

Brooklyn Park Traveling Basketball
 10,000 Shot Club
 April 1st - September 30th

Name: _____
 Grade: _____
 Parent's Signature: _____
 E-mail: _____

September	Recommended Shot					Daily Total
	1-3' Shots Right Handed	1-3' Shots Left Handed	10-15' Shots	3 Point Shots	Free Throws	
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						
26						
27						
28						
29						
30						
Monthly Total						

Notes: 1-3' shots include both sides and middle of court
 10-15' shots include baseline, wing, elbow and center/middle shots, turn and shoot, shot fake & 1 dribble
 3 point shots - combination of center, wing and baseline shots
 Free Throws
 Younger players should shoot more 1-3' & 10-15" shots instead of 3 point shots

Monthly Forms Can Be Emailed To: bphoops@gmail.com



Or Mailed to: **Brooklyn Park Traveling Basketball**
 P.O. Box 43608
 Brooklyn Park, MN 55443