



## Three Lakes Bluejays – Shot Club

Teams are made during the season, but players and individual skills are made over the summer. Working on your game this summer by getting quality shots up and practicing ball handling daily, will improve your shooting and give you an advantage over your competition.

Good shooters are not BORN, they are DEVELOPED! To get the most improvement out of the shots you take, you must use the proper form. If you have questions on your shooting form, please see the 'BEEF' shooting guide (included) or ask your coach.

The Bluejays 10,000 Shot Club (**1000 per grade level**) is a chance for you to improve your shooting skills over the summer. Included are three different shooting routine examples. They each work on a variety of shots and movements. Use one of these routines, rotate between them or make up one of your own.

*Routine 1 – Around the World:* Players shoot from 15 different locations on the court (diagram included.)

*Routine 2 – 250 Shots:* Made up of 250 shots in different styles and locations on the court (explanation included.)

- Record your workout on the included recording sheets.
- Have your parents or coaches initial after each workout completed.
- Players can start recording their workouts beginning June 1.
- Players may credit themselves 150 shots for each day of a camp, open gym or practice.
- Return your recording sheets to Mr. Bock, Mr. Volkmann, or your coach when completed.

All players that successfully reach their grade level shot goal will receive a Bluejay Shot Club T-Shirt. Youth players will also be recognized during a Varsity game.

# BEEF Shooting Method

BEEF is an acronym for the four major components of correct shooting. It stands for **B**alance, **E**yes, **E**lbow and **F**ollow-through.

## Balance

The BEEF system does not have a rigid blueprint for stance. Instead, it has a set of principles to keep in mind and consistency is probably the most important one.

The feet should be slightly narrower than shoulder-width apart.

The feet should be pointed towards the basket, with the dominant foot slightly in front of the other. The knees should be slightly bent for stability and to generate power.

## Eyes

As the name suggests, this part is all about getting players to focus their eyes. Regarding what the eyes should be focused on, there isn't one correct answer. Most players either choose the front of the rim or the back of the rim. The main thing for each player is to pick one focus point and stay consistent.

## Elbow

There are two main components of every shot, (1) power and (2) accuracy. Balance generates power and elbow position is responsible for accuracy. The key is the alignment.

Players need the dominant foot, shooting eye, the shooting hand, shooting elbow, and the rim all on the same direct line. This will ensure maximum accuracy and minimize misses to one side or the other.

As the ball moves up on a shot attempt, the shooting hand and elbow come under the ball and align with the hoop (the elbow shouldn't flare out to the side). Once the set point is reached, the wrist should be cocked and form an approximately 90-degree angle with the forearm.

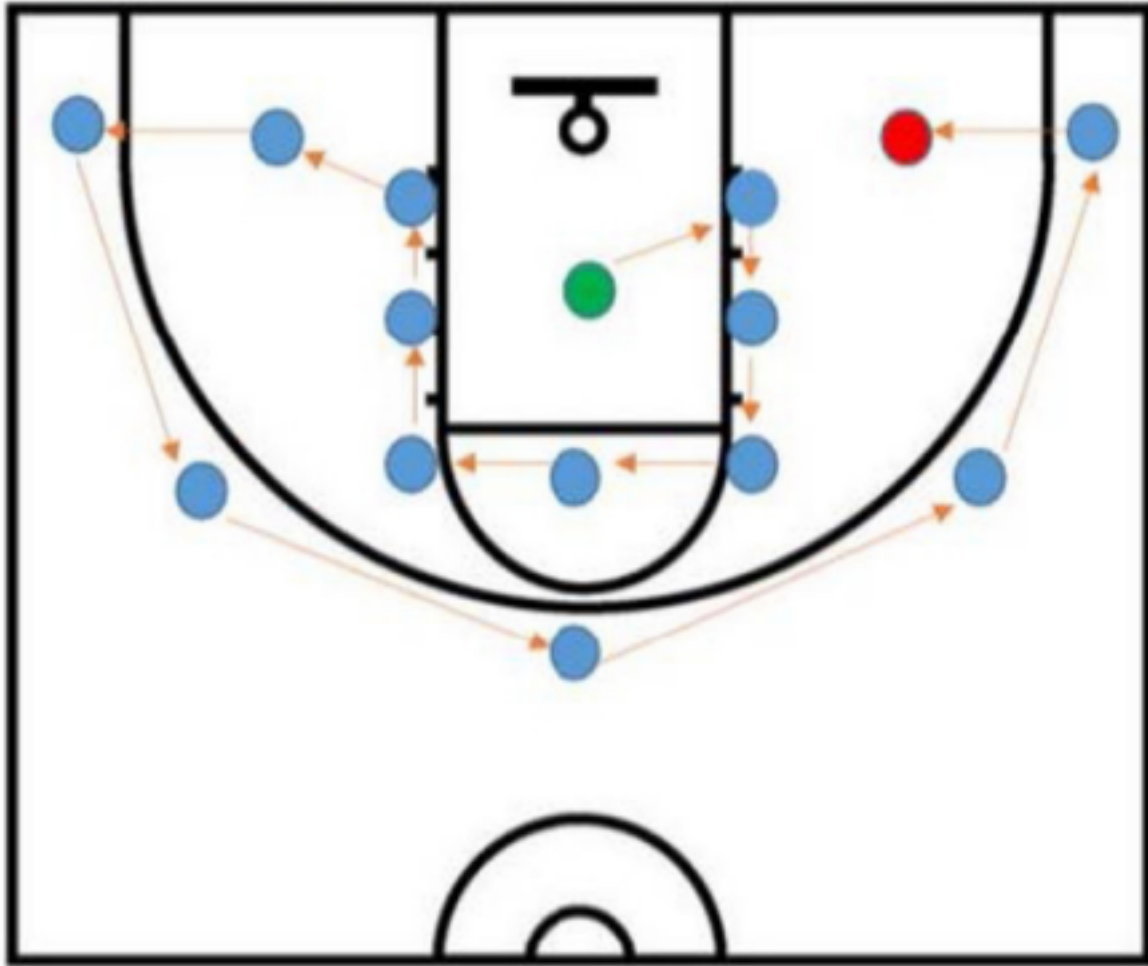
## Follow Through

As a player pushes up through the shot, they must ensure the wrist snaps and the ball is released while their elbow reaches full extension. If done correctly, the ball will roll off their index and middle fingers and produce perfect backspin.

Don't push the ball with your guide hand. For a right-handed shooter, the left hand's only purpose is to keep the ball stable until the release motion starts.

Hold your follow through by keeping the wrist softly flexed after the ball leaves your hand and keeping your arm extended.

## *Routine 1 – Around the World*



- Start at the center (green) dot and proceed around the world until you end at the right short corner (red) dot
- The number of shots you choose to take at each location is up to you
- 5 shots at each location = 75 total shots
- 10 shots at each location = 150 total shots
- Shoot with the proper shooting form to get the most out of your workout

## *Routine 2 – 250 Shots*

- 20 - Mikan layups (10 with each hand)
- 20 - Bank shots from the block (10 on each side)
- 10 - Free throws
- 10 - Shots off the dribble (rip through, 2 dribbles to the right, jump shot)
- 10 - Shots off the dribble (rip through, 2 dribbles to the left, jump shot)
- 10 - Free throws
- 20 - Drop step with power dribble (10 on each block with proper hand)
- 30 - Shots off the catch (spin ball to yourself or receive pass from partner)
- 20 - Layups (5 regular layups and 5 layups off of two feet on each side)
- 10 - Free throws
- 10 - Shots from the right baseline
- 10 - Shots from the left baseline
- 10 - Shots from the right elbow
- 10 - Shots from the left elbow
- 10 - Free throws
- 10 - Shots from the right wing
- 10 - Shots from the left wing
- 20 - Three-point shots (rotate around the arc)

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\*Shoot with the proper shooting form to get the most out of your workout. \* This workout will have you take 250 shots. For the shots that don't give you a specific distance, make sure you shoot from a distance that allows you to still use the correct form. Moving back but losing form will limit your development.



