



**Raiders Basketball
2021 5,000/10,000 Shot Club
Boys 4-12 grades**

April/May/June 2021						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
July						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
August						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
September						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

The shot club consists of two daily routines working a variety of shots and drills!

Register online and record your shots for each day on this calendar.

Players should work through these routines (in full, or in part) each day to fulfill their shots.

HAVE FUN! YOU CAN DO IT!!

Daily Shot Routines-

ROUTINE 1

- 20 Mikan Layups (10 each hand)
- 20 bank shots from block (10 each side)
- 10 Free Throws
- 10 shots off the Dribble
 - Rip through, 2 dribbles to the right
- 10 shots off the Dribble
 - Rip through, 2 dribbles to the left
- 10 Free Throws
- 20 Drop Step w/power dribble (10 each block/hand)
- 30 shots off the catch
 - Spin ball to yourself
- 20 layups (10 each hand)
 - Start at right Elbow, dribble to right hand layup, rebound and dribble to left Elbow, dribble to left hand layup. Repeat
- 10 Free Throws
- 10 shots from right baseline
- 10 shots from left baseline
- 10 shots from Elbow (5 from right, 5 from left)
- 10 Free Throws
- 10 shots from wing (15 ft)
- 20 three point shots (move around the arc)
- 10 Free Throws

Total shots = 250 (50 Free Throws)

ROUTINE 2

Around the World (15 spots on the court - see diagram on pg 2)

- Set a goal each day of shots made for each trip around the world

Total shots - 5 shots at each spot = 75 total shots

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

Parent's initials needed after every 1000 free throws!

Name _____ Grade _____

Total number of shots _____

Email address _____

Parent's signature _____

Return completed forms by Oct 1 to:

Steve Fox - NBARaiders.president@gmail.com

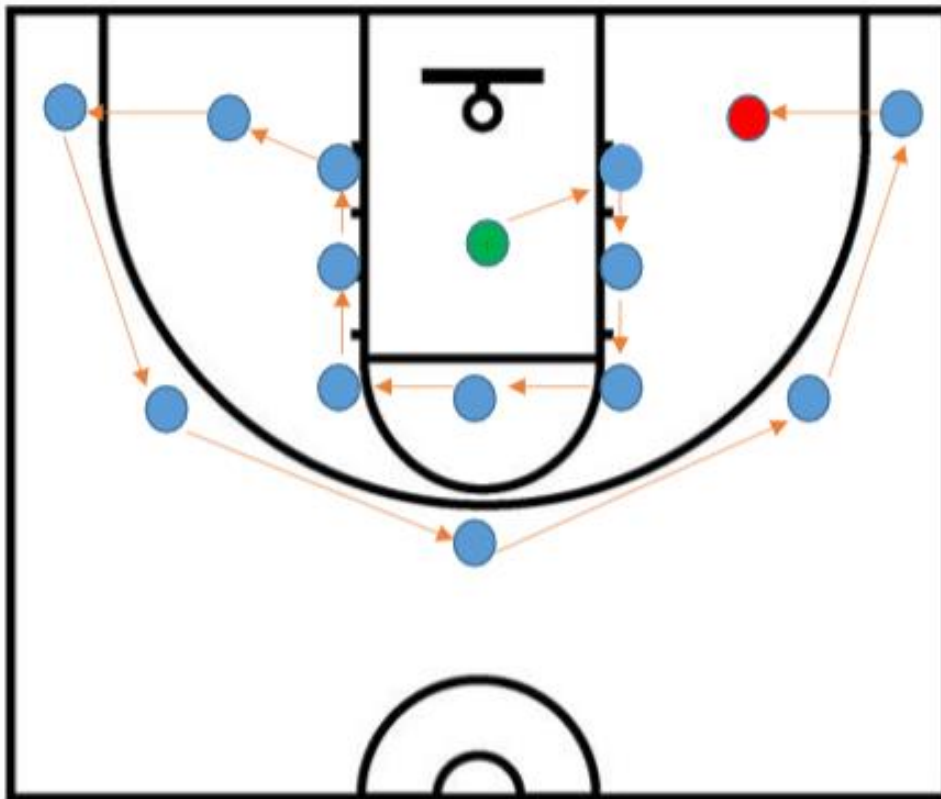
ROUTINE #1

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- 10 Free Throws
- 10 shots from right baseline
- 10 shots from left baseline
- 10 shots from Elbow (5 from right, 5 from left)
- 10 Free Throws
- 10 shots from wing (15 ft)
- 20 three point shots (move around the arc)
- 10 Free Throws

Total shots = 250 (50 Free Throws)

AROUND THE WORLD (Routine #2)

Start at the Green Dot, proceed around the world and end at the Red Dot.



5 shots per dot = 75 total shots

10 shots per dot = 150 total shots