

P.L.A.Y. Basketball Shot and Dribble Club

What:

The **P.L.A.Y. Shot and Dribble Club** is an offseason training program designed to help boys and girls in our basketball program improve their **shooting form** and **dribbling skills**.

NEW this year: We've added a Dribble Club component!

Participants are encouraged to complete a set number of shots attempted and minutes of dribbling practice, all performed at game speed. The focus is on consistency, proper technique, and developing skills that translate to real game situations.

Eligibility:

All boys and girls entering Kindergarten through 8th grade are eligible to participate.

To be eligible for prizes, athletes must:

- Be registered with the P.L.A.Y. Basketball program
- Complete the required number of shot attempts and/or dribbling minutes based on their grade level

Players who meet the goals for their grade will receive a prize—and those who complete both shooting and dribbling requirements will earn both rewards.

How it Works:

From June 1 to September 30, players will:

- Track the number of shots they attempt with good form
- Track the number of minutes they spend practicing dribbling
- Both done at game speed
- Players who complete both goals will be eligible for two prizes — one for each skill!

Stay consistent, work hard, and have fun developing your game this summer!

Requirement: Number of shots and dribbling minutes per grade level (grade is determined by player grade for the upcoming school year):

Grade Level	Shots Goal (Total)	Dribbling Goal (Total Minutes)
K – 2 nd Grade	5,000 Shots	270 minutes
3 rd – 5 th Grade	10,000 Shots	540 minutes
6 th – 8 th Grade	12,000 Shots	540 minutes

To encourage steady improvement:

- Players must complete at least 15% of their total shooting and dribbling goals each month (June, July, August, and September)
- This means no cramming in the last week – we want regular practice!

Tip: Do shooting and dribbling 3x a week

- Roughly 95-225 shots +5-10 minutes of dribbling per session

Recognition:

All winners will:

- Be recognized at a Prior Lake Varsity Basketball game
- Have their name displayed on the P.L.A.Y Website and Facebook Page

Prize Options:

- **Dribble Club Only** (Complete the dribbling goal only):
 - COMING SOON!
- **Shooting Club Only:** (Complete the shooting goal only – pick one):
 - COMING SOON!
- **BOTH Dribble + Shooting Goals Completed:**
 - COMING SOON!

PLUS your choice of:

- COMING SOON!

How to Participate in the Summer Skills Challenge:

Follow these simple steps to develop your game and earn rewards!

1. SHOOT – with Purpose

- Focus on GOOD shooting form at game speed
- Vary your shots to simulate real game situations
- Include plenty of free throws in your routine

2. DRIBBLE – with Control

- Dribble under control and at game speed
- Use drills that combine stationary and on-the-move dribbling

3. Use the Right Equipment

Make sure your ball and hoop size fit your age to ensure proper development:

- **Basketball Sizes:**
 - **Boys:**

- K–4th: 27.5”
- 5th–6th: 28.5”
- 7th–8th: 29.5”
- **Girls:**
 - K–4th: 27.5”
 - 5th–8th: 28.5”
- **Hoop Height:**
 - For younger players, an 8-foot hoop is recommended to encourage proper shooting form.

4. Want Guidance?

Optional shooting & dribbling plans and helpful videos will be posted on the P.L.A.Y. Basketball website. These can help keep your training structured and fun — but they are not required to participate.

5. Submit Your Progress

At the end of each month (June–September):

- Log your total shots attempted and minutes dribbled
- Submit them using the Google Form provided on the P.L.A.Y. Basketball site (You’ll use the same form each month)

Encouragement from P.L.A.Y Basketball:

To the Players:

If you want to become a better basketball player, summer is the perfect time to put in the work!

Focus on shooting with great form and challenge yourself by practicing the shots and moves you’re less comfortable with — that’s how real improvement happens.

This program is a **FUN** and focused way to grow your skills, stay active, and gain confidence on the court. Don’t forget to mix in ball-handling drills with your routines and make it your goal to get a little better every week!

To the Parents:

While players are responsible for tracking their shots and dribbling minutes, your encouragement and support are crucial to their success.

Help them carve out time to practice consistently — and better yet, get out there and shoot with them! It’s a great way to stay active together and make basketball a fun, family experience.

Thank you for being part of the **P.L.A.Y. Basketball Shot and Dribble Club!**

We've heard fantastic feedback from past participants and are excited to see even more kids involved this year. Let's make this the best summer yet — on and off the court!

GO LAKERS!