

MAY						
						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					
JUNE						
		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			
JULY						
				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
AUGUST						
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				
SEPTEMBER						
			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		



Lady Sailors Basketball 10,000 Shot Program

This program is designed for any girl going into 4-8 grade that was a part of any of our youth or middle school programs.

Here are a few sample workouts to choose from or create your own. Do one, two, or all three workouts.

Take quality attempts, with game level focus and energy.

Finishing Moves - 10 Shots of each of the following. Alternate your starting spot between the elbow and the wing:

- Layups, right & left sides
- 2 Foot Jump Stop, right & left sides
- Step Through right & left sides
- Reverse Lay-up, right & left sides
- Post moves from the block, right & left sides
- Jab or stutter step, then explosive layup, right & left sides
- Mikans, right & left sides
- 20 Free throws

160 Total shots

Ball Toss Catch and Shoot - 10 Shots of each of the following

- Block to Block (10 from the right and left sides)
- Right Wing
- Left Wing
- Right Baseline
- Left Baseline
- Right Elbow
- Left Elbow
- 20 Free throws

100 Total shots

Shooting – Off the Dribble -10 Shots of each of the following

- Right Wing (1 Dribble Pull Up)
- Left Wing (1 Dribble Pull Up)
- Right Wing (1 Dribble + Dribble Move to Jumpshot)
- Left Wing (1 Dribble + Dribble Move to Jumpshot)
- 3 Point line
- 20 Free throws

70 Total shots

Parent's initials needed after every 1,000 shots

Name _____ Grade _____

School Building: _____

Shirt Size: YM YL AS AM AL AXL

Total number of shots _____

Phone # _____

Email address _____

Parent's signature _____

Return completed forms by October 8th to:
Mona Shores High School
Attn: Coach Phillips
1121 Seminole Rd, Norton Shores, MI 49441