



## WIN THE OFF-SEASON

### Richland #44 Coltbackers SHOT Club



The time to get ready for your next basketball season is NOW! Richland #44 Coltbackers is sponsoring the SHOT Club this summer. It will celebrate players who meet age-level shooting targets. *The SHOT Club is on the honor system with the goal to develop basketball skills in the off-season.* Don't worry about your makes and misses, just keep shooting!

### Rules

- ▶▶ If interested in participating, please fill out the quick registration form [HERE](#)
- ▶▶ Record shot attempts between **May 1 and August 31, 2023**. Players are encouraged to shoot even more. *GRADES BASED ON 2023-2024 SCHOOL YEAR.*

#### **SHOT Club Age-Level Targets (Boys and Girls):**

**Kindergarten - 4th:** 5,000 attempts

**5th - 6th:** 8,000 attempts

**7th - 8th:** 10,000 attempts

**9th - 12th:** 10,000 makes

- ▶▶ Players reaching shot goals will be recognized and receive an award in Fall 2023.
- ▶▶ Players must keep a log of their shooting attempts with completed chart signed by a Parent/Guardian. *Shooting log is included on page 3 of this form.*
- ▶▶ Signed shooting calendar/chart must be returned to school office in Aber or Colfax by **WEDNESDAY, SEPTEMBER 6, 2023**. **ATTN: Coltbackers**
- ▶▶ Questions: Anna M. 320-815-9433; Janelle B. 701-566-3437; Erin G. 701-446-6122

### Shot Club Recommendations

- ▶▶ Shoot GAME SHOTS!

Game shots are different for every player. Stay inside a range that allows you to use good shooting form. If you need to hurl the ball at the basket by starting the shot below your hip and to the side of you, these long-range shots are not serving your game best. In time, as you grow and become stronger, you will be able to extend your shooting range.

- ▶▶ Shoot at GAME SPEED!

Pretend you have defense guarding you just like you would in a game.

- ▶▶ Challenge Yourself!

Set goals. Plan to shoot as many days as you can. Have family or friends hold you accountable. Make it a game. Talk to yourself. Encourage yourself. As you advance, you can start recording the number of shots you make within the shots you shoot.

- ▶▶ Workout ideas on next page!



# Richland #44 Coltbackers SHOT Club WORK OUT IDEAS



## Workout #1 =280 shots

### 1. Catch and Shoot | Around the World =50 shots

Roll the ball out to yourself with reverse spin. Curl and catch the ball squared up to the basket in triple threat position. As soon as you catch the ball go right into shooting a jump shot. Make sure you're squared up to the basket when shooting and always go game speed. Shoot 10 shots from 5 different locations on the court. Each shot should be between 6 to 12 feet away from the basket.

### 2. Dribble Drive =60 shots

Roll the ball out to yourself with reverse spin. Curl and catch the ball squared up to the basket in triple threat position. Ball fake with a shot fake or pass fake. Rip the ball through as you push off with your left foot to drive hard to the hoop and shoot a layup. Make sure to explode with your first step with your shoulder low and head up. Do 3 sets of 10 with both the right and left hand. One set from the top of the key, one set from the right wing, and one set from the left wing. When driving left always shoot the layup with your left hand.

### 3. Shooting off the Dribble =60 shots

Roll the ball out to yourself with reverse spin. Curl and catch the ball squared up to the basket in triple threat position. Ball fake with a shot fake or pass fake. Rip the ball through as you push off with your left foot to drive hard to the hoop. Make sure to explode with your first step with your shoulder low and head up. Take 1 or 2 dribbles and pull up for a jump shot. Make sure you are square to the basket when you take the shot. Do 3 sets of 10 with both the right and left hand. One set from the top of the key, one set from the right wing, and one set from the left wing.

### 4. Mikan Drill =60 shots

Stand on one side of the basket slightly inside the block facing the baseline. Jump and power the ball up for a layup. Make sure to use the backboard. As soon as you land, jump back up and rebound the ball out of the net. Try to rebound the ball as high as possible. When you grab the ball, keep it above your head. Your jump should transition you to the other side of the hoop. Continue the process side to side working on your left and right hands. Do 3 sets of 20.

### 5. Free Throws

Shoot 10 free throws after each shooting drill for a total of 5 sets. =50shots

## Workout #2 =75 or 150 shots

### Around the World

-Start at the green dot, proceed around the world and end at the red dot.

\*5 shots per dot = 75 total shots

\*10 shots per dot = 150 total shots

## Workout #3 =250 shots

- 20 Mikan Layups (10 each hand)
- 20 bank shots from block (10 each side)
- 10 Free Throws
- 10 shots off the Dribble (rip through, take 2-3 dribbles to right or left)
- 10 Free Throws
- 20 Drop Step w/power dribble (10 each block/hand)
- 30 shots off the catch
- 20 layups (10 each hand) - start at right Elbow, dribble to right hand layup, rebound and dribble to left Elbow, dribble to left hand layup. Repeat (10 each hand)
- 10 Free Throws
- 10 shots from right baseline (Roll the ball out to yourself with reverse spin)
- 10 shots from left baseline (Roll the ball out to yourself with reverse spin)
- 10 shots from Elbow (5 from right, 5 from left. Roll the ball out to yourself with reverse spin)
- 10 Free Throws
- 10 shots from wing (8-15 ft, Roll the ball out to yourself with reverse spin)
- 20 free shots (move around the arc or a few steps inside it)
- 10 Free Throws

## Workout #4 = 300 shots

Finishing Moves (10 of each of the following)

- Layups, right & left side
- 2 foot jump stop, right & left side
- Reverse layup, right & left side (advanced)
- Foot moves from the block, right & left side
- Jab or stutter step, right & left side

Shooting off the dribble (10 of each of the following)

- Wing turn off the corner jumper, right & left side
- Wing turn off the corner step back jumper, right & left side
- Wing 3 point line (closer for younger players), right & left side
- Corner 3 point line (closer for younger players), right & left side
- 20 free throws

Ball Toss Catch & Shoot (10 of each of the following)

- Block to block, right & left side
- Wing, right & left side
- Baseline, right & left side
- Elbow, right & left side
- 20 free throws

# Coltbackers Shot Club - Summer 2023

## May

Date	Shots Taken
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	
31	
<b>May Total</b>	

## June

Date	Shots Taken
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
29	
30	
<b>June Total</b>	

## July

Date	Shots Taken
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
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21	
22	
23	
24	
25	
26	
27	
28	
29	
30	
31	
<b>July Total</b>	

## August

Date	Shots Taken
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
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22	
23	
24	
25	
26	
27	
28	
29	
30	
31	
<b>August Total</b>	

Player Name \_\_\_\_\_

Total Shots Taken \_\_\_\_\_

Player Grade 2023/2024 School Year: \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

Please return to school office in Aber or Colfax by Wednesday, September 6, 2023

Questions: Anna (320) 815-9433; Janelle (701) 566-3437; Erin (701) 446-6122