

Charger 10K Shot Club



As the 2025-2026 basketball season comes to an end, it was a season of many great accomplishments for you and your teams. This summer will be another great opportunity for you to continue to build on your many successes as well as turning weaknesses into strengths. GREAT TEAMS are made from November to March, but GREAT PLAYERS are made from March to November. Each of you is challenged to shoot 10,000 shots this summer.

Eligibility : Anyone grades 1-12 based on the 2026-2027 season.

Dates : The 10K shot club will begin May 10, 2026 and end August 31, 2026.

Goal : For grades 1-3 the shot club will be 5K, which is 50 shots per day. For grades 4-12 it would be 100 shots per day. This is a very achievable goal and we encourage you to shoot more. This year we are adding an additional 14 days to help with busy schedules.

Reward : All individuals who reach the shot club goal per age group will receive a t-shirt, sit on the bench with the varsity and will be recognized at a home varsity basketball game during the 2026-2027 season. The biggest reward is the confidence you need to succeed in game situations because you put the time in to improve your game. You must be true to yourself and be honest about what you want to get out of this.

Sign-up : If you would like to sign up and attempt to earn a membership into the 2026 Charger 10K Shot Club please sign up by May 8, 2026. To join please email Leah Bothum at lbothum@yahoo.com with the following information:

- Subject Line - Charger 10K Shot Club
 - Child(s) name participating
 - Child(s) 2026-2027 School grade
 - Child(s) shirt size (order size you want to fit in the Fall of 2026)
 - Leah will acknowledge sign up via email

Reporting Progress: Send email to Leah Bothum at lbothum@yahoo.com with a picture of your calendar to report your progress on June 30th, July 31st and send final results August 31st. Reminders will be sent out prior to these dates. When you reach the goal, have your parent or guardian sign your calendar and send a message via email with a picture of your completed calendar.

Rules : Your parents/guardian do not have to watch, only verify that to the best of their knowledge you had the time/opportunity to shoot your shots. If they want to help that is great but not required. Shooting done at team practices and basketball camps will not be counted towards your goal. We want you to challenge yourself to meet the shot goal, not have a coach telling you when to be taking shots. For the children grades 1-3, we really encourage the parents to help their child to develop effective techniques.

How to Achieve :

You must shoot game shots at game speed. Use the ball toss method to get a great workout. Free Throws should be included in your shooting workout.

When specifically working on shooting, use the following tips to help improve your shooting.

- Work to develop the basic shooting fundamentals. (BEEF Shooting - Balance - Eyes - Elbow - Finish)
- Start shooting in close to the basket and then progressively move out.
- Use shots that you will take in a game.
- Shoot off of movement.
- Develop a routine that combines a variety of shots.
- Use fakes and drives when shooting.
- GO FULL SPEED – no casual shooting.
- Shoot from a variety of spots.
- Practice shots after you are tired. Incorporate free throws into your shooting.
- Have the right mindset when practicing.
- SHOOT WITH CONFIDENCE, CONCENTRATION & RELAXATION.
- YOU HAVE TO BELIEVE THAT EVERY SHOT YOU TAKE IS GOING IN – HAVE THE SHOOTER'S MENTALITY!

What types of shots should I work on :

It is important to develop your overall game. We believe that all players should have the ability to shoot three pointers, pull-up jump shots, layups and post finishes. Our best advice is to include all types of shots into your workouts. Use Five-Ways to Finishes, Floaters, Pull-Up Jump Shots after 1-2 dribbles, ball screen attacks, and catch and shoot three-pointers. These are all good examples of what you could be working on within your workouts. Be sure to use your imagination.

Here are some shooting links:

[Basketball Shooting Tips, Strategies, and Drills for Players & Coaches
\(breakthroughbasketball.com\)](http://breakthroughbasketball.com/Basketball-Shooting-Tips,-Strategies,-and-Drills-for-Players-&-Coaches)

[10k Shot Club Driveway Workout.pdf \(sportngin.com\)](http://sportngin.com/10k-Shot-Club-Driveway-Workout.pdf)

<https://youtu.be/cZXvScNfD7o>

<https://youtu.be/hcccu4CzWYY>

<https://youtu.be/b4ZyYUqReoo>

<https://youtu.be/PfsPQtw89gM>

Calendar : Put the number of shots taken each day. Email a picture to report your progress on June 30th, July 31st and send final results August 31st.

Calendar :

MAY 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
Start 10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JUNE 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	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 Juneteenth	27
28	29	30				

JULY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	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	1

2026 AUGUST						
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 End					

Sample Workout but create your own too :

200 Shot Routine :

- 20 layups - 10 rh & 10 lh
- 40 Free throws
- 20 block to block rh & lh
- 20 Right wing
- 20 Left wing
- 20 Right Elbow
- 20 Left Elbow
- 20 Right Baseline 10 ft
- 20 Left Baseline 10 ft

160 Shot Routine :

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 (vicious pivot) 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

100 Shot Routine :

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

70 Shot Routine :

Shooting – Off the Dribble

- 10 Shots of each of the following
- Right Wing (Turn the Corner Jumper)
- Left Wing(TurntheCornerJumper)
- Right Wing (Turn the Corner Step Back Jumper) - Left Wing(TurntheCornerStepBackJumper)
- 3 Point line
- 20 Free throws