

DCE 5,000 Shot Club

Grades 2, 3 & 4

NOTE: DOES NOT NEED TO BE A 10 FOOT HOOP -- USE 28.5 WOMENS BALL

ATHLETE NAME:	GRADE:						5000	
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		25						500
10 shots from 5 spots, 5 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 Take your time, work your form B.E.E.F.		50						500
25 bank shots from 2 spots, 5 feet away		50						
BONUS: 25 layups with your off hand (e.g. left hand for righties, right hand for lefties)		25						
Week 3								
25 bank shots from 2 spots, 5 feet away		50						500
25 layups - right hand		25						
25 layups - left hand		25						
LAYUP FORM VIDEO ONLINE AT WWW.EVERESTGIRLSHOOPS.COM/SHOTCLUB								
BONUS: Mikan Drill/Minute to Win-It								
Week 4								
10 shots from 5 spots, 5 feet away Take your time, work your form B.E.E.F.		50						500
25 layups - right hand		25						
25 layups - left hand		25						
BONUS: Mikan Drill/Minute to Win-It								
Week 5								
10 shots from 5 spots, 5 feet away Take your time, work your form B.E.E.F.		50						500
Dribble up, stop, shoot - 10 shots from 5 spots, 5 feet away Focus on controlling your body and maintaining your stationary shooting form		50						
BONUS: 10 layups each (right hand, left hand)		20						
Week 6								
B.E.E.F. SHOOTING FORM - 50 repetitions Straight line shooting drill (No Hoop Required)		50						500
10 shots from 5 spots, 5 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 7							
10 shots from 5 spots, 5 feet away Take your time, work your form B.E.E.F.	50						500
25 bank shots from 2 spots, 5 feet away	50						
BONUS: 25 layups with your off hand (e.g. left hand for righties, right hand for lefties)	25						
Week 8							
25 bank shots from 2 spots, 5 feet away	50						500
25 layups - right hand	25						
25 layups - left hand	25						
MIKAN VIDEO ONLINE AT WWW.EVERESTGIRLSHOOPS.COM/SHOTCLUB							
BONUS: Mikan Drill/Minute to Win-It							
Week 9							
10 shots from 5 spots, 5 feet away Take your time, work your form B.E.E.F.	50						500
25 layups - right hand	25						
25 layups - left hand	25						
BONUS: Mikan Drill/Minute to Win-It							
Week 10							
10 shots from 5 spots, 5 feet away Take your time, work your form B.E.E.F.	50						500
Dribble up, stop, shoot - 10 shots from 5 spots, 5 feet away Focus on controlling your body and maintaining your stationary shooting form	50						
BONUS: 10 layups each (right hand, left hand)	20						