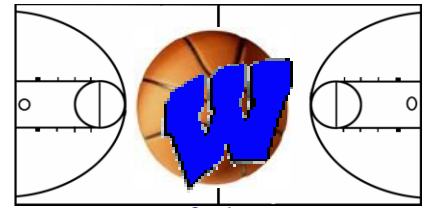


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**RIGHTSTOWN
FULL-COURT
CLUB**



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Presents the

15,000 SHOT CLUB MEMBERSHIP

PERSONAL BASKETBALL OFF-SEASON SHOOTING PROGRAM

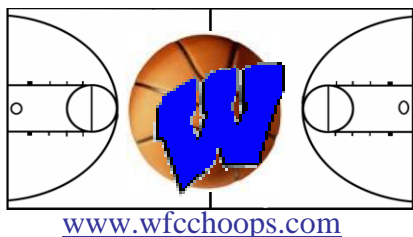
Player's Name: _____

Off-Season of: **2014**

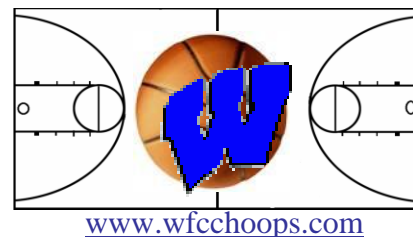
Parent's Signature: _____

Successful completion of this Shooting Program by making 15,000 shots will enable each player who turns the completed calendar into the high school coaching staff will earn a 15,000 shot club t-shirt. **HARD WORK** and **DEDICATION** to improve yourself as a player in the off-season will allow you to enjoy the rewards during the season!

WHS Coaching Staff



**RIGHTSTOWN
FULL-COURT
CLUB**



15,000 SHOT CLUB WORKOUT CALENDAR

The 15,000 Shot Club Workout Calendar is designed to enhance your basketball shooting skills. You should set daily, weekly, or monthly goals of how many shots you want to make so you can keep track of your progress of making at least 15,000 shots by October 1, 2014. For example, you could set a goal of making 1,000 shots a week or 4,000 shots a month. Each day you shoot, simply fill-in how many shots you make in the attached calendar. Below are some suggestions on how to improve your overall basketball skills and athletic ability:

SHOOTING: Shoot from a variety of different spots and ranges depending upon age and shooting ability. Shoot until you make a certain desired number shots or for a set length of time. Whichever way you choose to shoot, **MAKE IT GAME LIKE!** Remember to shoot with the correct form every time in addition to utilizing jab steps, shot fakes, and dribble moves before you shoot as well. Attached are some shooting workouts that have been proven to be effective.

BALL HANDLING: There are two kinds of ball handling skills that you should practice to improve quickness and hand-eye coordination. You can use one or two balls to dribble for most of these drills. Start out spending about 10 minutes mastering several of these drills and as time goes on, increase the number of drills you practice as you get faster and quicker.

1. **Stationary Ball Handling Skills:** These include using basketballs with or without a dribble. You will find a number of stationary ball handling drills attached that will help make you a better ball handler.
2. **Ball Handling Skills on the Move:** These include working on your front crossover, pull-back crossover, between your legs crossover, behind your back crossover, in & out ½ crossover, spin, hesitate & go, and combination double crossover dribbling moves. Work on your right and left hand equally. It's vital to snap your crossover off from hand-to-hand below your knees as quick as possible. Changing speeds is just as important as changing direction. Attached are some ball handling drills with dribbling the ball on the move that you can utilize effectively.

CONDITIONING: Conditioning is a very important part of being a good basketball player. After stretching out, there are a number of things you can do to better condition your body to improve as an athlete and become more explosive. Push-ups, sit-ups, pull-ups, jumping rope, bicycling, speed training, vertical jump training, plyometric training, and weight lifting are some examples. Do a number of different things during the course of a week and increase your conditioning efforts each month. You will find some speed, quickness, strength, and agility exercises attached for you to use to become a better athlete.

***“There are only two options regarding commitment.
You’re either IN or OUT.
There’s no such thing as life in-between.”***

-Pat Riley-



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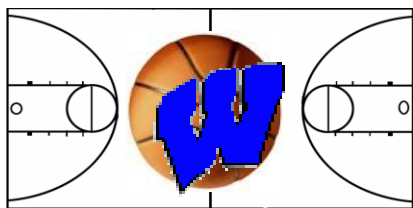


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~ June 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	Goals:				Shots Made:

***"Some people want it to happen,
some people wish it would happen,
others MAKE it happen!"***

-Michael Jordan-



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~ July 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Goals:		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		Shots Made:

*"The time when there is no one there to feel sorry for you
or to cheer for you is when a player is made."*

-Tim Duncan-



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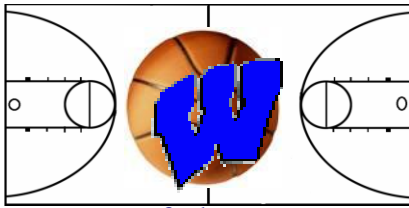


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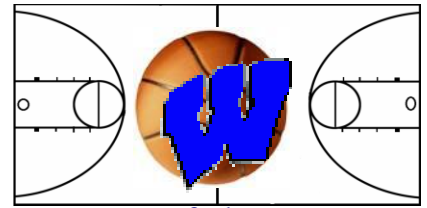
~ August 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Goals:					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	Shots Made:					



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~ September 2014 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Goals:	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	Shots Made:			

TOTAL NUMBER OF SHOTS MADE OVERALL: _____

Wrightstown Tigers

Basketball Skills Guide



“Today I will do what others won't, so tomorrow I can accomplish what others can't.”

-Jerry Rice-

Wrightstown Tigers Basketball

Lucky “100”

Shooting Workout

This shooting workout consists of attempting 100 shots. You could also modify this workout by making the desired amount of attempted shots at each station instead for a total of 100 made shots. Shooters should stretch out properly prior to the workout by doing form shooting until warmed-up. Take game shots at game speed or you are simply wasting your time. Remember, you play how you practice!

Attempt 5 Free-Throws after each Shooting Station

1. Stationary Shooting- No Dribble:

Attempt five shots from each of the following five spots on the floor: right corner, right wing, top-of-the-key, left wing, and left corner. Flip the ball out so that it spins back to you. It is extremely important to use correct footwork as you receive the ball to be in a triple threat position to shoot without dribbling. Shoot all 15-foot shots, all 3-point shots, or half 15-foot shots and half 3-point shots.

2. Shooting on the Move- One or Two Dribble Pull-ups:

Attempt two right handed dribble pull-ups and two left handed dribble pull-ups from each of the following spots on the floor: right corner, right wing, top-of-the-key, left wing, and left corner. Flip the ball out so that it spins back to you. It is extremely important to use correct footwork as you receive the ball to be in a triple threat position. You should sweep the ball below your knees and be quick to the floor with your dribble so you don't perform a traveling violation. A 10-15 foot shot after 1-2 dribbles is recommended. Practice using a shot fake, jab step, or both before dribbling as well.

3. Shooting on the Move- Power Lay-ups:

Explode to the basket in 1-3 dribbles to attempt one right hand power lay-up and one left hand power lay-up from each of the following spots on the floor: right corner, right wing, top-of-the-key, left wing, and left corner. Flip the ball out so that it spins back to you. It is extremely important to use correct footwork as you receive the ball to be in a triple threat position. You should sweep the ball below your knees and be quick to the floor with your dribble so you don't perform a traveling violation. Practice using a shot fake, jab step, or both before dribbling in addition to performing various cross overs moves afterwards before finishing in a variety of different ways at the basket.

4. Stationary Shooting- No Dribble:

Attempt five shots from each of the following five spots on the floor: right corner, right wing, top-of-the-key, left wing, and left corner. Flip the ball out so that it spins back to you. It is extremely important to use correct footwork as you receive the ball to be in a triple threat position to shoot without dribbling. Shoot all 15-foot shots, all 3-point shots, or half 15-foot shots and half 3-point shots.

30 MINUTE SHOOTING WORKOUT

Workout Goals

- Try to improve every time using this shooting workout by making more shots each time you use it.
- Practice finishing moves by alternating between executing overhand, reverse, and underhand lay-ups.
- Sweep the ball below your knees and be quick to the floor with the dribble to eliminate traveling.
- Incorporate some crossover moves and step-back dribble pull-up jump shots during Shooting Workout.
- Consistently shoot each shot with the following fundamentals:
 1. Prepare for each shot by having your leg on the same side of the arm you shoot with back
 2. Catch the ball with shooting hand underneath middle of ball with wrinkles showing on top of wrist
 3. As you receive the ball, step forward with your leg that is back while at the same time dipping your hips in a downward motion like sitting on a chair to prepare to shoot
 4. Shoot with your back straight up and down looking at the rim while finishing at the top of your jump with your elbow above ear for a high release to get arch on your shot

Warm-Up

	<u>Time</u>
1. 30 second Mikan Drill/ 30 second reverse Mikan Drill	1 Minute
2. Form Shooting in front of Rim	1 Minute
3. 5' Mid-Lane Form Shooting	1 Minute
4. 10' Mid-lane Form Shooting	1 Minute
5. Free Throws	1 Minute

Spot Shooting

	<u>Time</u>
1. 15' Top-of-the-Key Jump Shots	1 Minute
2. 15' Elbow Jump Shots	1 Minute Each Side
3. 15' Wing Jump Shots	1 Minute Each Side
4. 15' Corner Jump Shots	1 Minute Each Side
5. Free Throws	1 Minute
6. Top-of-the-Key 3-point Jump Shots	1 Minute
7. Elbow 3-point Jump Shots	1 Minute Each Side
8. Wing 3-point Jump Shots	1 Minute Each Side
9. Corner 3-point Jump Shots	1 Minute Each Side
10. Free Throws	1 Minute

Dribble Penetration Shooting

	<u>Time</u>
1. Dribble Pull-up Jump Shots, <i>Alternate Dribbling Hands</i>	1 Minute
2. Dribble Power Lay-ups, <i>Alternate Dribbling Hands & Finishes</i>	1 Minute
3. Free Throws	1 Minute
4. Shot Fake, Dribble Pull-up Jump Shots, <i>Alternate Dribbling Hands</i>	1 Minute
5. Shot Fake, Dribble Power Lay-ups, <i>Alternate Dribbling Hands & Finishes</i>	1 Minute
6. Free Throws	1 Minute
7. Jab Step, Dribble Pull-up Jump Shots, <i>Alternate Dribbling Hands</i>	1 Minute
8. Jab Step, Dribble Power Lay-ups, <i>Alternate Dribble Hands & Finishes</i>	1 Minute
9. Free Throws	1 Minute

COMPETITIVE SHOOTING GAMES

Individual or with a Partner

Rapid Fire Shooting

2 Balls – Most makes in a minute

Best 2 of 3

Consecutive String of Makes Shooting

Shoot from one spot, and see how many shots you can take without missing 2 in a row.

Best 2 of 3

Consecutive Makes In A Row Shooting

Shoot from one spot, start on a make and count how many shots you make consecutively

Best 2 of 3

10 Baskets Shooting

Move around perimeter or shoot from one spot, make 10 shots

Fewest Total Attempts Wins

2 Makes In A Row Shooting

You need to make 2 shots at each spot (right corner, right wing, top, left wing, left corner)

Fewest Total Attempts Wins

42 Point Game Shooting

3 shots (Lay-up, 15 foot Dribble Pull-up, 3-pointer) from each spot

Shoot at 7 different spots (right corner, right wing, right elbow, top-of-the-key, left elbow, left wing, left corner)

A total of 21 shots worth 42 points total (1 point= Lay-up, 2 points= Pull-up, 3 points= 3-pointer)

Most Points Wins

Beat Your Favorite College or NBA Player Shooting Game

Move around perimeter shooting from any spot on the floor 15 feet or farther

A basket equals 1 point, A miss equals 2 points for your favorite college player

Game to 10

Shoot Against Yourself Game

Shoot against yourself to see if you can win. You start with the score of “0” and add “+1” to your score on all makes and add “-2” to your score on all misses. You will win if you reach “+5” first or lose if you reach “-5” first. Play against yourself in the best out of a three game series.

First to win two games wins the series

1 on 1 Free Throw Shooting

If you make the first free throw, you get the bonus free throw then rotate

If you miss your first free throw, rotate

Game to 11

Wrightstown Tiger Basketball Offensive Skills Workout with a Partner

Goal= this workout will allow two players the opportunity to improve their shooting, ball handling, jab series moves, 1-on-1 skills, and finishing moves

*****Each Player Should Make Two Free Throws Between Each Station*****

Spot Shooting: Mid-Range Jump Shots

Make a combined five shots with your partner from each of the following five areas on the floor: right corner, right wing, top-of-the-key, left wing, and left corner. Alternate shots with your partner by rebounding your own shot and closing out on partner with high hands close outs to bother their shot.

Spot Shooting: 3-point Shots

Make a combined five shots with your partner from each of the following five areas on the floor: right corner, right wing, top-of-the-key, left wing, and left corner. Alternate shots with your partner by rebounding your own shot and closing out on partner with high hands close outs to bother their shot.

Spot Shooting: Dribble Pull-Up Jump Shots

Make a combined five shots with your partner from each of the following five areas on the floor: right corner, right wing, top-of-the-key, left wing, and left corner. Alternate shots with your partner by rebounding your own shot and closing out on partner with high hands close outs to bother their shot. Offensive player should catch the ball outside the 3-point line and use any jab series move to get into a one or two dribble pull-up jump shot.

1-on-1: Stationary Closeouts

Both players have two offensive possessions against their partner from each of the following five areas on the floor: right corner, right wing, top-of-the-key, left wing, and left corner. Each defender should close out tight so the offensive player can practice catch-n-sweep or catch-shot fake-n-sweep jab series moves into a power lay-up finishing move or pull-up jump shot.

1-on-1: Open Court Closeouts

Both players have two offensive possessions against their partner from each of the following five areas on the floor: right corner, right wing, top-of-the-key, left wing, and left corner. Each defender should close out half way between the offensive player and the basket so each offensive player can practice open court dribbling moves thru traffic while finishing with various scoring moves at the basket.

WRIGHTSTOWN TIGERS BASKETBALL

LUCKY “100”

POST SHOOTING WORKOUT

This post shooting workout consists of making 100 shots. Shooters should stretch out properly prior to the workout by doing some form shooting until warmed-up. Take game shots at game speed or you are simply wasting your time. Remember, you play how you practice!

POST FUNDAMENTALS

- Use proper technique, correct footwork, and influence fakes with every post move.
- Execute post moves on balance with quick repetitions at 100% max effort.
- Post-up by boxing out your defender with a low, wide, strong, and upright stance wanting a post pass.
- Chin the ball on all post entry catches. Slow down, vary your rhythm. Be quick and athletic without hurrying.
- Focusing on using correct footwork so you can be on balance at all times.

POST WARM-UP

- Make 20 regular MIKAN Lay-ups while alternating hands each time
- Make 20 reverse MIKAN Lay-ups while alternating hands each time
- Make 20 SUPERMAN Lay-ups while alternating hands each time- player will toss basketball off backboard
 - Rebound & Finish
 - Rebound, Shot Fake, & Finish
 - Rebound, Power Dribble, & Finish

POST MOVES WORKOUT

- Alternate from block-to-block or side-to-side after each shot
- Use a passer, toss back, or flip yourself a pass to start each move or shot
- Put back all misses immediately, try not to allow missed shots to hit the floor

Make Four Baseline Power Drop Step Moves

Make Four Middle Power Drop Step Moves

MAKE TWO FREE THROWS

Make Four Turnaround Jump Shots, pivoting on your baseline foot

Make Four Turnaround Jump Shots, pivoting on your top foot

MAKE TWO FREE THROWS

Make Four Up-and-Under Moves (shot fake & step thru), pivoting on your baseline foot

Make Four Up-and-Under Moves (shot fake & step thru), pivoting on your top foot

MAKE TWO FREE THROWS

Make Four Short Corner Jump Shots

Make Four Elbow Jump Shots

MAKE TWO FREE THROWS

Wrightstown Tigers Basketball Ball Handling Workout

Do each drill for 15 seconds or for a count of 10 reps as fast as possible! Try to improve your quickness each time. Keep your head up and ball low. The best ball handlers always change speeds and directions.

ONE BALL SERIES

STATIONARY (no dribbling):

1. Ball slaps- as hard as possible
2. Outstretched Arms (elbows locked)-pat ball back and forth with finger tips moving up and down
3. Body Circles up and down around your ankles, knees, waist, and head in both directions
4. Flip ball between your legs (hand in front/ hand behind, then 2 hands in front/ 2 hands behind)
5. Figure 8 (through the front, then through the back)

STATIONARY (dribbling):

1. Speed dribble with left hand around each leg separately (clockwise, counterclockwise)
2. Speed dribble with right hand around each leg separately (clockwise, counterclockwise)
3. Figure 8 speed dribble (through the front, through the back)
4. Kill Dribble- pound the ball hard five times high and five times low (left hand, right hand)
5. V-dribble in front side-to-side (left hand, right hand)
6. Push-Pull dribble on side front-to-back (left hand, right hand)
7. Crossovers in front- take guide hand with it, snap the wrist
8. Killer crossovers- one hard dribble, then crossover
9. Scissors- move your feet in a scissors fashion while dribbling the ball through your legs.
10. Spider drill- one left hand, one right hand dribble in front of legs, same thing in back of legs.

MOVING (dribbling from baseline-to-baseline and back):

1. Execute a hesitate-n-go move every five dribbles (right hand down, left hand back)
2. Execute a regular crossover every five dribbles
3. Execute a between the legs crossover every five dribbles
4. Execute a behind the back crossover every five dribbles
5. Execute a double crossover move every five dribbles

TWO BALL SERIES

STATIONARY (dribbling):

1. Dribble both balls together in same direction (high, low, rotate body side-to-side)
2. Dribble both balls together in opposite direction (high, low, rotate body side-to-side)
3. Dribble One hand high, one hand low (right high/left low, right low/left high)
4. V-Dribble in front side-to-side (same direction, opposite direction)
5. Push-Pull Dribble on the side front-to-back (same direction, opposite direction)
6. Crossover both balls in front simultaneously
7. Crossover with one hand in front & between the legs with other hand simultaneously (opposite)
8. Crossover with one hand in front & behind the back with other hand simultaneously (opposite)
9. Dribble around one leg and pound dribble with other hand simultaneously (right leg, left leg)
10. Figure 8 speed dribble with both balls (through the front & through the back)

MOVING (dribbling from baseline-to-baseline and back):

1. Dribble both balls in same direction executing a hesitate-n-go move every five dribbles
2. Dribble both balls in opposite direction executing a hesitate-n-go move every five dribbles
3. Crossover both balls in front simultaneously every five dribbles
4. Zigzag and crossover in front & between the legs simultaneously every change of direction
5. Zigzag and crossover in front & behind the back simultaneously every change of direction

Effective Exercises to Improve Your First Step

So you weren't born quick. Here are exercises and workouts to help you become faster, quicker, and more explosive.

Quickness, explosiveness, reaction-ability. All of these refer to how fast your first step is. But is it really possible to improve the quickness and explosiveness of your first step? The simple answer is yes, but before laying out your “Get Quick Now” routine, let’s define some basic misconceptions about quickness training. While doing plyometric drills will increase your explosiveness, doing them over and over again will increase your strength and not your quickness. In order to train your fast twitch fibers (the ones that are responsible for your explosiveness) you should only do sets of 1 rep with substantial rest in between (think 10-15 seconds) for a period no longer than 10 minutes. Right now you’re seeing, thinking, and then doing. You need to be seeing and doing without that hesitation in the middle. To get rid of that delay, you’ll need to improve your forward knee action, dictated by hip flexor flexibility. What follows is a stretching and speed routine that will remove your internal hurdle.

1. Static hip flexor stretches will improve forward knee action, which will improve your first step.

a. Sit on a couch with one leg hanging off. Slowly bring the opposite knee to your chest while keeping that knee that’s off the couch in the same position it started in. You should feel a stretch in your hip flexor of the leg that’s off the couch. This will increase hip flexibility when done routinely.

b. Complete 2 sets of 30 for each side.

2. Tennis ball drops, with you standing at first, then later with you on your back, and then finally with you on your stomach.

a. With a partner standing in front of you, have them drop a tennis ball while you try to get to it before the ball’s second bounce. Getting there with ease? Have your partner move back. This should be done not in reps, but with lots of rest in-between to emphasize the speed work, and not the cardiovascular, aspect.

b. Do these for ten minutes total.

3. Hop-hop-explodes, which is exactly what they sound like.

a. Hop sideways, hop sideways again (perhaps over a hurdle or even dots on the ground), and the moment you land after that second hop, take off in a lateral slide (similar to playing defense in basketball). When you land for each hop, imagine the floor is on fire. This is the application of the hot stove neuro-muscular theory. You can also hop forward, hop forward, and then sprint straight ahead to provide some variety to this training technique. Again, these should be done not in reps, but instead with lots of rest in-between to emphasize the speed work, and not the cardiovascular, aspect.

b. Do these for ten minutes total.

Becoming faster, quicker, and more explosive requires not just hard work, but smart work.

Consistently work the three exercises above into your workout routine, and enjoy as your first step becomes *Russell Westbrook-like*!