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## 2023 Jr Warriors 10,000 Shot Club

 Girls \& Boys $3^{\text {rd }}-8^{\text {th }}$ GradeHere 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 $\qquad$

Please complete form and submit no later than
September 3rd, 2023

