



Appleton East Youth Basketball Association
Since 2001

Appleton East 10,000 Made Shot Club

Program Overview

This off-season program is designed to encourage boys and girls in the AEYBA and the Appleton East basketball programs to practice their shooting on a regular basis. A player's shooting form eventually becomes natural and more difficult to change with each shot taken. Therefore it is very important that proper form and drills be followed. Players with poor form that shoot thousands of shots will have a more difficult time breaking their bad habits when compared to players with good form and good habits.

Before entering into this challenge, please consider the following:

- The type of shots you are taking...longer shots are more likely to be shot with poor form than closer shots. Older players should be shooting plenty of 3-point shots, but a player in 4th grade for example should keep the bulk of their shooting closer to the basket
- Incorporate different types of shots with different foot work around the rim, i.e. right hand lay-up off one foot, outside-inside power finish, inside-outside stop with different pivots (outside, vicious, spin), jump stop with different pivots, no dribble spin, hips across jump stop, etc.
- For any pull up off the dribble work, plant the inside foot as the pivot foot
- When practicing catch and shoot shots, the player should make sure to catch with the power foot back and at maximum bend with hands out ready to catch the ball
- A good habit to start is following up any miss with a lay-up type make

Players that shoot shots with proper form will improve faster and elevate their game quicker than a player shooting with improper form or not shooting at all.

How to Participate

Players need to keep track of their made shots from June through September. The competition will only allow a player to record 150 made shots per day as a means to get the player out shooting on a regular, almost daily basis if they want to reach the goal of 10,000 makes. However, players can shoot more than 150 shots per day given they are taken following proper form and drills.

There are four calendar sheets on the AEYBA website where players can record their makes. Parents need to sign off on the made shots at the end of the month so the AEYBA board knows the parent feels their son or daughter approached this honestly. Calendar records with parent signatures need to be submitted to their AEYBA coach by October 12th, 2018. Please make sure to include your name on the sheets when you hand them in.

Where do the players shoot?

Anywhere there is a regulation size basket – school gym, park, YMCA, fitness center, driveway, church etc....

Rewards

Players reaching 7,500 (t-shirt) or 10,000 (sweatshirt) made shots this off-season will be recognized the night of a varsity basketball game.

Example - Work Outs

Monday - example <i>no passer required</i>	Tuesday - example <i>passer required</i>	Wednesday	Thursday
<p>15 R. Hand Lay-ups, one foot take-off, vary the number of dribbles from 1-3, vary angle of drive as well</p>	<p>15 R. Hand power lay-ups, outside-inside finishing footwork, vary continuous or lift fake, number of dribbles 1-3, angle of drive, catch power foot back, begin with step dribble</p>	<p>Players can make up their own work out without a passer.</p> <p>Make sure to include lay-up type shots or finishes-both hands, pull up shots off the dribble and catch and shoot shots from a stationary and off the move situation.</p>	<p>Players can make up their own work outs with a passer.</p> <p>Make sure to include lay-up type shots or finishes-both hands, pull up shots off the dribble and catch and shoot shots from a stationary and off the move situation.</p>
<p>15 L. Hand Lay-ups, one foot take-off, vary the number of dribbles from 1-3, vary angle of drive as well</p>	<p>15 L. Hand power lay-ups, outside-inside finishing footwork, vary continuous or lift fake, number of dribbles 1-3, angle of drive, catch power foot back, begin with a sweep-step dribble.</p>	<p>Players know their strengths and weaknesses and should set up a work out to address both, but certainly weaknesses need to be worked on and improved.</p>	<p>Players know their strengths and weaknesses and should set up a work out to address both, but certainly weaknesses need to be worked on and improved.</p>
<p>15 pull up makes off the dribble going right, left pivot, 1-3 dribbles, use board from 45 degree angles up to 10 feet out, shoot from 3 different distances vary angles.</p>	<p>Chair Form Shooting make 15 stay seated, 3 foot, lift to release, 5 one-hand makes, 5 soft guide makes, 5 two-hand makes, front angle only</p>		
<p>15 pull up makes off the dribble going left, right pivot, 1-3 dribbles, use board from 45 degree angles up to 10 feet out, shoot from 3 different distances, vary angles.</p>	<p>Chair Form Shooting Make groups of 5 one hand, soft guide, two hand.....15 total makes 5ft. sit to stand, lift to release, change distance to 10 and 15 ft. if older, 45 total makes</p>		
<p>15 free throw makes</p>	<p>30 curl cut makes, 15 curling middle from right and 15 curling middle from left side of floor, vary distance, no dribble, inside foot square up</p>		
<p>75 self-spin, left-right step-in makes for a right-handed shooter, vary distance, bank, no bank, catching square to hoop, a left would right-left step in, vary angles facing rim.</p>	<p>30 catch and shoot forward and backpedal makes, power foot back on all catches, show hands, have 3 distances, catch at maximum bend</p>		