Buffalo Grove Junior Bison Feeder Basketball 5,000 Shot Club!!

The **Buffalo Grove Junior Bison Feeder Program** is sponsoring a 5,000 Shot Club for our boys basketball players. We challenge all of our players to shoot at least 5,000 game-like shots this summer. We want our players to keep track of the shots that they take during the off-season. Do not worry about your makes. Only worry about your form.

THE TIME IS NOW! It's the time to get ready for next basketball season by working on your game. The goal of the 5,000 Shot Club is to develop the confidence you need to succeed in game situations because you put the time in to improve your game. You must be true to yourself and be honest about what you want to get out of this. It's a good idea to establish a practice routine. Record information with your shot attempts and shots made and you will be able to track your improvement throughout the summer. There are 100 days from June 24 to October 1. To qualify for the 5,000 shot club, a player will need to shoot an average of 50 shots a day. We believe this is a very achievable goal.

Qualifications and Rules:

- Player must take 5,000 shots between June 29th and October 6th . We encourage you to shoot even more.
- Player must keep a log of their shooting workouts and have them signed by a parent/guardian. A sample log is available in PDF or Excel format. You can find it on our website: www.bgboysfeederbasketball.com
- You must shoot game shots at game speed. Use the ball toss method to get a great workout.
- Free throws should be included in your shooting workout.
- Shooting done at team practices and basketball camps should not be counted towards your goal. We want you to challenge yourself to meet the 5,000 shot goal, not have a coach telling you when to be taking shots.

What are Game Shots?

You should shoot all of your shots at **GAME SPEED** because that is what will help you become a better player during the regular season. During our high school practices, we strive to make shots when we are tired. We want you to do the same in the off-season. Standing around playing "Horse" or "Knockout" with a friend may be fun, but really isn't helping you when it comes to game time. Game shots are different for every player. To be successful, you should start in close to the basket working on proper form. Once you have established your range (distance from the basket where you can shoot the ball with proper form) you are ready to get started.

What types of shots should I work on?

It is important to develop your overall game. We believe that all players should have the ability to shoot three- pointers, pull-up jump shots, and post finishes. Our best advice is to include all types of shots into your workouts. Use Five-Ways to Finishes, Floaters, Pull-Up Jump Shots after 1-2 dribbles, ball screen attacks, and catch and shoot three-pointers. These are all good examples of what you could be working on within your workouts. Be sure to use your imagination.

Do free throws count?

Absolutely! First and foremost, we want our kids to be **GREAT** free throw shooters. Free throws are a great way to rest during a workout. The best advice is to use free throws as your break. When you shoot shots at game speed for a long period of time, you will need to rest. Shoot 2-5 free throws and get back to the workout.

Can I just guess how many shots I shoot?

NO! Once you have your routine it should be easy to count your shots. If you shoot 25 shots at game speed, followed by 10 free throws, completing 4 cycles of that will give you 100 shots and 40 free throws. You can decide if you just want to count shots attempted or if you want to keep track of the shots you made, too. It's great to watch your progress! If you only want to keep track of shots made, after a week or so of counting shots and tracking time spent, you should have an idea of how many shots you make in 15 minutes or so and can just keep track of time. For example, if I shoot 25 shots in 15 minutes usually, and I spend 30 minutes shooting, I can track 50 shots for that session.

Do my parents have to watch me shoot every shot?

Absolutely not! Your parent needs to only verify that to the best of their knowledge you had the time/opportunity to shoot your shots. If they want to help that is great but not required. That being said, if your parent wants to rebound for you, he or she may certainly do so. Players need to be sure to relocate after every shot. Again, it is important to shoot shots at **GAME SPEED**.

Can I shoot more than 5,000 shots?

YES! Your goal should be to get as many **GAME LIKE** shots up as possible. *Who will get the most shots up in our program?* Will it be you? Some kids get up to 10,000 shots or more in the summer. Find time within your day, every day, to get shots up.

What do I do once I have completed 5,000 shots?

Total up all of your shots and make sure that all shots have been verified (signed) by a parent/guardian.
Send your completed form to Dan Goetz - feeder director at the following email address: **bgboysfeederbb@gmail.com**

Please be sure to provide your shirt size on your shot tracker form or within the email!!!

Tips to having a GREAT summer:

1. Establish a specific practice time.
2. Write down long range and daily goals.
3. Work to develop the basic shooting fundamentals.
4. Use shots that you will take in a game.
5. Shoot off of movement.
6. Develop a routine that combines a variety of shots.
7. Use fakes and drives while shooting.
8. Follow all shots. **NEVER** let the ball bounce twice.
9. **GO FULL SPEED** – no casual shooting (example, "Horse").
10. Shoot from a variety of spots.
11. Practice shots after you are tired, don't just quit.
12. Incorporate free throws into your shooting.
13. Shoot with confidence, concentration, and relaxation.
14. You have to believe that every shot you take is going in. Have the shooter's mentality!