



NKC LADY HORNET

BASKETBALL

10,000 SHOT CLUB



Basketball TEAMS are made from November to March...Basketball PLAYERS are made from March to November. As a basketball player, THIS IS YOUR TIME!

The **NKC Girls Basketball** is sponsoring our first ever 10,000 Shot Club. We challenge all of our players to shoot at least 10,000 game like shots this summer. We want our players to keep track of the shots that they take during the off-season. Do not worry about your makes. Only worry about your form.

THE TIME IS NOW! It's the time to get ready for next basketball season by working on your game. The goal of the 10,000 Shot Club is to develop the confidence you need to succeed in game situations because you put the time in to improve your game. You must be true to yourself and be honest about what you want to get out of this. It's a good idea to establish a practice routine. Record information with your shot attempts and shots made and you will be able to track your improvement throughout the summer. 10,000 shots SEEMS like a lot, but its really only 80 shots a day..... many shoot 400 a session!

Qualifications and Rules:

- Player must take 10,000 shots between June 2, 2019 and October 5, 2019. We encourage you to shoot even more.
- Player must keep a log of their shooting workouts and have them signed by a parent/guardian. A sample log is available in PDF or Excel format. You can find it on our website:
www.nkcgirlsbasketball.wixsite.com/ladyhornets
- All NKC Girls basketball players who will be in grades 8-12 in the fall of 2019 and are planning to register for basketball for the 2019-2020 seasons are eligible to participate.
- You must shoot game shots at game speed. Use the ball toss method to get a great workout.
- Free throws should be included in your shooting workout.
- Shooting done at team practices and basketball camps should not be counted towards your goal. We want you to challenge yourself to meet the 10,000 shot goal, not have a coach telling you when to be taking shots.

What are game shots?

You should shoot all of your shots at GAME SPEED because that is what will help you become a better player during the regular season. During our high school practices, we strive to make shots when we are tired. We want you to do the same in the off-season. Standing around playing "Horse" or "Lightning" with a friend may be fun, but really isn't helping you when it comes to game time. 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.

What type of shots should I work on?

It is important to develop your overall game. We believe that all players should have the ability to shoot three-pointers, pull-up jump shots, and post finishes. Our best advice is to include all types of shots into your workouts. Use Five-Ways to Finishes, Floaters, Pull-Up Jump Shots after 1-2 dribbles, ball screen attacks, and catch and shoot three-pointers. These are all good examples of what you could be working on within your workouts. Be sure to use your imagination.

Do Free Throws count?

Absolutely! First and foremost, we want our kids to be GREAT free throw shooters. Free throws are a great way to rest during a workout. The best advice is to use free throws as your break. When you shoot shots at game speed for a long period of time, you will need to rest. Shoot 2-5 free throws and get back to the workout.

Can I just guess how many shots I shoot?

NO! 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, completing 4 cycles of that will give you 100 shots and 40 free throws. You can decide if you just want to count shots attempted or if you want to keep track of the shots you made, too. It's great to watch your progress! If you only want to keep track of shots made, after a week or so of counting shots and tracking time spent, you should have an idea of how many shots you make in 15 minutes or so and can just keep track of time. For example, if I shoot 25 shots in 15 minutes usually, and I spent 30 minutes shooting, I can track 50 shots for that session.

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. That being said, if your parent wants to rebound for you, he or she may certainly do so. Players need to be sure to relocate after every shot. Again, it is important to shoot shots at GAME SPEED.

Can I shoot more than 10,000 shots?

YES! Your goal should be to get as many GAME LIKE shots up as possible. **Who will get the most shots up in our program?** Will it be you? 25,000 shots will put you in an elite group that will earn a 'gold jersey' and special prize. Some kids get up 50,000 shots or more in the summer. Find time within your day, every day, to get shots up.

What do I do once I have shot 10,000 shots?

Total up all of your shots and make sure that all shots have been verified (signed) by a parent/guardian. Send your completed form to Coach Lacy after October 5th and before October 10th. Coach Lacy's email address is below:

Coach Lacy's email address: jeffery.lacy@nkcschools.org

Please be sure to provide your shirt size on your shot tracker form or within the email!!!

Tips to having a GREAT Summer:

1. Establish a specific practice time.
2. Write down long range and daily goals.
3. Work to develop the basic shooting fundamentals.
4. Use shots that you will take in a game.
5. Shoot off of movement.
6. Develop a routine that combines a variety of shots.
7. Use fakes and drives while shooting.
8. Follow all shots. NEVER let the ball bounce twice.
9. GO FULL SPEED – no casual shooting (example, "Horse" or "Lightning").
10. Shoot from a variety of spots.
11. Practice shots after you are tired, don't just quit.
12. Incorporate free throws into your shooting.
13. Shoot with confidence, concentration, and relaxation.
14. You have to believe that every shot you take is going in. Have the shooter's mentality!



NKC Lady Hornet Girls Basketball 10,000 Shot Club

Dates 6/2/19 through 10/5/19

You pick the workout you want to do - contact Coaching staff for workout suggestions

Keep a running tally of shots completed so you know where you are at

All members of the shot club will receive a t-shirt & certifiante and members of the 10,000 & 25,000 shot club will be introduced at half time at "Future Hornet Night"

All workout sheets must be turned in to Coach Lacy by 10/15/19

This club is ONLY for kids entering 3rd Grade in August through High School

	Sun: # of Shots	Mon: # of Shots	Tues: # of Shots	Wed: # of Shots	Thurs: # of Shots	Fri: # of Shots	Sat: # of Shots	TOTAL Shots for the Week
June 2 - 8								
June 9-15								
June 16-22								
June 23-29								
June 30 - July 6								
July 7- 13								
July 14-20								
July 21-27								
July 28-Aug 3								
Aug 4-10								
Aug 11-17								
Aug 18-24								
Aug 25-31								
Sept 1-7								
Sept 8-14								
Sept 15-21								
Sept 22-28								
Sept 29-Oct 5								
TOTAL NUMBER OF SHOTS =								