



## ***5,000 Shot Club 1<sup>st</sup>-4<sup>th</sup> Grade Shooting Plan***

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



***Total Shot Workout: 165***

***Shots***