

10,000 Shot Club 5th-8th Grade Shooting Plan

1. From Right Wing ⑦ Shot Fake, Dribble in Layup with RIGHT Hand (5 Shots)
2. From Left Wing ⑦ Shot Fake, Dribble in Layup with LEFT Hand (5 Shots)
3. From Right Wing ⑦ Shot Fake, Dribble in with RIGHT Hand, Reverse Layup with LEFT Hand (5 Shots)
4. From Left Wing ⑦ Shot Fake, Dribble in with LEFT Hand, Reverse Layup with RIGHT Hand (5 Shots)
5. 5 Free-Throws
6. Bank Shots from the Right Block (10 Shots)
7. Bank Shots from the Left Block (10 Shots)
8. 5 Free-Throws
9. 10-Foot Jump Shots from the LEFT Baseline (10 Shots)
10. 10-Foot Jump Shots from the RIGHT Baseline (10 Shots)
11. 5 Free-Throws
12. From Right Wing ⑦ Shot Fake, Dribble in with RIGHT Hand, Jump Stop, 12-Foot Bank Shot (10 Shots)
13. From Left Wing ⑦ Shot Fake, Dribble in with LEFT Hand, Jump Stop, 12-Foot Bank Shot (10 Shots)
14. 5 Free-Throws
15. 10-Foot Jumpers from Straight On (10 Shots)
16. 15-Foot Jumpers from the Left Elbow (10 Shots)
17. 15-Foot Jumpers from the Right Elbow (10 Shots)
18. 5 Free-Throws
19. From Right Wing ⑦ Fake Left, Dribble in with RIGHT Hand, Power Slide, Finish with RIGHT Hand (5 Shots)
20. From Left Wing ⑦ Fake Right, Dribble in with LEFT Hand, Power Slide, Finish with LEFT Hand (5 Shots)
21. 5 Free-Throws
22. From Right Wing ⑦ Fake Right, Dribble in with LEFT Hand, Jump Shot from Elbow (10 Shots)
23. From Left Wing ⑦ Fake Left, Dribble in with RIGHT Hand, Jump Shot from Elbow (10 Shots)
24. 5 Free-Throws
25. 3-Point Shots from Anywhere (10 Shots)
26. 5 Free-Throws



Total Shot Workout: 180 Shots