**CYBA Off-Season Shooting Program**

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**Directions:**

* Each box represents 50 **made** 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 Basketball

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