

BLUEJACKET

Girls' Basketball



**10,000 Made Shots
Challenge**

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10,000 Made Shots Challenge

GREAT TEAMS are made from November to March, but **GREAT PLAYERS** are made from March to November. This summer is a great opportunity for you to continue to build on your many successes this past season, as well as, turn your weaknesses into strengths. We are going to use the **10,000 Made Shots Challenge** to push you over the next four months to improve your shooting. This shot challenge is an extremely valuable way to improve at basketball, and the best way to improve your individual shooting. By completing the **10,000 Made Shots Challenge**, you will be a player that is willing to separate yourself, in commitment and dedication, to the game and your team.

In order to complete the **10,000 Made Shots Challenge**, you must make a minimum of 10,000 shots over the months of June, July, August and September and record the number of shots made each day. Your honesty is expected. You will be only cheating yourself and your teammates if you are not honest. How much or how little you shoot will be evident when we start practice in the fall. To accommodate the younger plays, we will make the following accommodation (2018/2019 grade level):

- 3rd – 5th grades: 6,000 makes
- 6th – 8th grades: 8,000 makes
- 9th—12th grades: 10,000 makes

When specifically working on shooting, use the following tips to help improve your shooting:

1. Work to develop proper shooting fundamentals.
2. Start shooting in close to the basket and then progressively move out.
3. Develop a routine that combines a variety of shots.
4. Use shots that you will take in a game.
5. Shoot off of movement—using fakes and drives when shooting.
6. Follow every shot—NEVER let the ball bounce twice. Finish every miss with a rebound & power layup.
7. GO FULL SPEED—no casual shooting.
8. Incorporate free throws into your routine.
9. Have the right mindset when shooting—**BELIEVE EVERY SHOT YOU TAKE IS GOING IN!**

YouTube has many great shooting videos.

- Stephen Curry—Success is Not an Accident (original)
- Ray Allen and the Art of the Jump Shot (Ray Allen has a number of shooting videos.)
- Michael Jordan: Fundamentals of Free Throw Shooting
- Get Perfect Shooting Form! (Form Shooting Drill) – Shot Science

There are several different workouts attached that you can use to reach your goal of 10,000 made shots. Some of the workouts are very demanding. They will be difficult to complete, but in doing so, you will make a lot of shots and will improve greatly. Free shooting or the use of our Dr. Dish when you have an opportunity are also options. Free shooting, though, should be focused and at game speed! **Please use the attached spreadsheet to record your made shots and workouts used.**

Sample Workouts

- #1 Pure Intensity 10K Made Shot Program
- #2 200 Made Shots Workout
- #3 355 Made Shots Post Workout
- #4 LeBron James Shooting Workout
- #5 Dr. Dish
- #6 Individual Free shooting or Individual Workout
- #7 Each hour of practice (AAU, Team, Summer Camp) counts as 75 made shots

The purpose of the **10,000 Made Shots Challenge** is to improve your shooting. Turn the completed spreadsheet in to Coach Ledahl by **October 10th** with a parent/guardian signature to verify your workouts and your shooting shirt size. The spreadsheet is also found on our website at <http://www.cibluejackethoops.com/> and click on Girls.

All individuals who reach 10,000 makes or more, will receive a DRIFIT shooting shirt and be recognized at the first varsity girls' home basketball game. The recognition for these players will take place prior to the start of the game.

The reason there are so many “average” teams and “average” people in the world is because being “average” is easy. Choosing the more difficult path that requires more time, sacrifice and effort always makes what you really want that much more **satisfying** to get. **Good luck and start shooting!!**

Sincerely,

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