

Carlinville Basketball 10,000 Shot Club

Again this year, the Carlinville High School Basketball Programs are offering all students from grades 3-12 a chance to be a member of the "10,000 Shot Club". The general idea is that if you shoot 100 baskets, 100 different times, you will have taken 10,000 shots. It is good exercise, and it will help you become a better basketball player.

One of the best parts about basketball is that it is easy to practice. All you need is a ball and a hoop! You can practice by yourself, with a friend, or with a group.

Members of the 10,000 shot club will be honored at a high school basketball game this coming season. They will receive a plaque, a t-shirt, and they will be entered in a drawing to win other prizes. Some of our past sponsors include: First to the Finish, Jos F. Boente Sons, Inc., the Carlinville Basketball Boosters, McDonald's, and the Cubby Hole.

When you shoot your 100 shots, you will want to shoot from various parts of the court. You will want to shoot some by dribbling first, by not dribbling first, some free throws, some post moves, and some lay-ups. It may be a good idea to pick ten spots on the court and take ten shots from each spot.

While shooting, stay focused on practicing good form. An easy way to remember good form is to use the BEEF principle:

Balance – one foot slightly in front of the other, knees bent, feet shoulder width apart, squared up to the basket.

Eyes – fixed on target (front of rim, back of rim, etc.) Don't follow the ball!

Elbow – right underneath the ball. Your weak hand should only serve to help balance the ball

Follow-through – "lift" your shot, provide a slight backspin. Finish your follow-through with your hand in the cookie jar.

Also remember that there are lots of other skills in basketball! Work on your ball-handling, passing, and defense, too!

When you have completed your 10,000 shots, return this form to Coach DeNeve at Carlinville High School. Return them by Halloween! Happy shooting!