



CPTBA Basketball 2018

10,000 Shot Program



Girls & Boys 4-8 Grades (as well as their siblings!!!)

**Here are a few sample workouts to choose from or create your own.
Take quality attempts, with game level focus and energy.
YOU CAN DO IT!**

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
- Mikans, right & left sides

...plus
20 Free throws
160 Total shots

Ball Toss Catch and Shoot - 10 Shots of each of the following:

- Block to Block (10 shots from right side)
- Block to Block (10 shots from left side)
- Right Wing
- Left Wing
- Right Baseline
- Left Baseline
- Right Elbow
- Left Elbow

...plus
- 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

...plus
- 20 Free throws
70 Total shots

Date	Shots	Date	Shots	Date	Shots	Date	Shots	Date	Shots

Name _____ Grade _____ 2017-18 CPTBA team or coach _____
 Phone # _____ Email address _____
 Total number of shots _____ Parent's signature _____
 Shirt Size: S M L XL Adult _____ or Youth _____ (shirts will be handed out at the final tryout in the fall)

Return completed forms by September 7th in order for us to order shirts (or email scanned copy):
 Russ Schaefer
 10529 Forestview Cir N
 Champlin, MN 55316
 If you have questions please email Russ Schaefer (or call 763-913-0202) at: rbschaefer10@comcast.net