

DCE 10,000 Shot Club Grades 5 & 6

NOTE: USE 28.5 WOMENS BALL AND SHOT AT REGULATION HEIGHT

ATHLETE NAME:	GRADE:						10,000	
Week 1 - Daily (x5 days)		Daily Total	Day 1	Day 2	Day 3	Day 4	Day 5	Weekly Total
B.E.E.F. SHOOTING FORM - 25 repetitions Straight line shooting drill (No Hoop Required)								
B.E.E.F. VIDEO ONLINE AT WWW.EVERESTGIRLSHOOPS.COM/SHOTCLUB		50						750
10 shots from 5 spots, 5 feet away **USING ONE HAND ONLY--NO GUIDE HAND** Take your time, work your form -- B.E.E.F. (This will help build your shooting muscles) (THESE ARE CALLED "PERFECTS" AND THE GOAL IS TO TRY NOT TO HIT THE RIM AT ALL ON THESE SHOTS		50						
10 shots from 5 spots, 10 feet away Take your time, work your form -- B.E.E.F.		50						
BONUS: 25 layups with your off hand (e.g. left hand for righties, right hand for lefties)		25						
Week 2								
10 shots from 5 spots, 5 feet away **USING ONE HAND ONLY--NO GUIDE HAND** Take your time, work your form -- B.E.E.F. (This will help build your shooting muscles)		50						1000
10 shots from 5 spots, 10 feet away Take your time, work your form -- B.E.E.F.		50						
25 bank shots from 2 spots, 5 feet away		50						
25 bank shots from 2 spots, 10 feet away		50						
MIKAN VIDEO ONLINE AT WWW.EVERESTGIRLSHOOPS.COM/SHOTCLUB								
BONUS: Mikan Drill/Minute to Win-It		25						
Week 3								
25 bank shots from 2 spots, 5 feet away		50						1000
25 bank shots from 2 spots, 10 feet away		50						
50 layups - right hand		50						
50 layups - left hand		50						
LAYUP VIDEO ONLINE AT WWW.EVERESTGIRLSHOOPS.COM/SHOTCLUB								
BONUS: 20 Free Throws - 13 Feet for 5th, 15 Feet for 6th								
Week 4								
10 shots from 5 spots, 10 feet away **USING ONE HAND ONLY--NO GUIDE HAND** Take your time, work your form -- B.E.E.F. (This will help build your shooting muscles)		50						1000
25 layups - right hand		25						
25 layups - left hand		25						
25 bank shots from 2 spots, 10 feet away		50						
25 bank shots from 2 spots, 15 feet away		50						
BONUS: 25 layups with your off hand (e.g. left hand for righties, right hand for lefties)								
Week 5 -- GAME SIMULATION SHOTS START THIS WEEK!!								
10 shots from 5 spots, 10 feet away **USING ONE HAND ONLY--NO GUIDE HAND** Take your time, work your form -- B.E.E.F. (This will help build your shooting muscles)		50						1250
Dribble Up 5 ft., Jump Stop, and Shoot 10 shots from 5 spots, 10 feet away Take your time, LOOK AT THE HOOP WHILE YOU DRIBBLE -- B.E.E.F.		50						

Start 20 ft away and dribble halfway using your LEFT hand, then crossover to your RIGHT hand to finish 25 layups - right hand Take your time, LOOK AT THE HOOP WHILE YOU DRIBBLE	25						
Start 20 ft away and dribble halfway using your RIGHT hand, then crossover to your LEFT hand to finish 25 layups - left hand Take your time, LOOK AT THE HOOP WHILE YOU DRIBBLE	25						
Partner Pass OR Self Toss for Catch and Shoot 25 bank shots from 2 spots, 10 feet away LOOK AT THE HOOP BEFORE YOU SHOOT - THIS SHOULD BECOME A FASTER PROCESS AS YOU GO ON	50						
Partner Pass OR Self Toss for Catch and Shoot 25 bank shots from 2 spots, 15 feet away LOOK AT THE HOOP BEFORE YOU SHOOT - THIS SHOULD BECOME A FASTER PROCESS AS YOU GO ON	50						
BONUS: 20 Free Throws - 13 Feet for 5th, 15 Feet for 6th	20						
Week 6 -- Starting back from the beginning, but adding in game simulations							
B.E.E.F. SHOOTING FORM - 50 repetitions Straight line shooting drill (No Hoop Required)	50						750
10 shots from 5 spots, 5 feet away **USING ONE HAND ONLY--NO GUIDE HAND** Take your time, work your form -- B.E.E.F. (This will help build your shooting muscles)	50						
Shot fake, one dribble left/right (alternate), then shoot 10 shots from 5 spots, 10 feet away Take your time, walk through the motions of each step, remember your form -- B.E.E.F.	50						
BONUS: 25 layups with your off hand (e.g. left hand for righties, right hand for lefties)	25						
Week 7							
10 shots from 5 spots, 5 feet away **USING ONE HAND ONLY--NO GUIDE HAND** Take your time, work your form -- B.E.E.F. (This will help build your shooting muscles)	50						1000
Dribble Up 5 ft., Jump Stop, and Shoot 10 shots from 5 spots, 10 feet away Take your time, LOOK AT THE HOOP WHILE YOU DRIBBLE -- B.E.E.F.	50						
Partner Pass OR Self Toss for Catch and Shoot 25 bank shots from 2 spots, 10 feet away LOOK AT THE HOOP BEFORE YOU SHOOT - THIS SHOULD BECOME A FASTER PROCESS AS YOU GO ON	50						
Partner Pass OR Self Toss for Catch and Shoot 25 bank shots from 2 spots, 15 feet away LOOK AT THE HOOP BEFORE YOU SHOOT - THIS SHOULD BECOME A FASTER PROCESS AS YOU GO ON	50						
BONUS: Mikan Drill/Minute to Win-It	25						
Week 8							
Partner Pass OR Self Toss for Catch and Shoot 25 bank shots from 2 spots, 10 feet away LOOK AT THE HOOP BEFORE YOU SHOOT - THIS SHOULD BECOME A FASTER PROCESS AS YOU GO ON	50						750
Partner Pass OR Self Toss for Catch and Shoot 25 bank shots from 2 spots, 15 feet away LOOK AT THE HOOP BEFORE YOU SHOOT - THIS SHOULD BECOME A FASTER PROCESS AS YOU GO ON	50						
Start with dribbling 10 ft. using your LEFT hand, then crossover to your RIGHT hand to finish 25 layups - right hand Take your time, LOOK AT THE HOOP WHILE YOU DRIBBLE	25						

Start with dribbling 10 ft. using your RIGHT hand, then crossover to your LEFT hand to finish 25 layups - left hand Take your time, LOOK AT THE HOOP WHILE YOU DRIBBLE	25						
BONUS: 20 Free Throws - 13 Feet for 5th, 15 Feet for 6th							
Week 9							
10 shots from 5 spots, 5 feet away **USING ONE HAND ONLY--NO GUIDE HAND** Take your time, work your form B.E.E.F. (This will help build your shooting muscles)	50						1250
10 shots from 5 spots, 10 feet away Take your time, work your form -- B.E.E.F.	50						
Start with dribbling 10 ft. using your LEFT hand, then crossover to your RIGHT hand to finish 25 layups - right hand Take your time, LOOK AT THE HOOP WHILE YOU DRIBBLE	25						
Start with dribbling 10 ft. using your RIGHT hand, then crossover to your LEFT hand to finish 25 layups - left hand Take your time, LOOK AT THE HOOP WHILE YOU DRIBBLE	25						
Partner Pass OR Self Toss for Catch and Shoot 25 bank shots from 2 spots, 10 feet away LOOK AT THE HOOP BEFORE YOU SHOOT - THIS SHOULD BECOME A FASTER PROCESS AS YOU GO ON	50						
Partner Pass OR Self Toss for Catch and Shoot 25 bank shots from 2 spots, 15 feet away LOOK AT THE HOOP BEFORE YOU SHOOT - THIS SHOULD BECOME A FASTER PROCESS AS YOU GO ON	50						
BONUS: 25 layups with your off hand (e.g. left hand for righties, right hand for lefties)							
Week 10							
10 shots from 5 spots, 5 feet away **USING ONE HAND ONLY--NO GUIDE HAND** Take your time, work your form B.E.E.F. (This will help build your shooting muscles)	50						1250
10 shots from 5 spots, 10 feet away Take your time, work your form -- B.E.E.F.	50						
Start with dribbling 10 ft. using your LEFT hand, then crossover to your RIGHT hand to finish 25 layups - right hand Take your time, LOOK AT THE HOOP WHILE YOU DRIBBLE	25						
Start with dribbling 10 ft. using your RIGHT hand, then crossover to your LEFT hand to finish 25 layups - left hand Take your time, LOOK AT THE HOOP WHILE YOU DRIBBLE	25						
Partner Pass OR Self Toss for Catch and Shoot 25 bank shots from 2 spots, 10 feet away LOOK AT THE HOOP BEFORE YOU SHOOT - THIS SHOULD BECOME A FASTER PROCESS AS YOU GO ON	50						
Partner Pass OR Self Toss for Catch and Shoot 25 bank shots from 2 spots, 15 feet away LOOK AT THE HOOP BEFORE YOU SHOOT - THIS SHOULD BECOME A FASTER PROCESS AS YOU GO ON	50						
BONUS: 20 Free Throws - 13 Feet for 5th, 15 Feet for 6th	20						