

Columbus Cougar

Shooting Stars 2024



I'm glad you've decided to attempt to join the Shooting Stars Club this summer! Here are a couple of rules to take a look at as you get started.

Rules

1. The program runs from June 1st through August 31st. Any shots recorded before or after this timeframe can't count towards your total.
2. At least 25% of your total needs to come from each month (June, July, August). I don't want you to work really hard to get all the shots done in June and July and then not touch a ball in August. The idea is to build a routine over the next three months that will help you practice more consistently.
3. Every shot count MUST be dated and initialed by an adult. It doesn't have to be your parent. If 10 of you go and shoot at the gym one evening whoever supervises you can sign for all 10.
4. Think quality not quantity--don't try to get to the goal as fast as possible by shooting a bunch of layups with your strong hand and using bad form on your shooting. Make sure some of your time in the gym is spent working on getting better at things you struggle at. Good form and footwork should be the goal on every shot you take.

Suggestions

- Working on ball handling for 10 minutes will count for 20 shots (k-6) or 10 makes (7th/8th) for that day--some ball handling suggestions: stationary, two ball dribbling, dribble moves (crossovers, in and out, behind the back, pull back crossovers, hesitation)
- Layups -work full speed layups with both hands from different angles with different finishes (off two feet, left hand on right side, floater...etc)
- Shooting-spin passes to yourself and work on proper "left right" footwork, catch one dribble and shoot, catch multiple dribbles ending with a shorter jump shot (work on different finishes closer to the basket)
- Post moves -drop step, baby hook, step through, square and shoot, square and drive.

Please feel free to email or call me if you have any questions. Have fun and good luck!

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