

April 2011							Weekly Total
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
					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	

Parent's Initials _____ Monthly total _____

Pirates Basketball 2011 10,000 Shot Club Girls & Boys 4-8 grades



Here are a few sample workouts to choose from or create your own.
Do one, two, or all three workouts!

Take quality attempts, with game level focus and energy.

Finishing Moves - 10 Shots of each of the following. Alternate your starting spot between the elbow and the wing:

- Layups, right & left sides
- 2 Foot Jump Stop, right & left sides
- Step Through (vicious pivot) right & left sides
- Reverse Lay-up, right & left sides
- Post moves from the block, right & left sides
- Jab or stutter step, then explosive layup, right & left sides
- Mikans, right & left sides
- 20 Free throws
- 160 Total shots

Ball Toss Catch and Shoot - 10 Shots of each of the following

- Block to Block (10 from the right and left sides)
- Right Wing
- Left Wing
- Right Baseline
- Left Baseline
- Right Elbow
- Left Elbow
- 20 Free throws
- 100 Total shots

Shooting - Off the Dribble -10 Shots of each of the following

- Right Wing (Turn the Corner Jumper)
- Left Wing (Turn the Corner Jumper)
- Right Wing (Turn the Corner Step Back Jumper)
- Left Wing (Turn the Corner Step Back Jumper)
- 3 Point line
- 20 Free throws
- 70 Total shots

Parent's initials needed every month!

Name _____ Grade _____

Pirates 2010 team or coach _____

Total number of shots _____

Phone # _____

Email address _____

Parent's signature _____

Email completed form by October 7th to: bp hoops@gmail.com

Or mail to:

Brooklyn Park Traveling Basketball

10,000 Shot Club

P.O. Box 43608

Brooklyn Park, MN 55443

May 2011							Weekly Total
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
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	31					

Parent's Initials _____ Monthly total _____

June 2011							Weekly Total
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
			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			

Parent's Initials _____ Monthly total _____

JULY 2011							Weekly Total
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
					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	
31							

Parent's Initials _____ Monthly total _____

AUGUST 2011							Weekly Total
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	24	26	27	
28	29	30	31				

Parent's Initials _____ Monthly total _____

SEPTEMBER 2011							Weekly Total
Sun	Mon	Tues	Wed	Thurs	Fri	Sat	
				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		

Parent's Initials _____ Monthly total _____