**Jump Shot Performance Journal**

 Date: \_\_\_/\_\_\_/\_\_\_

 Location of Shot (Shots Made/Taken=%)

Right Corner Right Wing Point Left Wing Left Corner

Distance:

5 Feet \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_%

10 Feet \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_%

15 Feet\_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_%

20 Feet\_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_%

25 Feet\*\_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_%

30 Feet\*\_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_% \_\_\_\_/\_\_\_\_=\_\_\_\_%

Total % (all 5 spots on the court) from each distance:

 5 Feet \_\_\_\_\_\_\_\_%

 10 Feet\_\_\_\_\_\_\_\_%

 15 Feet\_\_\_\_\_\_\_\_%

 20 Feet\_\_\_\_\_\_\_\_%

 25 Feet\*\_\_\_\_\_\_\_%

 30 Feet\*\_\_\_\_\_\_\_%

\* These distances are included for players who expect to shoot from these distances in games. Younger players who lack the strength to reach the basket from beyond the 3-point arc, or those who play forward positions (i.e., closer to the basket) may elect not to include these shots in their practices. At the higher level, even forwards and centers have developed a greater shooting range, so they may want to include these distances.