

Lady Hornet **Basketball**



Shot Club Challenge

**PEOPLE MAY DOUBT WHAT
YOU SAY BUT WILL ALWAYS
BELIEVE WHAT YOU DO.**



Dear Future Hornet,

As the 2018-2019 basketball season comes to an end, it was a monumental season of many great accomplishments for you and your teams. As we were able to get out this past season to watch teams play, it was extremely exciting for us to see all of the strides each of you has made as you have continued to work hard at your practices, summer camps and even playing in your driveway. The future of NKC Girls Basketball is definitely a BRIGHT and EXCITING one!

This summer is going to be another great opportunity for you to continue to build on your many successes as well as turning weaknesses into strengths. The preparation for the 2019-2020 basketball season starts TODAY! **GREAT TEAMS** are made from November to March, but **GREAT PLAYERS** are made from March to November. Each of you is challenged to participate in our shot club by making 3,000, 5,000, or 10,000 shots this summer. Use the attached spreadsheet to record all of your workouts.

In order to become a member of the elite shot club, you must shoot a minimum of 25,000 shots over the months of June, July, August, September and October, recording the number of shots attempted and the number of shots made. During your workouts, make sure to set aside time working specifically on shooting, focusing all your energy on that specific skill.

Here are some tips to help you achieve your goal of improving shooting and attaining the number of shots needed this summer:

1. Establish a specific practice time to work on achieving your goals.
2. Write down your long range and daily goals.
3. Plan a sequence that is logical and possible. For example, the basketball season has its first game in November and the last regular season game late February. You cannot expect to become your best by setting a plan that begins in September.
4. You must think about reaching your goal each and every workout.

When specifically working on shooting, use the following tips to help improve your shooting.

1. Work to develop the basic shooting fundamentals.
2. Start shooting in close to the basket and then progressively move out.
3. Use shots that you will take in a game.
4. Shoot off of movement.
5. Develop a routine that combines a variety of shots.
6. Use fakes and drives when shooting.
7. Follow all shots. NEVER let the ball bounce twice.
8. GO FULL SPEED – no casual shooting.
9. Shoot from a variety of spots.
10. Practice shots after you are tired.



11. Incorporate free throws into you shooting.
12. Have the right mind set when practicing.
13. SHOOT WITH CONFIDENCE, CONCENTRATION & RELAXATION.
14. YOU HAVE TO BELIEVE THAT EVERY SHOT YOU TAKE IS GOING IN – HAVE THE SHOOTER’S MENTALITY!

Use the attached spreadsheet to keep track of your shots and email monthly to thefreethrowclubNKC@gmail.com and final sheet on Oct. 7 with a parent/guardian signature to verify your workouts. The spreadsheet is also found on the Lady Hornet website at www.nkcgirlsbasketball.wixsite.com/ladyhornets . You can also email Coach Lacy to have a spreadsheet emailed to you.

All individuals who reach 10,000 shots or more will be recognized on **Thursday, December 12th** at our annual ‘Future Hornet Night’. A special ceremony for these players will take place prior to the start of the game and all members are invited to a social after the game.

The reason there are so many ‘average’ teams and ‘average’ people in the world is because being ‘average’ is easy. Choosing the more difficult path that requires more time, sacrifice and effort always makes what you really want that much more satisfying to get. *Remember...*

TRADITION NEVER GRADUATES!

Sincerely,

Coach Lacy and Coach Barton

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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 =								