

# WILDCAT 10,000 SHOT

## Wildcat Shooting Tips:

- Warm up and Stretch Out
- Groove your shot with one hand close to the basket or against wall
- Rest the ball on the fingers tips of your shooting hand. It should not touch the palm of your hand
- Your non shooting is there to balance the ball only; Keep it on the side of the ball
- B.E.E.F: Balance, Eyes, Elbow, Follow through.
- Balance: as you catch the ball, your feet are balanced, knees slightly bent, and your strong foot is slightly ahead of your back foot.
- Eyes: Focus on a small target at the back of the rim.
- Elbow: 90 Degrees
- Follow Through: Go straight up with your arm and jump, flick your wrist.
- Shoot and finish all shots at game speed with proper form. Remember, it doesn't matter what you do, if you don't practice at game speed

### How do I keep track of my shots?

- Count your own or use the following...
- Record the amount of time you practice each day.
- ½ hour: 100 shots
- 1 hour: 200 shots
- 10 minutes of ball handling: 20 Shots
- Tournament Games: 25 Shots
- Hall-of-Fame Shooting Camps: 1,500 shots

At the end of each month add up your totals shots taken.

Each player that completes the 10,000 shots will be awarded a Wildcat 10,000 shots will be awarded a Wildcat 10,000 Shot club T-Shirt at a Wildcat home game in the fall!

## June 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			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		

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## July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					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						

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## August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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			

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## September 2011

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				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	

I can truthfully say that I have taken all the shots that I have put on this calendar.

Signed: \_\_\_\_\_