

# SPARTAN 10,000 SHOT CLUB

*"Set your goals high, and don't stop 'till you get there." – Bo Jackson*

## OBJECTIVE

Shoot 10,000 shots at game speed between June 1 and November 2.

## PURPOSE

The 2014 Spartan 10,000 Shot Club is designed to improve:

- Shooting form
- Shooting release time, range and percentage
- Ball handling ability
- Strength and conditioning
- Confidence

## EXPECTATIONS

The 10,000 Shot Club is voluntary. It's about giving Unatego students who are serious about improving as basketball players the structure to work on their game outside of school. I have provided a few workouts that can be completed in the driveway, at the park, or at the gym. You can complete these alone or with a partner.

Shoot often. You will achieve your goal shooting 65 shots per day. 65 shots can be done in less than 10 minutes. Don't worry if you miss a day or go on vacation. You can make it up the next day. Just try to stay as consistent as possible.

Go hard. Playing *Horse* is fun, but those aren't game speed shots. Push yourself to take the kind of shots that you will get in games: catch and shoots, pull-ups, post moves, and spin moves.

Shoot free throws. Free throws are a great way to rest during your workout. About 25% of your shots should be free throws.

## RESULTS

Use the attached chart to record the number of shots you take every time you shoot. Count **100** shots for attending summer league, open gym, or a tournament. Each day at a basketball camp counts for **200** shots.

We are using the honor system to submit results. Only count shots you actually take at game speed. You can count lay-ups and short shots, if they are done at game speed.

You don't have to track shots made, but it might help you to see progress from week to week and year to year.

***All players who complete this challenge will get a Spartan 10,000 Shot Club shirt and recognition on the new school basketball homepage...***

***And better at basketball.***

