

"Hard Work Beats Talent When Talent Doesn't Work Hard" -- Tim Notke



IRONDALE BASKETBALL ASSOCIATION

Hoops Club Drills Monthly Chart



Name _____

Month _____

Grade _____

Drill	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	Total		
100 Jump Rope Both Feet																																		
50 Jump Rope Right Foot																																		
50 Jump Rope Left Foot																																		
25 Push Ups																																		
25 Crunches																																		
TOTALS																																		
Right Hand Lay Up																																		
Left Hand Lay Up																																		
Right Block																																		
Left Block																																		
Middle of Lane																																		
Right Elbow Jump Shot																																		
Left Elbow Jump Shot																																		
Free Throw																																		
Right Side Bank Shot																																		
Left Side Bank Shot																																		
Right Elbow Shot Fake Jumper																																		
Left Elbow Shot Fake Jumper																																		
Right Side of Basket Jump Shot																																		
Left Side of Basket Jump Shot																																		
Game Shots																																		
TOTALS																																		

Record Total Shots Made Out of 100 Shots for Each Drill. Add Total Shots Made for Each Drill for Total Shots Made Out of 1000 Shots.

Parent / Guardian Name: _____

Parent / Guardian Signature: _____