

Lady Warrior Basketball Program

ROW THE BOAT



The Lady Warrior 10,000 Shot Club Challenge

The Lady Warrior Girls Basketball program is sponsoring a 10,000 shot Challenge for the spring/summer of 2021. This is an off-season program designed to get players to work on their shots and improve their game in preparation for next season.

This program will be offered to all girls grades 6th-12th looking to improve their shot. This is not designed to see how many shots can be thrown up at the basket, but rather a goal of 10,000 **quality** shots made in a summer. Excellent shooters all have things in common. Proper technique and repetition are two key elements that make a better player.

The program will run from April 14th through October 24th. Each girl will keep a daily record of the shots and enter them on the shot tracker spread sheet. This will keep a cumulative tally so you can chart your progress. Each participant needs to be disciplined to get out and shoot as often as possible. The goal is to make 10,000 shots. This is a goal to literally shoot for. It will be a challenging goal to make unless you stay on top of it.

Prizes:

- **10,000 Shot Club: 10,000 Shot Club T-shirt (Bronze Club Level)**
- **15,000 Shot Club: 15,000 Shot Club Hoodie (Silver Club Level)**
- **25,000 Shot Club: 25,000 Shot Club (Nike Team Shoe) (Gold Club Level)**
- **Highest Score: Name on Locker room wall as the Shooting Challenge Champion (You will have a special Plaque on the Wall)**

This will be a great program to improve shooting and to get as many girls involved in basketball as possible. Supporting and encouraging each other is an important part of this club. Let's do this all together! I hope the parents can encourage your child to shoot throughout the course of this challenge, especially in the summer months. The more shots that are taken will result in becoming a better player and shooter in the actual season. I'm a firm believer that "Hard Work Pays Off" and with this challenge we can improve and succeed.

Shooting Drills

I am attaching a shooting workout for you. Right now you will have to find a basket on your own and workout at home until we get the ok to use the gym. Make sure you have your parents mark off that you are completing the workout.

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Row the Boat...

SHOOTING GOAL: WRITE DOWN HOW MANY SHOTS YOU WILL MAKE: _____

PROCESS GOAL: HOW ARE YOU GOING TO DO IT?

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