

# NEW THIS YEAR!!!

## OREGON BASKETBALL

### 10,000 Shot Club & 1,000 Minutes Club

For Boys & Girls Grades 7<sup>th</sup> - 12<sup>th</sup>

### 5,000 Shot Club & 1,000 Minutes Club

For Boys & Girls Grades 3<sup>rd</sup> - 6<sup>th</sup>

- What:** Shoot 10,000/5,000 shots within the summer months – June 1<sup>st</sup> – August 31<sup>st</sup>. You also can practice ball handling and track your dribbling minutes.
- Eligibility:** Any 3<sup>rd</sup> – 12<sup>th</sup> grade boy or girl (2018-19 school year).
- How:** You can participate in the Shot Club, Dribbling Minutes Club, or (hopefully) BOTH! Count your shots every time you shoot...all shots count! Layups, jump shots, free throws...just try to take GAME SHOTS...that means you're going game speed and shooting in YOUR range! Also keep track of how many minutes you practice ball handling each day. Then at the end of the summer, have your parents sign your sheet to verify and turn it in! Even if you didn't make it all the way to the goal, we still want to see your sheet and the work you put in.
- Reward:** Shot Club T-Shirt, Participation certificate, Recognition at a home OHS basketball game, and most importantly...a better shot and better ball handling skills!!
- Remember:** Regular and consistent practice is best. Daily practice is better than doing it all in one day and not touching a ball for the rest of the week. Also, playing in games (HS Summer league, AAU tournaments, etc.) do not count towards your totals. Open gyms, camps, or lessons where you are working on your skills do count towards your totals.
- MATH!!!:** If you shoot & dribble every day (91 days), you will need to average...  
\*10000 shots / 91 days = 109 shots per day  
\*5000 shots / 91 days = 55 shots per day  
\*1000 minutes dribbling / 91 days = 11 minutes per day
- Sign-up:** Please email Coach Eckardt or Coach Virgil to sign up (no entry deadline). The tracking spreadsheet will then be emailed to you or you can download it online at [ocusd.net](http://ocusd.net).
- DUE DATE:** ALL forms are due by **SEPTEMBER 15<sup>TH</sup>, 2018**. Completed forms should be emailed to Coach Eckardt or Coach Virgil, along with written/emailed confirmation from a parent that the sheet is filled out honestly. *You can also snail mail them if necessary to 1101 Jefferson St, Oregon, IL 61061.*

***To sign-up and request the spreadsheet, or if you have any other questions, please contact one of the coaches below. Thank you and we'll see you this summer!***

Coach Kristy Eckardt  
Oregon Varsity Girls Basketball Coach  
[keckardt@ocusd.net](mailto:keckardt@ocusd.net) – (815)677-1473

Coach Quinn Virgil  
Oregon Varsity Boys Basketball Coach  
[qvirgil@ocusd.net](mailto:qvirgil@ocusd.net) – (815)985-6729

**Shooting Tips:**

Use proper form (feet, elbow, follow through, guide hand, cookie jar) – spot shooting.

Practice game shots (off dribble, catch and shoot, square up).

Don't forget other areas of the game, for example: rebounding & free throws.

Get in a routine (ex: take 25 shots + 10 free throws, then do it 3 more times)

**Ball Handling Tips:**

Use proper form (dribble with fingertips, bend your knees not your back, protect the ball).

Do a lot of drills and do them hard!

If you are going as hard and as fast as you can go, you only need to do a drill for 30 – 45 seconds.

If you can do a drill for 2 minutes, you're not working hard enough.

**WORK BOTH HANDS!** We need players that can dribble with both hands!

Practice rolling/catching a tennis ball with your off-hand while dribbling

Use 2 balls!