



## **Lady Buffs Basketball 10,000 Shot Club**



**Players are made in the off-season; teams are made during the season**

Attempting 10,000 **quality shot** attempts during the course of the off season is all it takes to become a member of the 10,000 shot program.

It should take about 10 minutes to get up 100 quality shots.

By working on your game this summer and getting quality shots up on a daily basis you will improve your shooting and give yourself an advantage over your competition.

To Become a Member of the 10,000 Shot Club –

- Must complete the 10,000 shots during the off season
- When completed, your name will be added to the Lady Buffs web site under 10,000 Shot Club
- 10,000 Shot Club T-shirt
- And most importantly improvement of your **basketball skills!**

The shirt is not just a shirt, **but a symbol** of your dedication to bettering yourself as a player and your dedication to improving the Lady Buff Basketball Team.

Challenge yourself or challenge your friends, but get out there and get it done.

Use the Summer Challenge Shot Chart to record your shots. Parents must sign and attest to your shots. Players play with honor and record your days and shots with honesty.

I have made up a sample workout that you can follow. Make your shots as game like as possible. You can change up the workout for more variety. If you want more challenging options, ask your coaches for ideas!

Parents don't have to supervise or watch – just verify on the form with your signature that your daughter completed the workout. If they complete this – the results will show!



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In order to reach this goal, you will need the following:

A ball	Desire
A hoop	Dedication/Commitment/Self-Discipline
A goal	A Positive Attitude
A plan	Perseverance
A shooting chart	Hard work

### **5 Truths about Basketball Shooting That ALL Players Should Understand and Accept**

**FACT #1:** Shooting is one of the most important skills for basketball players to master.

**FACT #2:** More players have poor shooting strokes and detrimental flaws today, than they ever have in the past. This is primarily because kids start playing at such an early age and they try to mimic NBA players before they are ready. The sad truth is that these bad shooting habits stick with them.

**FACT #3:** Proper shooting form is the #1 most important skill for players to master.

**FACT #4:** A team with just a couple of good shooters on the floor will make your offense infinitely more dangerous and actually give your team more lay ups. Good shooters stretch out the defense and can dramatically improve your team offense.

**FACT #5:** A small improvement in your teams shooting percentage, will allow you to win more games. Simple math.

To make it more interesting we will have additional prizes for the top three players in shot totals for the summer:

- First place \$50.00 gift card to Dicks Sporting Goods
- Second place \$30.00 gift card to Dicks Sporting Goods
- Third place \$15.00 gift card to Dicks Sporting Goods



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Shooting sessions for the challenge can take place between May 1<sup>st</sup> through July 31<sup>st</sup>, 2020. The forms must be submitted to Coach Snead by August 10<sup>th</sup>, 2020 at [sneadr@floyd.k12.va.us](mailto:sneadr@floyd.k12.va.us)

“The **will** to win is not nearly as important as the **will to prepare** to win. Everyone wants to win but not everyone wants to **prepare** to win. **Preparing** to win is where the determination that you **will** win, is made.”

“**Bobby Knight**”

**Good luck and happy shooting!!**