

SOUTH HIGH REDWINGS

20,000 SHOT CLUB

The Redwing basketball program has a summer shooting program for boys in 5th grade through 12th grade. The purpose of the shooting club is to get players shooting more often and with a purpose, using different programs and concentrating on making “game like” shots. Assume that a player shoots 30-40 times per practice and 5-10 times during a game, that is not enough shots to become a great shooter.

Shooting program workouts can be done alone or with a group. This program can be done anywhere and anytime (home, practice, open gyms, summer camps, YMCA, etc.). Check the redwingbasketball.net web site for open gyms and clinic/camp dates. Most of those dates will be released in the month of May.

How The Club Works:

1. Each day you shoot, choose a different workout. (A Packet will be given to you.)
2. Record how many shots you “**make**” on the shooting chart.
3. Simulate game speed while shooting in the programs. Repetition will build shooting muscle memory. Shoot to make every shot. Every workout you will be gaining confidence after seeing hundreds of shots go through the net.
4. Weekly goal should be 500 shots made.
5. The shooting club runs from June 1 – September 30.
6. Parents need to send shots made each week.
7. Email the weekly totals to our coaching staff.
8. Do **NOT** wait until the end of summer to send in shots made.
9. Each player’s totals are cumulative from the beginning of the shooting club.
10. Participants will only receive each award once.
11. Reward winners will be introduced and prizes will be awarded at half time of a South High Varsity boy’s basketball game. Game TBA.

Guidelines:

1. Goal: Make 20,000 game intensified shots off the dribble, catch, or spot.
2. Record all shots in the months of June, July, and August.
3. Have a parent or adult verify shot attempts.
4. Return the master total form after completion of 20,000 shots to our coaching staff before school starts in September to receive your recognition.
5. Most importantly, if you do complete the 20,000 shots, you have taken a step towards becoming a better player and making Redwing Boys Basketball a stronger program.

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