

## Eastlake North Boys Basketball 5,000 Makes/1,000 Minutes Summer Challenge



For all boys going into  
3<sup>rd</sup>-12<sup>th</sup> grade  
May 1<sup>st</sup> – August 31<sup>st</sup>

It has been said that **Great Teams** are made during the basketball season, but **Great Players** are made during the off season. With that in mind, the Eastlake North Boys Basketball program is excited to sponsor the 5,000 Make and 1,000 Minute Challenges. The challenges are designed to provide achievable personal goals for those players who want to improve their shooting and ball handling during the off season.

### **Eastlake North Boys Basketball 5,000 Make Challenge**

Making 5,000 shots during the course of the summer is all it takes to become a better shooter and member of the Eastlake North Boys Basketball 5,000 Makes Club. That's less than 45 makes per day. When you break it down, it shouldn't take you more than 20 minutes a day to make 50 quality shots. While many shot clubs focus on total shots, we choose to focus on makes as that is the goal of the game! While any shots count, we have included a list of links with easy to understand shooting workouts on the next page of this document. No registration required, get started today! **Players and Parents** are asked to read the instructions on the attached form, watch the videos of the shooting clinic (<https://www.erbyb.org/page/show/2911340-shot-clinic>), and then start recording progress. It is that easy. Challenge yourself, challenge your friends, and get it done! **Are you in?**

### **Eastlake North Boys Basketball 1,000 Minute Challenge**

Completing 1,000 minutes of **Ball handling** during the course of the summer is all it takes to improve your skills and become a member of the Eastlake North Boys Basketball 1,000 Minute Club. That's less than 10 minutes of ball handling a day. While any ball handling count, we have included a list of links with easy to understand ball handling workouts on the next page of this document. No registration required, get started today! **Player and Parents** are asked to read the instructions on the attached form, watch the videos of the ball handling clinic (<https://www.erbyb.org/page/show/2911358-ball-handling-clinic>), and then start recording your progress. It is that easy. Challenge yourself, challenge your friends, and get it done! **Are you ALL in?**

**CHAMPIONS DO EXTRA!**

# Eastlake North Boys Basketball *5,000 Makes/1,000 Minutes Summer Challenge*

## Instructions and Progress Forms

Challenge instructions are found on the following Progress Forms. Players are encouraged to participate in both challenges but can attempt only one if they choose. Parents are asked to be involved with this challenge. All instructions and workouts should be reviewed by the player, so they understand what is being asked of them and the possible drills, and by parents, so they may provide continual positive reinforcement on shooting and ball handling technique and progress throughout the summer. If able, parents are encouraged to periodically record videos of their shot, and then review those videos against the demonstration videos. It really helps a player's development to see a video of their own shot. This helps them understand what they are doing well and what can be refined. *Parents, you don't need to be shot experts to provide positive reinforcement of the video demonstrated techniques during the challenge. Look for obvious things like elbow position being under the ball (not to the side) and balance hand thumb not turning in on the shot.* If players have questions or are seeking additional guidance, please participate in any of the Eastlake North Boys Basketball Summer Camps and/or contact Coach Vespa at [matt.vespa@weschools.org](mailto:matt.vespa@weschools.org) or on Twitter @CoachMattVespa

**Completed and signed Forms should be returned to Coach Vespa (in person or scanned and emailed to [matt.vespa@weschools.org](mailto:matt.vespa@weschools.org)) by September 15<sup>th</sup>.**

## Award and Recognition

The true reward for participation in the summer challenge will be realized by individual players through their own development. Awards and recognition will be presented at halftime of an Eastlake North Varsity game during the upcoming season. Awards will be presented as follows:

- **Participation** – All participants who turn in a progress form, even those that have fallen short of the goals, will be invited to the court to be recognized.
- **5,000 Makes Club or 1,000 Minute Club** – Players who records a minimum of 5,000 makes or 1,000 minutes of ball handling will be individually recognized and presented with a t-shirt.
- **5,000 Makes Club and 1,000 Minute Club** – Players who record a minimum of 5,000 makes and 1,000 minutes of ball handling will be individually recognized and presented a long sleeve t-shirt.
- **Shooting MVP** – The player who records the most makes will be presented a plaque commemorating their achievement.
- **Ball handling MVP** – The player who records the most minutes of ball handling time will be presented a plaque commemorating their achievement.

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## **Workouts to Help you Achieve 5,000 Makes**

Shooting Form Video (required viewing) - <https://www.erbyb.org/page/show/2911340-shot-clinic>

Feel free to choose from any of these workouts to accumulate your makes:

<https://s3-us-west-2.amazonaws.com/sportshub2-uploads-prod/files/sites/291/2019/05/06175527/Shooting-Club-Drills.docx>

<https://triplethreatbasketball.ca/files/2014/03/Shooting-Workout-300-Shots.pdf>

<http://team.fastmodelsports.com/wp-content/uploads/2015/06/300-Shot-Workout-Guards.pdf>

<https://www.basketballforcoaches.com/wp-content/uploads/2013/09/200-Made-Shots.pdf>

<https://www.basketballforcoaches.com/wp-content/uploads/2013/09/200-Made-Shots.pdf> (Pages 18-24)

<https://www.norwoodleague.com.au/wp-content/uploads/2016/08/20-Individual-Shooting-Workouts.pdf>

[http://websites.sportstg.com/get\\_file.cgi?id=3555890](http://websites.sportstg.com/get_file.cgi?id=3555890)

<http://s3.amazonaws.com/vnn-aws-sites/10869/files/2016/10/21230186d7cc7ed6-alford-drill.pdf>

<https://beckerbasketball.com/10000-shot-club/> (scroll down to find 7 workouts)

The workout below are specially tailored to player entering grades 3&4 and focus on shots from appropriate distances for younger players. If 3rd and 4th graders do the workouts above, please shorten the distance (no 3 point shots) and simplify the moves/drills as needed.

[https://drive.google.com/file/d/1arq\\_evcQqM13dfHKgc\\_12LozJvXNJTb4/view](https://drive.google.com/file/d/1arq_evcQqM13dfHKgc_12LozJvXNJTb4/view)

<https://drive.google.com/file/d/1S411ubixh9WhYji3iqw7ihh4QoI9rg-h/view>

## **Workouts to Help you Achieve 1,000 Minutes**

Ball handling clinic (required viewing) - <https://www.erbyb.org/page/show/2911358-ball-handling-clinic>

Feel free to use these ball handling workouts to move towards your goal of accumulating 1000 minutes:

<http://www.wadsworth.k12.oh.us/docs/district/athletics/sports/basketball%20hs/ball%20handling%20workout.pdf?id=1147>

<https://ballersinstitute.com/basketball-dribbling-workout1030/>

<https://www.hoopcoach.org/5-minute-daily-ball-handling-routine/>

<https://www.breakthroughbasketball.com/drills/ballhandling-inside-out-workout.html>

<http://www.wadsworth.k12.oh.us/docs/district/athletics/sports/basketball%20hs/ball%20handling%20workout.pdf?id=1147>

<https://coachkenny.wordpress.com/2011/07/26/30-minute-individual-ball-handling-workout/>

<https://www.stack.com/a/dribbling-workout>

<https://gomaxone.com/wp-content/uploads/2017/04/BallHandling-Skill-Workout.pdf>

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# Eastlake North Boys Basketball 5,000 Makes/1,000 Minutes Summer Challenge

May	June	July	August
1	1	1	1
2	2	2	2
3	3	3	3
4	4	4	4
5	5	5	5
6	6	6	6
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10	10	10	10
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31		31	31

## Eastlake North Boys Basketball 5,000 Make Challenge

### Progress Form

Player Name: \_\_\_\_\_

Grad (going into) /School: \_\_\_\_\_

Email: \_\_\_\_\_

### Instructions:

1) Parents and Players watch shooting clinic linked to this document on page 1.

### Player Sign \_\_\_\_\_

(Certifying you watched the Shot Clinic) Date

### Parent Sign \_\_\_\_\_

(Certifying you watched the Shot Clinic) Date

- 2) Keep track of your shots on this chart.
- 3) Establish a specific practice time and set daily or weekly goals. Parents please check in on progress toward these goals and encourage your player to stick with it!
- 4) Start each workout with confidence, concentration and relaxation. Believe that every shot you are going to take is going to go in.
- 5) Go full speed and follow all shots. NEVER let the ball bounce twice.
- 6) Start shooting close to the basket and progressively move out.
- 7) Use shots you would take in a game.
- 8) Shoot off of movement. (or off a pass from a helper)
- 9) Use fakes and drives.
- 10) Shoot free throws.
- 11) After 1,500 makes stop and review the shooting videos again. Make any necessary adjustments to your shot and **Keep Shooting. How far can you go?**
- 12) You may credit 125 for each day you attend shooting camp and 75 shots if you attend regular camp or practice, and 50 shots for every regulation game you play or skill session you attend.
- 13) Need more ideas to keep it fun and motivating? Google: Basketball Shooting Workout. There are unlimited drills and workout plans available with new ideas.

Total Makes: \_\_\_\_\_

If over 5,000 circle shirt size: **YM YL S M L XL**

### Player Sign \_\_\_\_\_

(Certifying Shot Total) Date

### Parent Sign \_\_\_\_\_

(Certifying Shot Total) Date

COMPLETED AND SIGNED FORMS SHOULD BE RETURNED IN PERSON OR VIA EMAIL (matt.vespa@weschools.org) TO COACH VESPA BY SEPTEMBER 15<sup>TH</sup>

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30	30	30	30
31		31	31

## Eastlake North Boys Basketball 1,000 Minute Challenge

### Progress Form

Player Name: \_\_\_\_\_

Grade (going into) /School: \_\_\_\_\_

Email: \_\_\_\_\_

### Instructions:

1) Parents and Players watch ball handling clinic located linked to this document on page 1.

**Player Sign** \_\_\_\_\_  
(Certifying you watched the Shot Clinic) Date

**Parent Sign** \_\_\_\_\_  
(Certifying you watched the Shot Clinic) Date

- 2) Keep track of your time on this chart.
- 3) Establish a specific practice time and set daily or weekly goals. Parents please check in on progress toward these goals and encourage your player to stick with it!
- 4) Start each workout with confidence, concentration and relaxation.
- 5) Start with one ball.
- 6) Are you getting better? Do the drills faster!
- 7) As you improve, introduce two balls. Go through the two ball drills shown in the demonstration video and the other posted workouts.
- 8) 6) Are you getting better with two balls? Do the drills faster!
- 9) **Keep Shooting. Push yourself. How far can you go?**
- 10) You may credit 40 minutes for each day you attend a skills camp or practice, and 15 minutes for every regulation game you play.

**Total Minutes:** \_\_\_\_\_

If over 1,000 circle shirt size: **YM YL S M L XL**

**Player Sign** \_\_\_\_\_  
(Certifying Shot Total) Date

**Parent Sign** \_\_\_\_\_  
(Certifying Shot Total) Date

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