

# HOPKINS ROYALS GIRLS BASKETBALL



## 15,000 SHOTS MADE CLUB



### WANT TO JOIN THE CLUB?

All you have to do is put in some time during the off-season to improve your game. Make 15,000 GAME SHOTS at GAME SPEED using CORRECT FORM and not only will you be an improved shooter but you will be recognized as a member of the 15,000 Shots Made Club.

### WHAT ARE GAME SHOTS?

Game shots are different for every player. To be successful, you should start in close to the basket working on proper form. Once you have established your range (a distance from the basket where you can shoot the ball with proper form) you are ready to get started.

### WHY GAME SPEED?

You should shoot all of your shots at game speed because that is what will help make you a better player during games. Standing around and playing "horse" with a friend may be fun, but really isn't helping you come game time.

### DO FREE THROWS COUNT?

Absolutely! Ideally, free throws will consist of approximately 25% of your shots taken. When you shoot shots at game speed for a long period of time, you will need to rest. Free throws are a great way to rest during a workout.

### HOW DOES IT WORK?

Download the shooting club forms (we have Excel spreadsheets and .PDF paper forms if you prefer). Now start shooting game shots at game speed. We

have a suggested work out that progresses a shooter through a variety of shots—over a period of 45-90 minutes—a player could make 200-300 shots. The outline of this workout can be downloaded below. Can you use your own workout? Yes, if you have a program that works for you, that's great—use it. Record the number of made shots on the sheets. Please turn your sheets into [Barry Cosgriff](#) at the end of each month so your progress can be recorded, shared, rewarded, and recognized.

### CAN I GUESS HOW MANY SHOTS I MADE?

The idea behind a 15,000 Shots Made Club is to give you, the shooter, the confidence and knowledge that you deserve to make shots and win because you have put in time to improve your game. You must be true to yourself and be honest about what you want to get out of this club. Once you have your routine down, it should be easy to count your made shots.

### SHOOTING PERCENTAGES FROM LAST SEASON'S VARSITY GAMES

Team Free Throw Percentage: **60.6%** (407 for 672)  
Team Field Goal Percentage: **38.4%** (619 for 1612)  
Team 3-Pointer Percentage: **25.4%** (71 for 279)

2009-10's Totals = 60.6 + 38.4 + 25.4 = **124.4**

The goal for the 2010-11season is **145+**

### QUESTIONS, UPDATES, PROGRESS, AND SUGGESTIONS FOR IMPROVEMENTS CAN BE DIRECTED TO:

Barry Cosgriff

612-990-5855 [barry.cosgriff@gmail.com](mailto:barry.cosgriff@gmail.com)



[Outline of a suggested shot club workout](#)



[Suggested workout tracking sheet in Excel format](#)



[Suggested workout tracking sheet in .PDF format](#)



[Tracking sheet for your own workout in Excel format](#)



[Correct shooting form videos from Pistol Pete Maravich](#)



[Tracking sheet for your own workout in .PDF format](#)