

DCE 10,000 Shot Club Grades 7 & 8

NOTE: USE 28.5 WOMENS BALL AND SHOT AT REGULATION HEIGHT

ATHLETE NAME:

GRADE:

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 - 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) B.E.E.F. VIDEO ONLINE AT WWW.EVERESTGIRLSHOOPS.COM/SHOTCLUB	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 MIKAN VIDEO ONLINE AT WWW.EVERESTGIRLSHOOPS.COM/SHOTCLUB	50						
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						
BONUS: 20 Free Throws - 15 Feet							
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						1250
10 shots from 5 spots, 5 feet away Take your time, work your form -- B.E.E.F.	50						
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. 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 - 15 Feet	20						
Week 6							
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. 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						1000
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 50 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 50 layups - left hand Take your time, LOOK AT THE HOOP WHILE YOU DRIBBLE	25						
Give and Go Layups (Right Hand) Start 20 ft. away near the top of the key Pass to your partner who should be in the right wing position After you pass, fake left 2 steps, then cut to the basket on the right side Your partner will pass you the ball as you cut You will catch the ball and in one continuous motion, turn and shoot a layup with your right hand	25						
Give and Go Layups (Left Hand) Start 20 ft. away near the top of the key Pass to your partner who should be in the left wing position After you pass, fake left 2 steps, then cut to the basket on the left side Your partner will pass you the ball as you cut You will catch the ball and in one continuous motion, turn and shoot a layup with your left hand	25						
BONUS: 20 Free Throws - 15 Feet							
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 spin dribble 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 spin dribble 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 - 15 Feet	20						