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1						
			JUNE	3		
				1	1	
JULY						
AUGUST / SEPTEMBER						
					End	



2023 Jr Warriors 10,000 Shot Club Girls & Boys 3rd-8th Grade

Here are a few sample workouts to choose from or create your own. Do one, two, or all three workouts!

Finishing Moves - 10 Shots of each of the following. Alternate your starting spot between the elbow and the wing:

- Layups, right & left sides
- 2 Foot Jump Stop, right & left sides
- Step Through (vicious pivot) right & left sides
- Reverse Lay-up, right & left sides
- Post moves from the block, right & left sides
- Jab or stutter step, then explosive layup, right & left sides
- Mikans, right & left sides
- 20 Free throws

160 Total shots

Ball Toss Catch and Shoot - 10 Shots of each of the following

- Block to Block (10 from the right and left sides)
- Right Wing
- Left Wing
- Right Baseline
- Left Baseline
- Right Elbow
- Left Elbow
- 20 Free throws

100 Total shots

Shooting - Off the Dribble -10 Shots of each of the following

- Right Wing (Turn the Corner Jumper)
- Left Wing (Turn the Corner Jumper)
- Right Wing (Turn the Corner Step Back Jumper)
- Left Wing (Turn the Corner Step Back Jumper)
- 3 Point line
- 20 Free throws

70 Total shots

Camps and Practices

- 250 shots for each day you attend a dedicated shooting camp
- 150 shots each day you attend regular camp or practice
- 100 shots for every regulation game you play.

Child's Name and Grade	
Total # of Shots	
Parent/Guardian Email	

Please complete form and submit no later than $September \ 3^{rd}, \ 2023$