



10,000 Shot Club Challenge

Goal

To shoot 10,000 shots between Memorial Day (5/27/24) and Labor Day (9/2/24).

Expectations

The 10,000 Shot Club Challenge is voluntary. You must be registered at www.tbirdyouthsports.com by 6/30/2024 to be eligible for the rewards. You must shoot a minimum of 10,000 shots between Memorial Day and Labor Day. Record the number of shots attempted and/or the number of shots made.

You will achieve your goal by shooting approximately 100 shots per day. Make a plan on how you will go about achieving this goal. For example, is it more realistic to shoot 200 shots a few days a week? Try and come up with a consistent routine that works for you; but don't get discouraged if you fall behind. Just keep shooting!

GO HARD! Playing PIG is fun, but those are not game speed shots. Push yourself to take the kind of shots that you will get in games: catch and shoot, pull-ups, post moves, and full-speed layups.

SHOOT FREE THROWS! Free throws are a great way to rest during your workout. About 20% of your shots should be free throws. Making free throws when your legs are tired is a great way to prepare for those State Championship free throws down the road!

Tracking

Use the attached calendar form to chart your shots. You can also use the attached shooting chart to keep track of your locations if you like.

- Each day of T-Bird Camp counts as 200 shots.
- Each day of any other basketball camp counts as 150 shots.
- AAU/Summer team games count as 25 shots per game.

Rewards

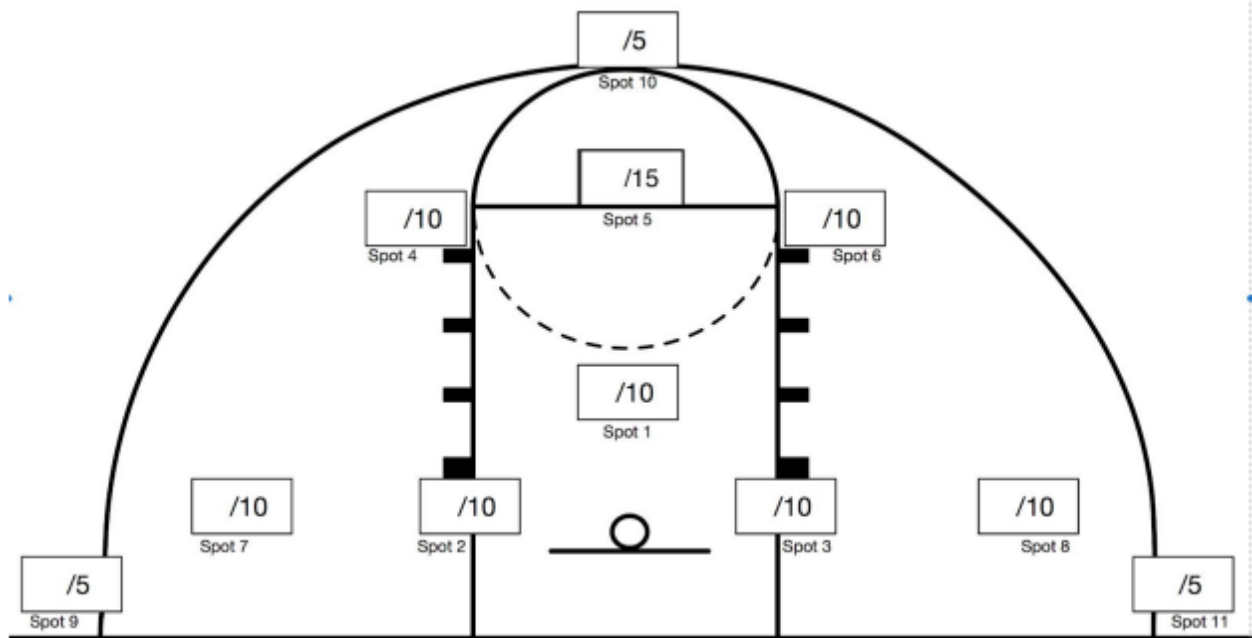
Athletes who successfully complete the 10,000 Shot Club Challenge will receive:

- Special recognition at an LCC Varsity Boys Basketball Game
- 10,000 Shot Club T-Shirt
- Trophy
- And most importantly, a better shot!



Shot Locations

Below are the 11 spots where athletes are most likely to get shots in games. It would be wise to include these in your workouts as much as possible! These are recommendations for athletes who have the necessary strength and form to shoot correctly from each spot; please adjust accordingly to your age, strength, and ability.



“Success is not an accident, Success is a choice.”

- The World’s Greatest Shooter, Steph Curry

Go T-Birds!

