



# Grafton Hoops 2023 Summer Shot Club

**To: All Grafton Boys entering Grades 3 – 8**

This summer is a great opportunity for you to grow your skills as a basketball player. Preparation for the 2023-2024 basketball season starts in May! Each of you is challenged to take 10,000 – 25,000 shots this summer. Use the table on page 2 to record all of your workouts.

In order to become a member of the Grafton Summer Shot Club, you must take a minimum of 10,000 shots over the months of May, June, July and August, recording the number of shots taken. During your workouts, make sure to set aside time working specifically on shooting, focusing all your energy on that specific skill.

**Use the following tips to help improve your shooting:**

1. Work to develop the basic shooting fundamentals.
2. Start shooting in close to the basket and then progressively move out.
3. Use shots that you will take in a game.
4. Shoot off of movement.
5. Develop a routine that combines a variety of shots.
6. Use fakes and drives when shooting.
7. Follow all shots. NEVER let the ball bounce twice.
8. GO FULL SPEED – no casual shooting.
9. Shoot from a variety of spots.
10. Practice shots after you are tired.
11. Incorporate free throws into you shooting.
12. Have the right mind set when practicing.
13. SHOOT WITH CONFIDENCE, CONCENTRATION & RELAXATION.
14. YOU HAVE TO BELIEVE THAT EVERY SHOT YOU TAKE IS GOING IN – HAVE THE SHOOTER'S MENTALITY!

**Use the table on page 2 to keep track of your shots and turn into the Grafton Hoops Basketball Club by September 8 with a parent/guardian signature to verify your workouts.**

All individuals who take 10,000 shots or more will receive a Grafton Hoops Summer Shot Club t-shirt and may be recognized at a Grafton High School boys varsity game (date TBD).

**Levels:**

<b>10,000 shots</b>	<b>Silver</b>
<b>20,000 shots</b>	<b>Gold</b>
<b>25,000 shots</b>	<b>Platinum</b>

**Questions regarding the Grafton Hoops Summer Shot Club can be directed to:  
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262-327-2194  
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May	# of shots taken	June	# of shots taken	July	# of shots taken	August	# of shots taken
1		1		1		1	
2		2		2		2	
3		3		3		3	
4		4		4		4	
5		5		5		5	
6		6		6		6	
7		7		7		7	
8		8		8		8	
9		9		9		9	
10		10		10		10	
11		11		11		11	
12		12		12		12	
13		13		13		13	
14		14		14		14	
15		15		15		15	
16		16		16		16	
17		17		17		17	
18		18		18		18	
19		19		19		19	
20		20		20		20	
21		21		21		21	
22		22		22		22	
23		23		23		23	
24		24		24		24	
25		25		25		25	
26		26		26		26	
27		27		27		27	
28		28		28		28	
29		29		29		29	
30		30		30		30	
31				31		31	

Grand Total # of Shots Taken: \_\_\_\_\_

Player's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

T-shirt Size: \_\_\_\_\_ Parent Signature: \_\_\_\_\_



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## Shooting Workout Sample:

1. From Right Wing – Dribble in Layup with RIGHT Hand (10 Shots)
2. From Left Wing – Dribble in Layup with LEFT Hand (10 Shots)
3. 5 Free-Throws
4. Bank Shots from the RIGHT Block (10 Shots)
5. Bank Shots from the LEFT Block (10 Shots)
6. 5 Free-Throws
7. 10-Foot Jump Shots from the RIGHT Baseline (10 Shots)
8. 10-Foot Jump Shots from the LEFT Baseline (10 Shots)
9. 5 Free-Throws
10. From Right Wing – Shot Fake, Dribble in with RIGHT Hand, Jump Stop, 10-Foot Bank Shot (10 Shots)
11. From Left Wing – Shot Fake, Dribble in with LEFT Hand, Jump Stop, 10 Foot Bank Shot (10 Shots)
12. 5 Free-Throws
13. 8-Foot Jump Shot from Straight On (10 Shots)
14. 5 Free-Throws
15. From Right Wing – Fake Left, Dribble in Layup with RIGHT Hand (10 Shots)
16. From Left Wing – Fake Right, Dribble in Layup with LEFT Hand (10 Shots)
17. 5 Free-Throws
18. From Right Wing – Shot Fake, Dribble to Middle of Lane with LEFT Hand, Jump Stop, Jump Shot (10 Shots)
19. From Left Wing – Shot Fake, Dribble to Middle of Lane with RIGHT Hand, Jump Stop, Jump Shot (10 Shots)
20. 5 Free-Throws

## Grafton Parks with Basketball Hoops:

1. Pine Street Park
2. Dellwood Park
3. Veterans Memorial Park
4. Third Avenue Park
5. Wildwood Park
6. All Grafton Elementary Schools