

# 10,000 SHOT CLUB

Record All Makes in Boxes

Name: \_\_\_\_\_

Session	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
3 Perfect @ 3 Spots																									
15ea. Short Corners																									
15ea. Mid Wing																									
15 FT Line Jumpers																									
5 R Layup																									
5 L Layup																									
5 R Power Layup																									
5 L Power Layup																									
5 R Reverse Layup																									
5 L Reverse Layup																									
20 X Out Layups*																									
5 FTs																									
Mikan 10 L + 10 R*																									
5 FTs																									
20 Jab Series R+L																									
5 FTs																									
20 Jab Series R+L																									
5 FTs																									
20 Threes^																									
5 FTs																									
20 Threes^																									

\* Keep running the drill until you have made 10 from both sides

^ You can follow up a missed shot with a layup and count it

Each "session" = 229 SHOTS, A completed table = 5,725 SHOTS

\*Advanced workouts = diff. shot amount

200 shots per day of tournament, open gym, or team camp (up to 5,000 shots) **Make sure you track on sheet somewhere**