

LIBERTY BASKETBALL

10,000

SHOT

CLUB

SOME PEOPLE WANT IT TO HAPPEN,
SOME WISH IT WOULD HAPPEN,
OTHERS MAKE IT HAPPEN.

- Michael Jordan



Liberty Basketball

There is a school of thought that say it takes roughly 10,000 hours of practice to achieve mastery in a particular field. If we can translate that thinking into shooting repetitions on the basketball court, 10,000 shot can seem very overwhelming.

To shoot 10,000 shots over the course of the summer is an amazing accomplishment and takes a tremendous amount of dedication and commitment. It requires the discipline to find the time to get your shots in and the responsibility to record them in your booklet.

Two great shooters who are making millions, put in the work in the summer. Dirk Nowitzki shoots at least 500 shots a day. He charts what he makes to see if he is improving and if not, he figures out why. Steph Curry doesn't leave the gym in the summer until he MAKES at least 500 shots a day. There is a reason why people call them the best shooters in the NBA, they put in the time.

When you look at 10,000 shots, it becomes a little more manageable if you break it down:

- There are 10 weeks in the summer or fall leading up to the season
- You need to shoot 1000 shots every week for 10 weeks
- You need to shoot 250 shots per session 4 times a week

If you are working hard, and with a partner (or on the Gun), this will take about 45 minutes for both people to get 250 shots. By yourself with a rebounder, it will take 30 minutes. Can you find time for that?

The goal of this is to work on shooting technique, get repetitions and gain confidence in your shot. I encourage you to get a partner. Hold your teammates accountable. Get better. It will make working out more fun and help make your workouts go quicker.

I will have a schedule for the gym eventually, but with Coach Sodemann and myself the gym should be open at least 4 times a week (some weeks more). You will have to do some of these on your own. If you miss a week, you can make up the week later on.

If you are unsure of what something is, let me know. The idea is to go at game speed but not sacrifice technique at the same time. You can do the workout in any order try not to repeat a workout more than once a week. Think of the honesty and integrity of this accomplishment when filling out your booklet. Hold your teammates accountable. Would you like to be on a team where any player could score 15 plus points a game? Be sure to record your total **makes** out of 25 attempts for each drill each day.

Only one person in Liberty's history (I know it hasn't been open that long) has accomplished this goal. This 10,000 shot club booklet is due back to me by the first day of school or if you do this in fall, before the dead week. If you successfully complete this challenge, you will be rewarded with your name engraved on the plaque that will stay with this program forever!

Good luck!

Coach Walterbach

HOW BAD DO YOU WANT TO IMPROVE?

Week 1

Partner Shooting

Drill	Shots
Mikans	/25
Block to Block	/25
2 nd hash to 2 nd hash	/25
Baseline to Baseline	/25
Elbow to elbow	/25
Elbow to corner left side	/25
Elbow to corner right side	/25
5 @ a spot 15 ft	/25
5 @ a spot 3's	/25
Free Throws	/25
Total	/250

10 spot catch and shoot

Drill	Shots
Right corner	/25
Right wing	/25
Point	/25
Left wing	/25
Left corner	/25
Ft's	/25
Right elbow	/25
left elbow	25
Point	/25
Free Throws	/25
Total	/250

JJ Reddick Shooting on the move. Catch, shoot, move to a new spot

Drill	Shots
5-7 feet (in lane/inside vblane)	/25
7-15 ft (outside lane/inside 3pt line)	/25
18-22 feet (outside 3 pt line)	/25
FT's	/25
5-7 feet shot fake 1-2 dribble pullup	/25
7-15 feet shot fake 1-2 dribble pullup	/25
18-22 feet shot fake 1-2 dribble pullup	/25
Bank shots	/25
Around the world 2x2pt/1x3 pt	/25
Free Throws	/25
Total	/250

Steph Curry Shooting

Drill	Shots
5 @ spot (15 ft)	/25
Left wing dribble move elbow pullup	/25
Right wing dribble move elbow pullup	/25
Top of key dribble move pullup	/25
5 @ spot (3pt)	/25
Left wing dribble move baseline pullup	/25
Right wing dribble move baseline pullup	/25
Mikan	/25
Post moves	/25
Free Throws	/25
Total	/250

Final for the week

Total makes for week	/1000
FT total for week	/150

HOW BAD DO YOU WANT TO IMPROVE?

Week 2

Partner Shooting

Drill	Shots
Mikans	/25
Block to Block	/25
2 nd hash to 2 nd hash	/25
Baseline to Baseline	/25
Elbow to elbow	/25
Elbow to corner left side	/25
Elbow to corner right side	/25
5 @ a spot 15 ft	/25
5 @ a spot 3's	/25
Free Throws	/25
Total	/250

10 spot catch and shoot

Drill	Shots
Right corner	/25
Right wing	/25
Point	/25
Left wing	/25
Left corner	/25
Ft's	/25
Right elbow	/25
left elbow	/25
Point	/25
Free Throws	/25
Total	/250

JJ Reddick Shooting on the move. Catch, shoot, move to a new spot

Drill	Shots
5-7 feet (in lane/inside vblane)	/25
7-15 ft (outside lane/inside 3pt line)	/25
18-22 feet (outside 3 pt line)	/25
FT's	/25
5-7 feet shot fake 1-2 dribble pullup	/25
7-15 feet shot fake 1-2 dribble pullup	/25
18-22 feet shot fake 1-2 dribble pullup	/25
Bank shots	/25
Around the world 2x2pt/1x3 pt	/25
Free Throws	/25
Total	/250

Steph Curry Shooting

Drill	Shots
5 @ spot (15 ft)	/25
Left wing dribble move elbow pullup	/25
Right wing dribble move elbow pullup	/25
Top of key dribble move pullup	/25
5 @ spot (3pt)	/25
Left wing dribble move baseline pullup	/25
Right wing dribble move baseline pullup	/25
Mikan	/25
Post moves	/25
Free Throws	/25
Total	/250

Final for the week

Total makes for week	/1000
FT total for week	/150

HOW BAD DO YOU WANT TO IMPROVE?

Week 3

Partner Shooting

Drill	Shots
Mikans	/25
Block to Block	/25
2 nd hash to 2 nd hash	/25
Baseline to Baseline	/25
Elbow to elbow	/25
Elbow to corner left side	/25
Elbow to corner right side	/25
5 @ a spot 15 ft	/25
5 @ a spot 3's	/25
Free Throws	/25
Total	/250

10 spot catch and shoot

Drill	Shots
Right corner	/25
Right wing	/25
Point	/25
Left wing	/25
Left corner	/25
Ft's	/25
Right elbow	/25
left elbow	/25
Point	/25
Free Throws	/25
Total	/250

JJ Reddick Shooting on the move. Catch, shoot, move to a new spot

Drill	Shots
5-7 feet (in lane/inside vblane)	/25
7-15 ft (outside lane/inside 3pt line)	/25
18-22 feet (outside 3 pt line)	/25
FT's	/25
5-7 feet shot fake 1-2 dribble pullup	/25
7-15 feet shot fake 1-2 dribble pullup	/25
18-22 feet shot fake 1-2 dribble pullup	/25
Bank shots	/25
Around the world 2x2pt/1x3 pt	/25
Free Throws	/25
Total	/250

Steph Curry Shooting

Drill	Shots
5 @ spot (15 ft)	/25
Left wing dribble move elbow pullup	/25
Right wing dribble move elbow pullup	/25
Top of key dribble move pullup	/25
5 @ spot (3pt)	/25
Left wing dribble move baseline pullup	/25
Right wing dribble move baseline pullup	/25
Mikan	/25
Post moves	/25
Free Throws	/25
Total	/250

Final for the week

Total makes for week	/1000
FT total for week	/150

HOW BAD DO YOU WANT TO IMPROVE?

Week 4

Partner Shooting

Drill	Shots
Mikans	/25
Block to Block	/25
2 nd hash to 2 nd hash	/25
Baseline to Baseline	/25
Elbow to elbow	/25
Elbow to corner left side	/25
Elbow to corner right side	/25
5 @ a spot 15 ft	/25
5 @ a spot 3's	/25
Free Throws	/25
Total	/250

10 spot catch and shoot

Drill	Shots
Right corner	/25
Right wing	/25
Point	/25
Left wing	/25
Left corner	/25
Ft's	/25
Right elbow	/25
left elbow	/25
Point	/25
Free Throws	/25
Total	/250

JJ Reddick Shooting on the move. Catch, shoot, move to a new spot

Drill	Shots
5-7 feet (in lane/inside vblane)	/25
7-15 ft (outside lane/inside 3pt line)	/25
18-22 feet (outside 3 pt line)	/25
FT's	/25
5-7 feet shot fake 1-2 dribble pullup	/25
7-15 feet shot fake 1-2 dribble pullup	/25
18-22 feet shot fake 1-2 dribble pullup	/25
Bank shots	/25
Around the world 2x2pt/1x3 pt	/25
Free Throws	/25
Total	/250

Steph Curry Shooting

Drill	Shots
5 @ spot (15 ft)	/25
Left wing dribble move elbow pullup	/25
Right wing dribble move elbow pullup	/25
Top of key dribble move pullup	/25
5 @ spot (3pt)	/25
Left wing dribble move baseline pullup	/25
Right wing dribble move baseline pullup	/25
Mikan	/25
Post moves	/25
Free Throws	/25
Total	/250

Final for the week

Total makes for week	/1000
FT total for week	/150

HOW BAD DO YOU WANT TO IMPROVE?

Week 5

Partner Shooting

Drill	Shots
Mikans	/25
Block to Block	/25
2 nd hash to 2 nd hash	/25
Baseline to Baseline	/25
Elbow to elbow	/25
Elbow to corner left side	/25
Elbow to corner right side	/25
5 @ a spot 15 ft	/25
5 @ a spot 3's	/25
Free Throws	/25
Total	/250

10 spot catch and shoot

Drill	Shots
Right corner	/25
Right wing	/25
Point	/25
Left wing	/25
Left corner	/25
Ft's	/25
Right elbow	/25
left elbow	/25
Point	/25
Free Throws	/25
Total	/250

JJ Reddick Shooting on the move. Catch, shoot, move to a new spot

Drill	Shots
5-7 feet (in lane/inside vblane)	/25
7-15 ft (outside lane/inside 3pt line)	/25
18-22 feet (outside 3 pt line)	/25
FT's	/25
5-7 feet shot fake 1-2 dribble pullup	/25
7-15 feet shot fake 1-2 dribble pullup	/25
18-22 feet shot fake 1-2 dribble pullup	/25
Bank shots	/25
Around the world 2x2pt/1x3 pt	/25
Free Throws	/25
Total	/250

Steph Curry Shooting

Drill	Shots
5 @ spot (15 ft)	/25
Left wing dribble move elbow pullup	/25
Right wing dribble move elbow pullup	/25
Top of key dribble move pullup	/25
5 @ spot (3pt)	/25
Left wing dribble move baseline pullup	/25
Right wing dribble move baseline pullup	/25
Mikan	/25
Post moves	/25
Free Throws	/25
Total	/250

Final for the week

Total makes for week	/1000
FT total for week	/150

HOW BAD DO YOU WANT TO IMPROVE?

Week 6

Partner Shooting

Drill	Shots
Mikans	/25
Block to Block	/25
2 nd hash to 2 nd hash	/25
Baseline to Baseline	/25
Elbow to elbow	/25
Elbow to corner left side	/25
Elbow to corner right side	/25
5 @ a spot 15 ft	/25
5 @ a spot 3's	/25
Free Throws	/25
Total	/250

10 spot catch and shoot

Drill	Shots
Right corner	/25
Right wing	/25
Point	/25
Left wing	/25
Left corner	/25
Ft's	/25
Right elbow	/25
left elbow	/25
Point	/25
Free Throws	/25
Total	/250

JJ Reddick Shooting on the move. Catch, shoot, move to a new spot

Drill	Shots
5-7 feet (in lane/inside vblane)	/25
7-15 ft (outside lane/inside 3pt line)	/25
18-22 feet (outside 3 pt line)	/25
FT's	/25
5-7 feet shot fake 1-2 dribble pullup	/25
7-15 feet shot fake 1-2 dribble pullup	/25
18-22 feet shot fake 1-2 dribble pullup	/25
Bank shots	/25
Around the world 2x2pt/1x3 pt	/25
Free Throws	/25
Total	/250

Steph Curry Shooting

Drill	Shots
5 @ spot (15 ft)	/25
Left wing dribble move elbow pullup	/25
Right wing dribble move elbow pullup	/25
Top of key dribble move pullup	/25
5 @ spot (3pt)	/25
Left wing dribble move baseline pullup	/25
Right wing dribble move baseline pullup	/25
Mikan	/25
Post moves	/25
Free Throws	/25
Total	/250

Final for the week

Total makes for week	/1000
FT total for week	/150

HOW BAD DO YOU WANT TO IMPROVE?

Week 7

Partner Shooting

Drill	Shots
Mikans	/25
Block to Block	/25
2 nd hash to 2 nd hash	/25
Baseline to Baseline	/25
Elbow to elbow	/25
Elbow to corner left side	/25
Elbow to corner right side	/25
5 @ a spot 15 ft	/25
5 @ a spot 3's	/25
Free Throws	/25
Total	/250

10 spot catch and shoot

Drill	Shots
Right corner	/25
Right wing	/25
Point	/25
Left wing	/25
Left corner	/25
Ft's	/25
Right elbow	/25
left elbow	/25
Point	/25
Free Throws	/25
Total	/250

JJ Reddick Shooting on the move. Catch, shoot, move to a new spot

Drill	Shots
5-7 feet (in lane/inside vblane)	/25
7-15 ft (outside lane/inside 3pt line)	/25
18-22 feet (outside 3 pt line)	/25
FT's	/25
5-7 feet shot fake 1-2 dribble pullup	/25
7-15 feet shot fake 1-2 dribble pullup	/25
18-22 feet shot fake 1-2 dribble pullup	/25
Bank shots	/25
Around the world 2x2pt/1x3 pt	/25
Free Throws	/25
Total	/250

Steph Curry Shooting

Drill	Shots
5 @ spot (15 ft)	/25
Left wing dribble move elbow pullup	/25
Right wing dribble move elbow pullup	/25
Top of key dribble move pullup	/25
5 @ spot (3pt)	/25
Left wing dribble move baseline pullup	/25
Right wing dribble move baseline pullup	/25
Mikan	/25
Post moves	/25
Free Throws	/25
Total	/250

Final for the week

Total makes for week	/1000
FT total for week	/150

HOW BAD DO YOU WANT TO

IMPROVE?

Week 8

Partner Shooting

Drill	Shots
Mikans	/25
Block to Block	/25
2 nd hash to 2 nd hash	/25
Baseline to Baseline	/25
Elbow to elbow	/25
Elbow to corner left side	/25
Elbow to corner right side	/25
5 @ a spot 15 ft	/25
5 @ a spot 3's	/25
Free Throws	/25
Total	/250

10 spot catch and shoot

Drill	Shots
Right corner	/25
Right wing	/25
Point	/25
Left wing	/25
Left corner	/25
Ft's	/25
Right elbow	/25
left elbow	/25
Point	/25
Free Throws	/25
Total	/250

JJ Reddick Shooting on the move. Catch, shoot, move to a new spot

Drill	Shots
5-7 feet (in lane/inside vblane)	/25
7-15 ft (outside lane/inside 3pt line)	/25
18-22 feet (outside 3 pt line)	/25
FT's	/25
5-7 feet shot fake 1-2 dribble pullup	/25
7-15 feet shot fake 1-2 dribble pullup	/25
18-22 feet shot fake 1-2 dribble pullup	/25
Bank shots	/25
Around the world 2x2pt/1x3 pt	/25
Free Throws	/25
Total	/250

Steph Curry Shooting

Drill	Shots
5 @ spot (15 ft)	/25
Left wing dribble move elbow pullup	/25
Right wing dribble move elbow pullup	/25
Top of key dribble move pullup	/25
5 @ spot (3pt)	/25
Left wing dribble move baseline pullup	/25
Right wing dribble move baseline pullup	/25
Mikan	/25
Post moves	/25
Free Throws	/25
Total	/250

Final for the week

Total makes for week	/1000
FT total for week	/150

HOW BAD DO YOU WANT TO IMPROVE?

Week 9

Partner Shooting

Drill	Shots
Mikans	/25
Block to Block	/25
2 nd hash to 2 nd hash	/25
Baseline to Baseline	/25
Elbow to elbow	/25
Elbow to corner left side	/25
Elbow to corner right side	/25
5 @ a spot 15 ft	/25
5 @ a spot 3's	/25
Free Throws	/25
Total	/250

10 spot catch and shoot

Drill	Shots
Right corner	/25
Right wing	/25
Point	/25
Left wing	/25
Left corner	/25
Ft's	/25
Right elbow	/25
left elbow	/25
Point	/25
Free Throws	/25
Total	/250

JJ Reddick Shooting on the move. Catch, shoot, move to a new spot

Drill	Shots
5-7 feet (in lane/inside vblane)	/25
7-15 ft (outside lane/inside 3pt line)	/25
18-22 feet (outside 3 pt line)	/25
FT's	/25
5-7 feet shot fake 1-2 dribble pullup	/25
7-15 feet shot fake 1-2 dribble pullup	/25
18-22 feet shot fake 1-2 dribble pullup	/25
Bank shots	/25
Around the world 2x2pt/1x3 pt	/25
Free Throws	/25
Total	/250

Steph Curry Shooting

Drill	Shots
5 @ spot (15 ft)	/25
Left wing dribble move elbow pullup	/25
Right wing dribble move elbow pullup	/25
Top of key dribble move pullup	/25
5 @ spot (3pt)	/25
Left wing dribble move baseline pullup	/25
Right wing dribble move baseline pullup	/25
Mikan	/25
Post moves	/25
Free Throws	/25
Total	/250

Final for the week

Total makes for week	/1000
FT total for week	/150

HOW BAD DO YOU WANT TO

IMPROVE?

Week 10

Partner Shooting

Drill	Shots
Mikans	/25
Block to Block	/25
2 nd hash to 2 nd hash	/25
Baseline to Baseline	/25
Elbow to elbow	/25
Elbow to corner left side	/25
Elbow to corner right side	/25
5 @ a spot 15 ft	/25
5 @ a spot 3's	/25
Free Throws	/25
Total	/250

10 spot catch and shoot

Drill	Shots
Right corner	/25
Right wing	/25
Point	/25
Left wing	/25
Left corner	/25
Ft's	/25
Right elbow	/25
left elbow	/25
Point	/25
Free Throws	/25
Total	/250

JJ Reddick Shooting on the move. Catch, shoot, move to a new spot

Drill	Shots
5-7 feet (in lane/inside vblne)	/25
7-15 ft (outside lane/inside 3pt line)	/25
18-22 feet (outside 3 pt line)	/25
FT's	/25
5-7 feet shot fake 1-2 dribble pullup	/25
7-15 feet shot fake 1-2 dribble pullup	/25
18-22 feet shot fake 1-2 dribble pullup	/25
Bank shots	/25
Around the world 2x2pt/1x3 pt	/25
Free Throws	/25
Total	/250

Steph Curry Shooting

Drill	Shots
5 @ spot (15 ft)	/25
Left wing dribble move elbow pullup	/25
Right wing dribble move elbow pullup	/25
Top of key dribble move pullup	/25
5 @ spot (3pt)	/25
Left wing dribble move baseline pullup	/25
Right wing dribble move baseline pullup	/25
Mikan	/25
Post moves	/25
Free Throws	/25
Total	/250

Final for the week

Total makes for week	/1000
FT total for week	/150

**WAS IT WORTH IT?
DID YOU IMPROVE?**

SHOTS

FREE THROWS

WEEK 1	/1000	/150
WEEK 2	/1000	/150
WEEK 3	/1000	/150
WEEK 4	/1000	/150
WEEK 5	/1000	/150
WEEK 6	/1000	/150
WEEK 7	/1000	/150
WEEK 8	/1000	/150
WEEK 9	/1000	/150
WEEK 10	/1000	/150
TOTAL	/10,000	/1500