

New Berlin West Girls Basketball

10,000 Made Shot Club Program

Offseason 6-Month Program | 3rd–8th Grade Girls

Parent Information Sheet

The 10,000 Made Shot Club is a structured offseason shooting program designed for 3rd–8th grade girls. Over 6 months (24 weeks), players aim to make 10,000 shots, building proper shooting form, game-speed consistency, confidence, and muscle memory.

Age Divisions & Focus

3rd–5th Grade: Layups, form shooting, midrange, free throws. Focus on mechanics, confidence, and repetition.

6th–8th Grade: Finishing, midrange, free throws, 3-pointers (if ready), off-the-dribble. Focus on game-speed shooting, range, and pressure situations.

Weekly Commitment: 4–5 days/week (team + home), ~100–120 makes/session.

Tracking Progress: Players track date, drill, makes, attempts, running total. Parents review weekly totals.

Parent Support: Encourage consistency, review logs, celebrate milestones, ensure rest and hydration.

Reminders: Quality over quantity, safety first, make shooting fun!

Prizes:

- 5,000 Made Shots Club- Silver Shot Club T-shirt
- 10,000 Made Shots Club-Elite Shot Club T-shirt

24-Week Offseason Shooting Calendar

Week	Focus	Drill Breakdown	Target Makes
1-2	Form & Mechanics	Layups, Form Shots, Close Midrange	400 per week
3-4	Form + Free Throws	Layups, Form Shots, Free Throws	400 per week
5-6	Midrange Shooting	Form Shots, Midrange, Free Throws	450 per week
7-8	Layup Variety	Different angles, contact finishes	450 per week
9-10	Off-the-Dribble	1-2 dribble pull-ups, layups	500 per week
11-12	Catch & Shoot	Midrange, Corner shots	500 per week
13-14	Game-Speed	Layups, Midrange, Free Throws at pace	500 per week
15-16	3 pt intro (6th-8th) only	Form 3s, Catch & Shoot 3s	500 per week
17-18	Pressure Free Throws	Simulated game fatigue	500 per week
19-20	Combined Drills	Mix layups, midrange, 3s, free throws	550 per week
21-22	Competitive Shooting	Partner or team shooting games	550 per week
23-24	Elite Reps	Game-speed full shooting circuit	600 per week

Parent Validation Sheet

Date: _____

Child's name: _____

2026-27 School Year Grade: _____

Total Made Shots: _____

Total Attempted Shots: _____

I certify that this information is correct.

Parent's Signature Parent's Name

*Must Email form to
treasurer.nbwygbasketball@gmail.com by 09/05/26