



RAAA Basketball 10,000 Shot Club

Here are a few sample workouts to choose from or create your own. Do one, two, or all three workouts!

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 sides
- Mikans, right & left sides
- 20 Free throws

160 Total shots

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

- Block to Block (10 from the right and left sides)
- Right Wing
- Left Wing
- Right Baseline
- Left Baseline
- Right Elbow
- Left Elbow
- 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
- 20 Free throws

70 Total shots

MOST IMPORTANTLY WORK ON GOOD SHOOTING FORM ON EACH AND EVERY SHOT. MASTER THE SHOTS UP CLOSE THEN BEGIN TO MOVE BACK.

JUNE		JULY		AUGUST		SEPTEMBER	
DATE	SHOTS TAKEN	DATE	SHOTS TAKEN	DATE	SHOTS TAKEN	DATE	SHOTS TAKEN
1-Jun		1-Jul		1-Aug		1-Sep	
2-Jun		2-Jul		2-Aug		2-Sep	
3-Jun		3-Jul		3-Aug		3-Sep	
4-Jun		4-Jul		4-Aug		4-Sep	
5-Jun		5-Jul		5-Aug		5-Sep	
6-Jun		6-Jul		6-Aug		6-Sep	
7-Jun		7-Jul		7-Aug		7-Sep	
8-Jun		8-Jul		8-Aug		8-Sep	
9-Jun		9-Jul		9-Aug		9-Sep	
10-Jun		10-Jul		10-Aug		10-Sep	
11-Jun		11-Jul		11-Aug		11-Sep	
12-Jun		12-Jul		12-Aug		12-Sep	
13-Jun		13-Jul		13-Aug		13-Sep	
14-Jun		14-Jul		14-Aug		14-Sep	
15-Jun		15-Jul		15-Aug		15-Sep	
16-Jun		16-Jul		16-Aug		16-Sep	
17-Jun		17-Jul		17-Aug		17-Sep	
18-Jun		18-Jul		18-Aug		18-Sep	
19-Jun		19-Jul		19-Aug		19-Sep	
20-Jun		20-Jul		20-Aug		20-Sep	
21-Jun		21-Jul		21-Aug		21-Sep	
22-Jun		22-Jul		22-Aug		22-Sep	
23-Jun		23-Jul		23-Aug		23-Sep	
24-Jun		24-Jul		24-Aug		24-Sep	
25-Jun		25-Jul		25-Aug		25-Sep	
26-Jun		26-Jul		26-Aug		26-Sep	
27-Jun		27-Jul		27-Aug		27-Sep	
28-Jun		28-Jul		28-Aug		28-Sep	
29-Jun		29-Jul		29-Aug		29-Sep	
30-Jun		30-Jul		30-Aug		30-Sep	
		31-Jul		31-Aug			
JUNE TOTAL		JULY TOTAL		AUGUST TOTAL		SEPT TOTAL	

Parents
Initials

Parents
Initials

Parents
Initials

Parents
Initials

PLAYER NAME _____

GRAND TOTAL	
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Submit your completed shot tracker form via e-mail or in person to

ElizabethVanHeel@RAAASports.com