

MOUNTAIN VIEW BOYS BASKETBALL



10,000 & 25,000 SHOT CLUB



SHOOTERS ARE MADE IN THE OFF-SEASON! IF YOU WANT TO IMPROVE YOUR SHOT – THIS IS YOUR TIME!!!

THE TIME IS NOW! Time to get working on your game. The goal of the 10,000/25,000 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 153 days from May 30 to September 30. To qualify for the 10,000/25,000 shot club, a player will need to shoot an average of 65/164 shots a day. We believe this is a very accomplishable goal.

RULES:

- Player must take 10,000/25,000 shots between May 30 and September 30th. We encourage you to shoot even more.
- Player must keep a log of their shooting workouts and your parents will need to initial your form by your name when you have finished shooting. Text Coach Nettleton for a google form to keep track. (208.899.9765)
- You must shoot game shots at game speed. Shoot with a friend or 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 10,000/25,000 shot goal, not have a coach telling you when to be taking shots.

WHAT ARE GAME SHOTS?

You should shoot all 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. Game shots are different for every player so text Coach Nettleton to ask what shots to work on. (EX: free throws, catch & shoot 3s, pull-up jump shots, floaters, post moves, ball screen attack/finish at rim, ball screen attack pull up, rim finishes)

LOGGING SHOTS IN GOOGLE FORM

Don't guess how many shots you took and made. Make sure you log them into your personalized google sheet that Coach Nettleton created for you.

DO MY PARENTS HAVE TO WATCH ME SHOOT EVERY SHOT?

Absolutely not! Parents just need to INITIAL your form - 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. 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 10,000 or 25,000 SHOTS

YES! Your goal should be to get as many GAME SPEED shots up as possible. Who will get the most shots up in our program? Will it be you? Someone might get 50,000 shots or more in the summer. Find time within your day, every day, to get shots up.

WHAT DO I DO ONCE I HAVE SHOT 10,000/25,000 SHOTS?

Check your total in your google form and make sure that all shots have been verified (initial) by a parent/guardian. Text Coach Nettleton after October 1st and before October 15th. (208.899.9765) Please be sure to provide your shirt size on your shot tracker form or in text.



EVERY SHOT COUNTS!!!

