Name: _____

CYBA Off-Season Shooting Program

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Directions:

- Each box represents 50 <u>made</u> shots (1 page =15000 made baskets)
- 1 hour of Basketball in general (Game, Camp, Practice, League) = 50 made shots
- Place an x in box for each 50 makes or 1 hour of basketball
- Shoot a variety of shots, free throws, layups, jump shots, post moves, shoot off the dribble and catch and shoot at game speed.
- Use proper technique: balance, eyes, elbow, follow through.



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50	50	50	50	50	50	50	50	50	50

Shooting Awards and Incentives

2,000 Made Shots:	Summer Shooting Awards T-shirt (All participants that make	2,000 shots
	gets a t-shirt) Please Put Your T-Shirt Size Here	Adult or
	Youth	

10,000 Made Shot Club: Pair of Elite Embroidered Pirate Sports Socks

20,000 Made Shot Club: 20,000 shot club plaque to hang on the wall and show off to all of your friends!

30,000 Made Shot Club: Embroidered Sweatshirt with your name and 30,000 shot club