

# Jefferson Blue Jays 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 Jefferson R-VII Girls Basketball Program is sponsoring a 10,000 Shot Club for our girls basketball players. 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 and make during the off-season.

THE TIME IS NOW! It is 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 is 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. There are 100 days from May 20th to August 27th. To qualify for the 10,000 Shot Club, a player will need to shoot an average of 100 shots a day. We believe this is a very accomplishable goal.

### Qualifications and Rules:

- Players must take 10,000 shots between May 1st and August 31st. We encourage you to shoot even more.
- Players must keep a log of their shooting workouts and have them signed by a parent/guardian. A shot tracker log is available in PDF or Excel format as well as workouts that you can find on our website: [www.jr7.k12.mo.us](http://www.jr7.k12.mo.us). Go to High School, Menu, Winter Sports, Girls Basketball and then Varsity.
- 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 open gyms and 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" 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, post finishes, and free throws. 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 will need to count shots attempted and keep track of the shots you made, too. It's great to watch your progress!

### [Do my parents have to watch me shoot every shot?](#)

Absolutely not! Your parents need 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 parents want 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?*** Some kids get up to 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 Holdinghausen after August 31st and before September 9th.
- **Coach Holdinghausen's email address:** [holdinghausens@jr7.k12.mo.us](mailto:holdinghausens@jr7.k12.mo.us)
- Please be sure to provide your shirt size on your shot tracker form or within the email!!!

### [Tips to having a GREAT summer:](#)

1. Go to weights to become stronger.
2. Establish a specific practice time.
3. Write down long range and daily goals.
4. Work to develop the basic shooting fundamentals.
5. Use shots that you will take in a game.
6. Shoot off of movement.
7. Develop a routine that combines a variety of shots.
8. Use fakes and drives while shooting.
9. GO FULL SPEED - no casual shooting
10. Practice shots after you are tired, do not just quit.
11. Incorporate free throws into your shooting.
12. Shoot with confidence, concentration, and relaxation.
13. You have to believe that every shot you take is going in. **Have the shooter's mentality!**