

The Lexington High School Boys & Girls Basketball Programs are sponsoring its first End of School Shooting Club. One of the beautiful things about basketball is that when you work individually to become a better player it also makes your team better. The goal of the Club is to help players develop the skills and confidence needed to succeed in game situations and to provide motivation to work on your game!

The time to get better is now! We challenge players in town of all levels to take (or make) Two Thousand Five Hundred (2500) game-like shots between Memorial Day and the end of school. That's 125 shots for 5 days a week as well as a 5 min ball-handling workout! We believe this is a very accomplishable goal. So challenge yourself and your friends, improve your shooting and ball-handling along the way, and earn free GEAR if you complete the challenge!

### **Rules**

The End of School Challenge runs from May 27th to June 20th

- Players in grades 4-7 must take 2500 shots
- Players in grades 8-11 must make 2500 shots
- Players must keep a log of their shooting workouts and have a "witness" attest to their validity.
- Witnesses can be anyone, such as a parent, guardian, friend, or teammate, that can attest that the shots in each workout were counted accurately and performed at game speed.
- All shots must be taken at "game speed".
- Anyone planning to register for basketball for the 2019-20 season, regardless of level, are eligible to participate.
- Shots taken at camps, AAU or other team practices should **not** be counted toward your goal. We want you to challenge yourself to meet the 2500 shot goal on your own rather than with a coach telling you when to shoot.
- We encourage you to work out with a friend. Rebound for each other and help keep each other on track.

HOW DO I REGISTER - Just send an email (or have a parent send one) to Coach Hobbs (rhobbs@lexingtonma.org) stating your interest in participating. You will receive a link to an online shot tracker via email you can use throughout the challenge.

## Common Questions

WHAT ARE GAME SHOTS - You should shoot all of your shots at game speed because that is what will help you improve as a player. During varsity practices, we encourage players to be able to make shots when they are tired. We encourage you to do the same in your individual workouts. Playing HORSE or casually shooting around with a friend might be fun, but it does not help you get better in game situations. You should focus on the types of shots you are likely to see in a game. Shoot from various spots. Shoot on the move. Relocate after each shoot. Shoot off the dribble. Use the “toss and catch” method to get a good workout. And ALWAYS shoot within your range.

DOES MY WITNESS HAVE TO WATCH EVERY SHOT IN MY WORKOUT - Of course not. You just need someone that will attest to the best of their knowledge that you completed the workout you submitted and the shots were taken at game speed. If a parent, sibling, or friend wants to watch or rebound for you that’s great, but its not required.

WHAT TYPE OF SHOTS SHOULD I WORK ON - We want you to develop your overall game and become a well-rounded shooter. Start in close working on your form. After you warm up, shoot shots that you are likely to see in a game. Before the end of your workout, try to work on shots that you are comfortable with as well as shots that you feel might be weaknesses for you. Shoot pull up jumpers, catch and shoot jumpers, and three-pointers if appropriate. And don’t forget to work on free throws! You will need a break as you progress through your shooting workout and free throws are a great way to catch a breather.

CAN I JUST ESTIMATE HOW MANY SHOTS I TAKE - NO! It’s important to develop a disciplined practice routine. Once you settle into a routine counting your shots should be relatively easy. For example, if you take 10 shots from 5 spots around the perimeter, then 10 pull up jumpers from the same 5 spots with 5 FTs in between each set that’s 150 shots. Plan out your routine ahead of time. Know what you want to work on and what spots you will shoot from. Having a plan for your workout makes counting much easier.

CAN I SHOOT MORE THAN SHOTS - Definitely! We encourage you to take as many shots as possible.

WHAT DO I DO AFTER THE CHALLENGE HAS ENDED - Make sure that you have logged and submitted all of your shots by **no later than June 20th** . You can log shots on the Google Spreadsheet you were given when you registered. Be sure to fill out the field for T-Shirt Size for the end of School Challenge

QUESTIONS - Feel free to contact Lexington Boys & Girls Varsity Basketball Coaches Reggie Hobbs ([rhobbs@lexingtonma.org](mailto:rhobbs@lexingtonma.org)) or Steve Solly ([ssolly@lexingtonma.org](mailto:ssolly@lexingtonma.org))

***“I don’t know if I practiced more than anybody but I sure practiced enough. I still wonder if somebody, somewhere, was practicing more than me.” – Larry Bird***