

The 5000 & 10,000 Shot Club

Orion Girls Basketball

The Orion girls basketball program believes that success in the regular season is built on hard work in the off-season. One of our program's goals is to be the hardest working program in the area and in our conference. We know that we must improve our overall basketball ability, to improve our ability to handle the ball and to score from all spots on the court; we must develop players who are offensive threats.

One way to improve is through an off-season shooting program - in this case, our 5000 & 10,000 Shot Club. Our players, grades 1 through 11, will earn the following for their off-season achievements in basketball.

ACHIEVEMENT

5,000 shots in the off-season

10,000 shots in the off-season

REWARD

5000 shot club shirt

10,000 shot club shirt/trophy

Off-season runs from Easter (March-April) through Labor Day (early September).

These shots need to be recorded in the athlete's log. We want you to shoot game shots from game spots at game speed. Free throws count as well. Playing "pick up" games also can count towards the log.

Please be honest. If you didn't shoot the shots or free throws, don't record them. Our program is based on hard work, integrity and good character. This offseason shooting and ballhandling program is going to focus on improving our program's success. If you work hard, you will improve your game, and hopefully reach your individual and team goals.

Have a great summer! Work hard, be safe, play basketball, and have fun!!

The following is a list of ballhandling and shooting activities that will help make you a better basketball player. We want every player, regardless of height or position, to be able to handle the ball in game situations. We want every player to be capable of scoring in the low post and mid-range at a minimum. Our plays are set up to create scoring opportunities in the paint, so we all must be capable of performing post moves and finishing our shots.

Ball-handling

Ball slaps
Figure 8's thru legs
Candy canes

Dribbling

Hesitation/Rocker
Crossover
Pull-back
Spin
Half-a-whirl
Thru the legs
Thru from behind

Strength, Agility, and Conditioning

Jump rope
Wall sits
Line jumps
Box jumps
Agility ladder
5-dot drills

Shooting

All shooting should be done with game intensity - Again, we want GAME SHOTS from GAME SPOTS at GAME SPEED!

Shots should be taken high and soft, using the backboard when possible.

Form shooting
Mikans
Reverse Mikans
Rebounds and Put-backs

On these shots, spin the ball to yourself to create the game situation of receiving the ball actively, with a jump stop:

Block shooting
Drop steps (left and right)
Up and Unders (with and without power dribble)
Baby hooks

Elbows
- Dribble once/twice and pull-up
- Catch, fake, dribble and shoot
- Ball fake and dribble drive

Mid-range and short corners
- Turnarounds
- Fade-aways
- Dribble and bank shot

3-pointers (high and soft)

Free throws
- Shoot when winded or tired
- Float the ball over the front of the rim

On all shooting, simulate game situations and put yourself under some pressure to perform at your best under tough conditions.

A fun but tough shooting game follows:

In order to simulate shooting after catching a pass in a game, stand under the basket, spin the ball out to yourself, make a hard cut to the ball, square in the air, land and shoot. All of this must be done at a hard, game-like pace. If the pace is not game-like you are not improving.

To win the game, the shooter must make 10 in a row without missing two in a row. Each workout, choose one of the four versions listed below by itself as one competitive shooting game in your twenty-game competitive workout.

Here is an example of the scoring system: A player makes her first 4 shots, then misses. Her streak remains alive at 4. because she has not missed 2 in a row. For the next shot, if she makes it, her streak is now at 5. If she misses it, then she has missed two in a row, the drill stops and she lost that drill. Technically, the player could make, miss, make, miss, make, miss, etc... up to 10 makes and win the drill because she never missed two in a row without a make between the misses.

There are three types of shots/moves involved and are considered three separate drills. We also do a fourth version, which is doing one of the first three with each spin out pass, but never doing two of the same in a row.

Four Versions of the Drill

I like to make all of our out of season workout drills competitive and make them more games than drills

Version #1 Player starts in the lane with the basketball, spins the ball out to the perimeter to simulate catching a pass in a game, catches and shoots. No dribbles. The player is simulating shooting after catching a pass. The player repeats the same catch and shoot until he either makes 10 in a row without missing two in a row to win the drill (game)--or misses two in a row and the drill stops and is a "loss."

Version #2 Player starts in the lane with the basketball, spins the ball out to the perimeter to simulate catching a pass in a game, Shot fake immediately on the catch, one get away dribble, and shot. The player repeats the same catch, shot fake, getaway dribble , and shot until he either makes 10 in a row without missing two in a row to win the drill (game)--or misses two in a row and the drill stops and is a "loss"

Version #3 Shot fake, dribble, then a dribble move to beat an imaginary helping defender. Finish at the basket with a two foot power layup or in the lane with a floater. The player repeats the same catch, shot fake, getaway dribble , dribble move to beat a helping defender, and then a floater or at the basket finish until he either makes 10 in a row without missing two in a row to win the drill (game)--or misses two in a row and the drill stops and is a "loss"

Version #4 Mix it up--do any of the above 3 moves, but never do the same move two times in a row. Same rules apply regarding making 10 in a row without missing two in a row for a win.

Shooting Log

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