

ATTENTION CURRENT & FUTURE TROJAN BASKETBALL PLAYERS!

Wakefield Youth Recreation is excited to introduce the **Trojan "Buckets Only" Shooting Club** for all current and future Trojan basketball players!

Players who reach their goal for their grade level will receive a "Buckets Only" Shooting Club T-Shirt featuring the names of all players who made the club.



HOW IT WORKS:

- The Shooting Club runs **May 1 - July 31**
- Any child in **3rd - 8th grade** (26-27 school year) at Wakefield Community Schools is eligible to register
- Count the number of **MADE** shots (see next page for categories) and record them on the tracking sheet provided
- A 28.5 women's basketball must be used, and shot on regular 10' hoop
- Parents should complete the tracking form as the summer progresses & submit to Brittney at the end of each month (email or text)

SHOT CATEGORIES: (Additional details on next page)

- Layup (Right & Left)
- Elbow
- Wing
- Corner
- Post Moves
- Free Throw
- 3-Point (6th -8th only)

SHOT GOALS:

- **3rd Grade - 1,000 makes**
- **4th Grade - 1,000 makes**
- **5th Grade - 2,000 makes**
- **6th Grade - 3,000 makes**
- **7th Grade - 4,000 makes**
- **8th Grade - 4,000 makes**

SHOOTING TIPS:

1. **Maintain proper shooting mechanics every shot** – square your feet to the basket, let your guide hand stabilize the ball, and finish with a strong follow-through.
2. **Elbow under the ball** – keep your shooting elbow aligned with the basket.
3. **Use your legs** – power should come from your legs, not just your arms.
4. **Be consistent with your form** – aim to repeat the same motion and rhythm every time you shoot.
5. **Finish the shot with a wrist snap and full follow-through**, holding your hand toward the rim.
6. **Stay confident and keep shooting** – great shooters have a short memory after misses.

SIGN UP!



“Shoot with confidence.
Miss with courage.
Make the next one.”

CONTACT US



britthampl@gmail.com



(402) 802-0425

SHOT CATEGORIES

LAYUP: - REMINDER: jump off the opposite foot of your shooting hand

Right hand: right → left → up

Left hand: left → right → up

ELBOW: - right & left corners of the free-throw line

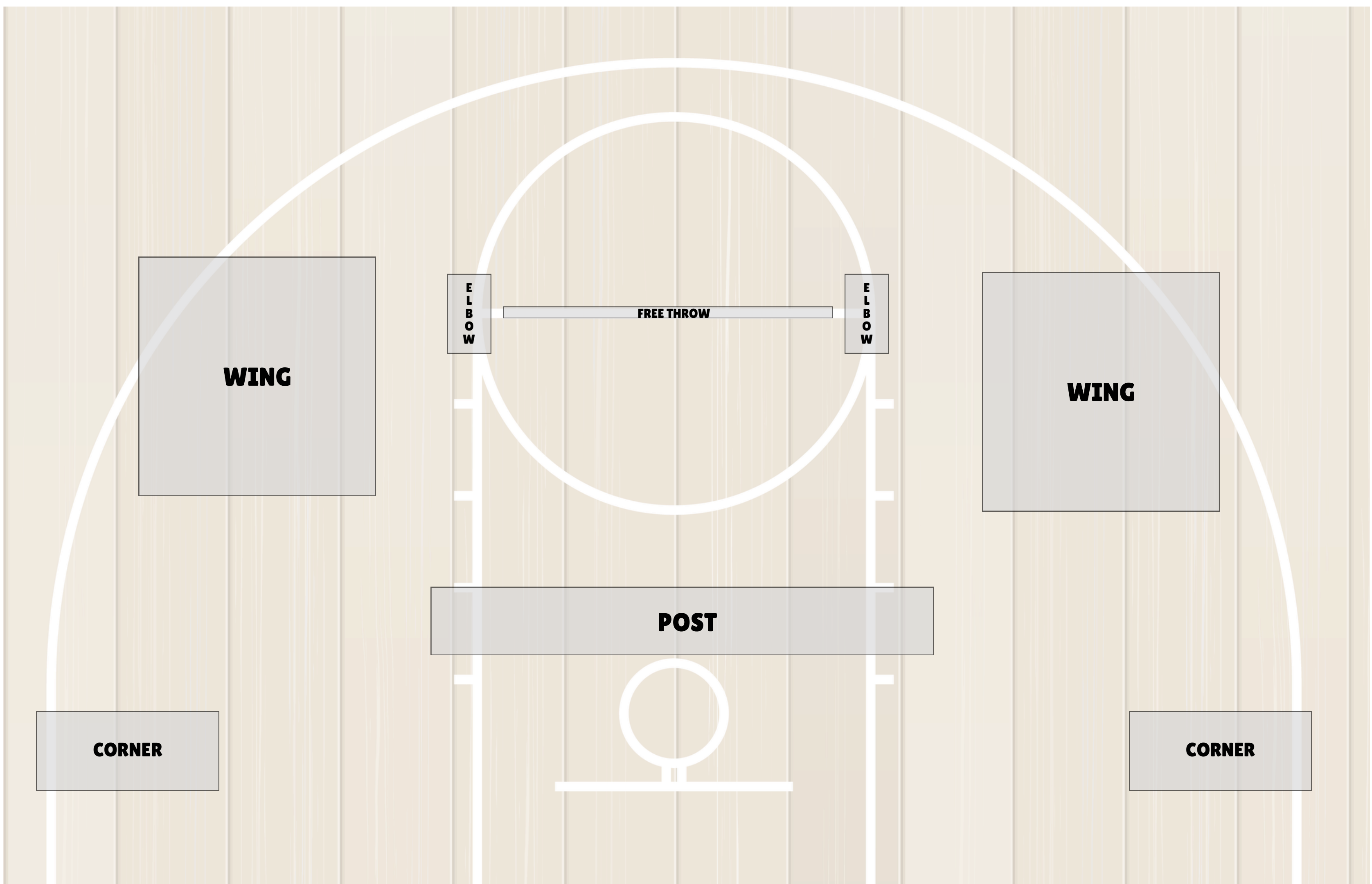
WING: - right & left sides of the "lane"

CORNER: - bottom right & bottom left of the court, typically by the baseline

POST: - low block on both sides of the hoop.

- Drop Step
- Hook Shot
- Up-and-Under
- Spin Move
- Fadeaway

Suggested shooting locations



Write the number of MAKES in the correct column on the correct day

Trojan "Buckets Only" Shooting Club

Date	Layup	Elbow	Wing	Corner	Post	Free Throw	3-Point
1-May							
2-May							
3-May							
4-May							
5-May							
6-May							
7-May							
8-May							
9-May							
10-May							
11-May							
12-May							
13-May							
14-May							
15-May							
16-May							
17-May							
18-May							
19-May							
20-May							
21-May							
22-May							
23-May							
24-May							
25-May							
26-May							
27-May							
28-May							
29-May							
30-May							
31-May							


Child First & Last Name: _____

Grade: _____

I certify that my child has successfully made the baskets as recorded above.

Parent Signature: _____

 britthampl@gmail.com

 (402) 802-0425

May Total : _____

Write the number of MAKES in the correct column on the correct day

Trojan "Buckets Only" Shooting Club

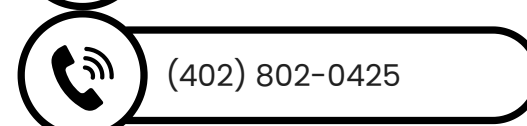
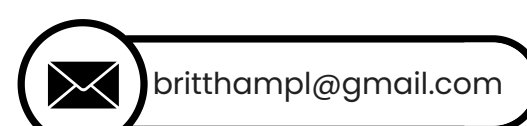
Date	Layup	Elbow	Wing	Corner	Post	Free Throw	3-Point
1-Jun							
2-Jun							
3-Jun							
4-Jun							
5-Jun							
6-Jun							
7-Jun							
8-Jun							
9-Jun							
10-Jun							
11-Jun							
12-Jun							
13-Jun							
14-Jun							
15-Jun							
16-Jun							
17-Jun							
18-Jun							
19-Jun							
20-Jun							
21-Jun							
22-Jun							
23-Jun							
24-Jun							
25-Jun							
26-Jun							
27-Jun							
28-Jun							
29-Jun							
30-Jun							

Child First & Last Name: _____

Grade: _____

I certify that my child has successfully made the baskets as recorded above.

Parent Signature: _____



June Total : _____

Write the number of MAKES in the correct column on the correct day

Trojan "Buckets Only" Shooting Club

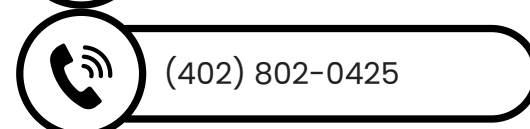
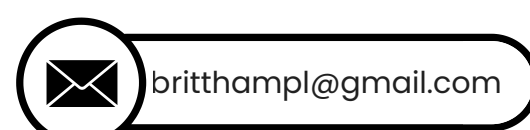
Date	Layup	Elbow	Wing	Corner	Post	Free Throw	3-Point
1-Jul							
2-Jul							
3-Jul							
4-Jul							
5-Jul							
6-Jul							
7-Jul							
8-Jul							
9-Jul							
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22-Jul							
23-Jul							
24-Jul							
25-Jul							
26-Jul							
27-Jul							
28-Jul							
29-Jul							
30-Jul							
31-Jul							

Child First & Last Name: _____

Grade: _____

I certify that my child has successfully made the baskets as recorded above.

Parent Signature: _____



July Total : _____