat: # of made shots	Sun: # of made shots	Total Shots made for week
April 1-7								
April 8-14								
April 15-21								
April 22-28								
April 29-May 5								
May 6-12								
May 13-19								
May 20-26								
May 27-June 2								
June 3-9								
June 10-16								
June 17-23								
June 24-30								
July 1-7								
July 8-14								
July 15-21								
July 22-28								
July 29-Aug.4								
August 4-11								
August 12-18								
August 19-25								
August 26-Sept. 2								
							<b>Grand Total</b>	

Adult Signature \_\_\_\_\_ Player \_\_\_\_\_

## Shot Club Shooting Drills

- Mikan Drill:** Stand under the front of the rim and work on alternating right handed and left handed shots as fast as you can and keep track of how many you make in 60 seconds.
- Set Lift:** 3 types of set shots - Line up just above the low Block area in 1) Front of rim, 2) on top of the left block; 3) on top of the right block. Concentrate on perfect form and hold the follow through until the ball hits the floor after the shot.
- Short corner:** Baseline jump shots about 6-8 feet from the basket. Left and right side.
- Free Throw Shooting:** 1) Stand with back to the basket at the free throw line and pivot on your left foot at game speed and shoot. 2) Same thing but pivot on the right foot at game speed and shoot.
- Elbow Shooting:** Shoot from the “elbow” on the left side and from the right side. Start at the elbow with the ball on your outside hip and at game speed rip the ball through and take one power dribble to the center and shoot a jump shot. (“Elbow” is a spot on the court where the free throw line and the lane line meet to form a corner or elbow).
- Elbow with rip:** Start at the elbow position with the ball on your inside hip and rip the ball through and take one power dribble and shoot a layup. Do this drill from both the left and right elbow sides.
- Wing shooting:** Start on the left wing position and self toss the ball by spinning it back to yourself, catching it, fake a jab step to the center and then take two dribbles to the base line and shoot a jump shot. Do it from both the left and right wing positions.
- Free Throws:** Always finish up with free throws to replicate game situations where you're already tired.
- Creative Shooting:** Make up your own favorite move or favorite shots. It could be a fade-away jumper, a running floater in the middle of the lane or a drop step move in the low block or whatever else you like to do. Make it your “signature move” and give it a name or use your own name to identify it.

### Teaching points:

- 1. Get the ball in the “pocket” area next to your shoulder and chin.
- 2. Shooting hand under the ball and the other hand on the side guiding it only
- 3. Extend your shooting arm and hand and release the ball with a backwards spinning motion. You should follow through with your arm and hand extended up but bent at the wrist (as if your hand was up reaching in the cookie jar)
- Hold that form until the ball hits the floor (creates consistency and accuracy)

## Explorers/Early Elementary

Shot	Description	# of Shots
Form Shooting 3FT (middle)	(feet, legs, elbow,hands, release, and follow through)	10
Form Shooting 3FT (Left side of hoop)	(feet, legs, elbow,hands, release, and follow through)	10
Form Shooting 3FT (Right side of hoop)	(feet, legs, elbow,hands, release, and follow through)	10
Rip to the ear lay finish (standard layup) R. Side	Start 15' out w/chair as defender. Get to hoop in 1 dribble.	10
Rip to the ear lay finish (standard layup) L. Side	Start 15' out w/chair as defender. Get to hoop in 1 dribble.	10
2 FT finish (drive to hoop and finish on 2 Ft) R. Side	Start 15' out w/chair as defender. Get to hoop in 1 dribble.	10
2 FT finish (drive to hoop and finish on 2 Ft) L. Side	Start 15' out w/chair as defender. Get to hoop in 1 dribble.	10
Free throws	12' from hoop for 3rd & 4th graders/15' for 5th and above	10
Spot shooting 12 FT (left corner)	regular shot/ no dribbling/jumping straight up and down	8
Spot shooting 12 FT (left wing)	regular shot/ no dribbling/jumping straight up and down	8
Spot shooting 12 FT (right wing)	regular shot/ no dribbling/jumping straight up and down	8
Spot shooting 12 FT (right corner)	regular shot/ no dribbling/jumping straight up and down	8
Free throws	12' from hoop for 3rd & 4th graders/15' for 5th and above	10
1 dribble pull up (left corner)	start @ 15', take 1 hard dribble toward hoop and pull up (use chair as defender)	8
1 dribble pull up (left wing)	start @ 15', take 1 hard dribble toward hoop and pull up (use chair as defender)	8
1 dribble pull up (middle)	start @ 15', take 1 hard dribble toward hoop and pull up (use chair as defender)	8
1 dribble pull up (right wing)	start @ 15', take 1 hard dribble toward hoop and pull up (use chair as defender)	8
1 dribble pull up (right corner)	start @ 15', take 1 hard dribble toward hoop and pull up (use chair as defender)	8
Free throws	12' from hoop for 3rd & 4th graders/15' for 5th and above	10
2 dribble change of direction pull up (left corner)	start 18', take 1 hard dribble in one direction & change direction w/(cross/between legs/behind back) and pull up	8
2 dribble change of direction pull up (left wing)	start 18', take 1 hard dribble in one direction & change direction w/(cross/between legs/behind back) and pull up	8
2 dribble change of direction pull up (middle)	start 18', take 1 hard dribble in one direction & change direction w/(cross/between legs/behind back) and pull up	8
2 dribble change of direction pull up (right wing)	start 18', take 1 hard dribble in one direction & change direction w/(cross/between legs/behind back) and pull up	8
2 dribble change of direction pull up (right corner)	start 18', take 1 hard dribble in one direction & change direction w/(cross/between legs/behind back) and pull up	8
Free throws	12' from hoop for 3rd & 4th graders/15' for 5th and above	10
	Total Shots	222

## Intermediate/Middle School

Shot	Description	# of Shots
Form Shooting 3FT (middle)	(feet, legs, elbow,hands, release, and follow through)	10
Form Shooting 3FT (Left side of hoop)	(feet, legs, elbow,hands, release, and follow through)	10
Form Shooting 3FT (Right side of hoop)	(feet, legs, elbow,hands, release, and follow through)	10
Free Throws	12' from hoop for 3rd & 4th graders/15' for 5th and above	10
Mikan Drill (standard)	Standard finishes (work on jumping off your inside foot)	10
Mikan Drill (reverse layups)	Reverse finishes (start under the hoop facing the free throw line) 1 step to outside of the rim and finish with your outside hand	10
Elbow Race Outs (how fast can you get 10 makes)	Start under the hoop and race out to elbow dribbling w/outside hand, turn and dribble back to finish w/layup. Repeat opposite side	10
Free Throws	12' from hoop for 3rd & 4th graders/15' for 5th and above	10
Spot shooting 15-17 FT (left corner)	regular shot/ no dribbling/jumping straight up and down	8
Spot shooting 15-17 FT (left wing)	regular shot/ no dribbling/jumping straight up and down	8
Spot shooting 15-17 FT (middle)	regular shot/ no dribbling/jumping straight up and down	8
Spot shooting 15-17 FT (right wing)	regular shot/ no dribbling/jumping straight up and down	8
Spot shooting 15-17 FT (right corner)	regular shot/ no dribbling/jumping straight up and down	8
1 dribble attack pull up (left corner)	Start 21' from hoop, set a chair at 18', attack the chair and use a change of direction move (between legs/crossover/behind back) and pull up for a jump shot after getting by chair	8
1 dribble attack pull up (left wing)	Start 21' from hoop, set a chair at 18', attack the chair and use a change of direction move (between legs/crossover/behind back) and pull up for a jump shot after getting by chair	8
1 dribble attack pull up (top of key)	Start 21' from hoop, set a chair at 18', attack the chair and use a change of direction move (between legs/crossover/behind back) and pull up for a jump shot after getting by chair	8
1 dribble attack pull up (right wing)	Start 21' from hoop, set a chair at 18', attack the chair and use a change of direction move (between legs/crossover/behind back) and pull up for a jump shot after getting by chair	8
1 dribble attack pull up (right corner)	Start 21' from hoop, set a chair at 18', attack the chair and use a change of direction move (between legs/crossover/behind back) and pull up for a jump shot after getting by chair	8
Free Throws	12' from hoop for 3rd & 4th graders/15' for 5th and above	10
Shooting off the pass (left corner)	Start by backspinning the ball out in front of you 18' from hoop, step into the ball to catch it, square your feet to the hoop (1-2 step or hop step), then shoot the ball	8
Shooting off the pass (left wing)	Start by backspinning the ball out in front of you 18' from hoop, step into the ball to catch it, square your feet to the hoop (1-2 step or hop step), then shoot the ball	8
Shooting off the pass (top of key)	Start by backspinning the ball out in front of you 18' from hoop, step into the ball to catch it, square your feet to the hoop (1-2 step or hop step), then shoot the ball	8
Shooting off the pass (right wing)	Start by backspinning the ball out in front of you 18' from hoop, step into the ball to catch it, square your feet to the hoop (1-2 step or hop step), then shoot the ball	8
Shooting off the pass (right corner)	Start by backspinning the ball out in front of you 18' from hoop, step into the ball to catch it, square your feet to the hoop (1-2 step or hop step), then shoot the ball	8
Free Throws	12' from hoop for 3rd & 4th graders/15' for 5th and above	10
	Total Shots	220

## Advanced/7th and 8th

Shot	Description	Shots
Form Shooting 3FT (middle)	(feet, legs, elbow,hands, release, and follow through)	10
Form Shooting 3FT (Left side of hoop)	(feet, legs, elbow,hands, release, and follow through)	10
Form Shooting 3FT (Right side of hoop)	(feet, legs, elbow,hands, release, and follow through)	10
Free Throws	12' from hoop for 3rd & 4th graders/15' for 5th and above	10
Mikan Drill (standard)	Standard finishes (work on jumping off your inside foot)	10
Mikan Drill (reverse layups)	Reverse finishes (start under the hoop facing the free throw line) 1 step to outside of the rim and finish with your outside hand	10
Elbow Race Outs (how fast can you get 10 makes)	Start under the hoop and race out to elbow dribbling w/outside hand, turn and dribble back to finish w/layup. Repeat opposite side	10
Free Throws	12' from hoop for 3rd & 4th graders/15' for 5th and above	10
Spot shooting 15-17 FT (left corner)	regular shot/ no dribbling/jumping straight up and down	8
Spot shooting 15-17 FT (left wing)	regular shot/ no dribbling/jumping straight up and down	8
Spot shooting 15-17 FT (middle)	regular shot/ no dribbling/jumping straight up and down	8
Spot shooting 15-17 FT (right wing)	regular shot/ no dribbling/jumping straight up and down	8
Spot shooting 15-17 FT (right corner)	regular shot/ no dribbling/jumping straight up and down	8
1 dribble attack pull up (left corner)	Start 21' from hoop, set a chair at 18', attack the chair and use a change of direction move (between legs/crossover/behind back) and pull up for a jump shot after getting by chair	8
1 dribble attack pull up (left wing)	Start 21' from hoop, set a chair at 18', attack the chair and use a change of direction move (between legs/crossover/behind back) and pull up for a jump shot after getting by chair	8
1 dribble attack pull up (top of key)	Start 21' from hoop, set a chair at 18', attack the chair and use a change of direction move (between legs/crossover/behind back) and pull up for a jump shot after getting by chair	8
1 dribble attack pull up (right wing)	Start 21' from hoop, set a chair at 18', attack the chair and use a change of direction move (between legs/crossover/behind back) and pull up for a jump shot after getting by chair	8
1 dribble attack pull up (right corner)	Start 21' from hoop, set a chair at 18', attack the chair and use a change of direction move (between legs/crossover/behind back) and pull up for a jump shot after getting by chair	8
Free Throws	12' from hoop for 3rd & 4th graders/15' for 5th and above	10
Shooting off the pass (left corner)	Start by backspinning the ball out in front of you 18' from hoop, step into the ball to catch it, square your feet to the hoop (1-2 step or hop step), then shoot the ball	8
Shooting off the pass (left wing)	Start by backspinning the ball out in front of you 18' from hoop, step into the ball to catch it, square your feet to the hoop (1-2 step or hop step), then shoot the ball	8
Shooting off the pass (top of key)	Start by backspinning the ball out in front of you 18' from hoop, step into the ball to catch it, square your feet to the hoop (1-2 step or hop step), then shoot the ball	8
Shooting off the pass (right wing)	Start by backspinning the ball out in front of you 18' from hoop, step into the ball to catch it, square your feet to the hoop (1-2 step or hop step), then shoot the ball	8
Shooting off the pass (right corner)	Start by backspinning the ball out in front of you 18' from hoop, step into the ball to catch it, square your feet to the hoop (1-2 step or hop step), then shoot the ball	8
Spot shooting (3 pointers) (left corner, left wing, top of key, right wing, right corner)	regular shot/ no dribbling/jumping straight up and down	8/each
Free Throws	12' from hoop for 3rd & 4th graders/15' for 5th and above	10
Shooting off the pass 3-pointers (left corner, left wing, top of key, right wing, right corner)	Start by backspinning the ball out in front of you 21' from hoop, step into the ball to catch it, square your feet to the hoop (1-2 step or hop step), then shoot the ball	8/each
	Total Shots	300