

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 for a warm up. Once you have established your range (distance from the basket where you can shoot the ball with proper form) you are ready. But remember - any shot you shoot, whether it's while warming up or playing pick up ball, counts toward those 10,000 shots. **Note: only game shots count toward the 10K goal. Flipping the ball up from underneath the basket and half-court lightning shots are examples of shots that do NOT count.**

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 is fun, but really isn't helping you come game time.

What type 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, post finishes, and free throws. 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.

Do free throws count? ABSOLUTELY! Ideally free throws will consist of approximately 15-25% 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.

Can I just guess how many shots I shoot? The idea behind the 10K Shot Club is to give you, the player, the confidence and the knowledge that you deserve to win because you put in time to improve your game. You must be true to yourself and be honest about what you want to get out of doing this.

What hoop height and size of basketball should I use? We encourage all players to use the size of basketball and hoop height that is appropriate for their age and skill level. Mechanics and proper shooting technique are more important for youth players as they build strength. Do what's best for you and your situation!

	1st-2nd Grade	3rd-4th Grade	5th-8th Grade	9th-12th Grade
Basketball Size	27.5"	28.5"	28.5"	29.5"
Hoop Height	8ft	9ft	10ft	10ft

When do I need to submit my shots? We ask players to submit their shots weekly at the submission link provided. If you miss a week, that's completely fine! Just submit them as soon as possible or combine them with the following week.

What do I get for making the club? You will successfully complete the program if you turn in all your tracking reports, along with the final member contract form, making sure all shots have been verified by a parent or guardian. Members will receive the following:

- DCG 10k Shot Club T-Shirt
- Recognition at a DCG Boys Varsity basketball game.
- Shout out on DCG Boys Basketball social media.
- Exclusive prizes for the top players on the leaderboard.
- Confidence in your ability to knock down shots!

Tips to having a GREAT summer:

- Go to weights to become stronger.
- Establish a specific practice time.
- Write down long range and daily goals.
- Work to develop the basic shooting fundamentals.
- 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 while shooting.
- GO FULL SPEED - no casual shooting
- Practice shots after you are tired, do not just quit.
- Incorporate free throws into your shooting.
- Shoot with confidence, concentration, and relaxation.
- You have to believe that every shot you take is going in. **Have the shooter's mentality!**