

**JORDAN BASKETBALL SHOT CLUB**  
**Information and Workout details**

This is a great opportunity for you to work on shooting in the off-season. Great teams are made during the season...great players are made during the off-season.

- You can do this in your driveway, in the park, at open gym, **WHEREVER** you can find a basket!
- Open gyms will be held at JHS on Monday, Tuesday, and Thursday nights from 6-8 PM starting the second week in June and through July. (except July 1-7)
- Open gyms will be held at JHS on Monday, Tuesday, and Thursday mornings from 6:30-8:00 AM starting the second week in June and through July. (except July 1-7)
- Workouts and shots can be counted any time during the off-season.
- The suggested workout below contains 300 shots. If you do this workout 35 times in the summer, you will achieve 10,000 shots.
- Reward for 10,000 shots...your name will appear permanently at [www.jordanhoops.com](http://www.jordanhoops.com), and you will receive a "Jordan Basketball Shot Club" T-shirt.
- The best reward is that you will be a better basketball player!
- Form can be signed by parent/guardian, or by your coach/open gym supervisor.
- Girls forms: Return to JHS Office (ask them to put it into Coach Lambrecht's box)
- Boys forms: Return to JHS Office (ask them to put it into Coach Urbanek's box)
- Extra forms and workout sheets are available at [www.jordanhoops.com](http://www.jordanhoops.com)

***Shooting workout***  
***Jordan Shot Club***

- 20 Mikan Layups (10 with each hand)
- 20 Short Bank Shots – Make 10 from each side (about 10 feet)
- 10 Freethrows
- 10 baskets off the dribble
  - Catch, Fake (rocker move), 2 dribbles to the **RIGHT**
- 10 baskets off the dribble
  - Catch, Fake (rocker move), 2 dribbles to the **LEFT**
- 10 Free throws
- 20 Dropstep Power Layups (10 each hand)
- 30 baskets off of the catch
  - Catch and shoot (good footwork)
  - Make 5 and then rotate with your partner
- 20 layups
  - Start at the right elbow and dribble in and finish a right handed layup. Get your rebound and dribble to the left elbow and finish a left handed layup. Repeat
- 10 Freethrows
- 10 Jumpers from the right baseline (dribble or catch)
- 10 Jumpers from the left baseline (dribble or catch)
- 20 Jumphooks to the middle (10 each hand)
- 10 Freethrows
- 10 Jumpers from the elbow. (5 from the right and 5 from the left)
- 10 Jumpers from the wing (about 15 feet)
- 20 Combination Post move LAYUPS.
- 10 Freethrows
- 20 Three pointers from anywhere (not too deep)
- 20 shots from everywhere – (Just shoot the basketball with intensity)

***"We are what we repeatedly do. Excellence, then, is not an act, but a habit."***  
***-Aristotle***