



# “10,001 SHOT” SUMMER PROGRAM

**INSTRUCTIONS:** Each time you complete the cavalry summer shooting workout on the back of this sheet *enter the date on this list*. When the sheet is full, you will have made 10,001 shots. Return the completed and signed sheet to a Cavalry Director in the Fall for a prize!

_____ 300	_____ 3600	_____ 6900
_____ 600	_____ 3900	_____ 7200
_____ 900	_____ 4100	_____ 7500
_____ 1200	_____ 4400	_____ 7800
_____ 1500	_____ 4700	_____ 8100
_____ 1800	_____ 5000	_____ 8400
_____ 2100	_____ 5300	_____ 8700
_____ 2400	_____ 5700	_____ 9000
_____ 2700	_____ 6000	_____ 9300
_____ 3000	_____ 6300	_____ 9600
_____ 3300	_____ 6600	_____ 9900

\*\*\* On your final day, make 101 shots from anywhere on the court! \_\_\_\_\_ **10,001!**

Player's signature: \_\_\_\_\_

Parent's signature: \_\_\_\_\_



## “10,001 SHOT” SUMMER PROGRAM

- 1) **WARM-UP SHOOTING (50 made shots):** Standing 2-3 feet away from the basket, *swish* 15 shots from each side of the basket and 20 shots from directly in front of the basket. Really emphasize arch and the “swish.”
- 2) **“FLIP” SHOOTING (50 made shots):** Starting 5-7 feet away from the basket, “flip” the ball to yourself while making a great jump stop. Make 15 shots from each side of the basket (*using the backboard!*) and 20 shots from directly in front of the basket.
- 3) **MIKAN DRILL (30 made shots):** Make 30 shots alternating from side to side.
- 4) **FREE THROWS (10 made shots).**
- 5) **“SUPERMAN” x 3 (20+ made shots):** The first game of Superman is played from the free throw line, while the second and third games are played from the right and left wing. Two points are scored for a made long shot. One point is scored for a made lay-up. Play to a score of 10 at each spot. Push yourself not to stop and take breaks between spots on this drill. You can rest when shooting free throws!
- 6) **FREE THROWS (10 made shots).**
- 7) **BASELINE SHOOTING (20 made shots).** Shooting from a distance where you can consistently make 70% of your shots, make 10 shots from the baseline – alternating sides after each shot. You should be tired after this one if you are pushing yourself.
- 8) **FREE THROWS (10 made shots).**
- 9) **ONE DRIBBLE SHOOTING (40 made shots):** From a comfortable distance, start with a great ball fake and take one dribble to your right and make the shot. After making 10 shots using a single dribble to the right, make 10 shots from the same spot using a single dribble to the left. Pick a new spot on the court and repeat the process.
- 10) **BEAT THE PRO (20+ made shots):** Pick your favorite (or least favorite) pro player and challenge them to a game. You get to shoot first and for every shot you make, you get a point. For every shot you miss, the Pro gets three points (because they are a pro!). Play 3 games to 21.
- 11) **CIRCLE R AND CIRCLE L LAYUPS (20 made shots):** Make 10 layups on each side.
- 12) **FREE THROWS (10 made shots).**
- 13) **ONE-ON-ONE (10 made shots):** Play someone one on one to 10 – even if that someone is imaginary!

