

*Mark your shot totals in each day of the week

April 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4
Total Shots for April:		<p><i>Work on proper shooting form. Feet and shoulders square, be in good balance. Elbow in, use wrist to flick it up and have proper follow through.</i></p>				

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
Total Shots for May:		<p><i>Try to play with a partner. Work on catching and shooting. Be in a good shooting stance and be ready to shoot off the catch. Continue to work on proper form shooting.</i></p>				

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
Total Shots for June:		<p><i>Make sure to be jumping when shooting. Continue to use proper shooting form and focus and making it a good jump shot. Start using a dribble to left or right leading into your shot.</i></p>				



Falcon Basketball 10,000 shot club. If you complete your shots by Sept 30th you'll receive a reward!

Cap your daily shots to 100-300, don't shoot just layups!

Quality shots over quantity!



July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Total Shots for July:

Try to play with a partner. Do lots of 1 vs 1. Work on getting shots off over the defense. Continue to work on shooting off a dribble.

August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	29	30		1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Total Shots for August:

Work on using a ball fake, either by a fake pass or shot fake. Also try to make your shots game speed.

September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Total Shots for Sept:



Name:

Total Shots Attempted:

T-Shirt size

Parent Signature:

