

MAY						
Su	M	Tu	W	Th	F	Sa
JUNE						
JULY						
AUGUST / SEPTEMBER						



## Jr Warriors 10,000 Shot Club Girls & Boys 3<sup>rd</sup>-8<sup>th</sup> 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 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

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Complete form and submit no later than September 3<sup>rd</sup>!