

Sample Shooting Workout

Shooting Warm-Up

- ▶ 10 Right-handed Lay-ups
- ▶ 10 Left-handed Lay-ups
- ▶ 20 Form Shots (1 foot away – try to swish each one)

Shooting Workout

- ▶ 10 Right Elbow Jumpers
- ▶ 4 Free Throws
- ▶ 10 Left Elbow Jumpers
- ▶ 4 Free Throws
- ▶ 10 Right Corner Jumpers
- ▶ 4 Free Throws
- ▶ 10 Left Corner Jumpers
- ▶ 4 Free Throws
- ▶ 10 Perimeter Shots (3 pointers if strong enough)
- ▶ 4 Free Throws

Total = 110 Shots

If possible, shoot with a partner—friend, brother/sister, parent, grandparent, etc.

Reward yourself for a job well done and do not forget to update your progress sheet!

Champions are made
in the off-season.
What are you doing to
get better?



By Friday, October 5, 2018:

- Shoot 5,000 Shots
(1st-5th graders)
- Shoot 10,000 Shots
(6th-8th graders)

**2018
Oshkosh North**



Girls' Basketball

**SPARTAN SHOT CLUB
CHALLENGE**

**“Make every day
your masterpiece.”**

-John Wooden-