

10K

10,000 MAKES CHALLENGE

10-Weeks to Becoming a Better In-Game Shooter



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INTRODUCTION

Rising Stars Basketball is a not-for-profit basketball club located in Hayward Wisconsin, providing affordable high-quality opportunities to athletes in northern Wisconsin.

The summer is roughly 10-weeks to 12-weeks long, and you get 4 to 6 tournaments. Each tournament is a 3-game guarantee. Our focus is purely development. We want to develop all players to have the capacity to pass, dribble, and shoot with consistency and become effective players. We have opportunities for Showcase Events, Expos, and Recruitment opportunities for those that wish to play in college - but that is not our focus.

We participate in regional and local tournaments that include the clubs that charge \$1,100 to \$3,500. We still get the same level of exposure, and still play in front of college scouts, sports writers, and college coaches.

Rising Stars Basketball is Youth Development Certified by USA Basketball, a member of the Jr NBA, SafeSport Certified, and NFHS certified.

WHAT WE DO

We identify as a Player-Centered Development program focused on improving the skills, abilities and character of each athlete joining our program.

While we compete in competitive AAU tournaments, our core guiding principle is helping each athlete reach and maximizing their full potential while removing restrictions most coaches place on athletes.

We remove barriers, positions, and traditional stereotypes to player archetypes to allow each athlete to learn how to handle the basketball, score at the rim, finish with contact, and shoot effectively and efficiently.

Traditional post-players learn how to handle the ball, make plays, score and distribute the ball. Traditional guards learn how to score in the paint, finish with contact and improve near-basket footwork.

Let's get started!

10,000 MAKES CHALLENGE

The 10,000 Makes Challenge is a simple 10-week training program designed to help each Rising Stars Basketball member become a better in-game shooter.

The series of daily drills prescribed to each athlete include the basic fundamentals or "Shot Builders", with proper form and function in mind, as well as made shots.

Each day, the athletes will make a series of shots ranging from 100 to 200 makes.

The 5 Workouts Include the Following:

- Basic Foundation
- Off the Catch
- On the Move
- Off the Bounce
- 1-on-1 Game Winners

These workouts start off with basic movements and as the weeks progress, will turn into more difficult and advanced drills used in the collegiate and professional ranks.

WHY 10,000 MAKES?

The program is 2-fold. First, the athletes are engaged in a skill development program during the season to further advance their development and in-game shooting abilities. Second.

Shifting the focus of taking shots to making shots is proven to develop greater confidence in players and improves in-game shooting performance.

The primary reason for the 10,000 Makes Challenge is to get the kids into a routine that allows them to take and make shots. In a brief survey with 121 athletes from Middle School, High school, Junior College, Division III, Division II and Division I we asked one simple question, "On average, how many shots per day do you shoot?"

The typical response is that, "well, on Tuesday I took 300, on Thursday I took 300, and then played a bit on Saturday."

The average athlete at their respective level shoots the following number of shots per day:

Middle School	81 Shots per day
High School	143 Shots per day
Junior College	150 Shots per day
Division III	196 Shots per day
Division II	271 Shots per day
Division I	348 Shots per day

These athletes are taking stand-still shots. They're standing at a spot and have either a rebounder or Shoot-Away machine that passes them basketballs, and they shoot until they get up X-amount of shots. This is great for fine tuning your stroke, but what happens when the clock is running down, and you're down 1 with 5 seconds left. Have you prepared for this situation? What happens if you're on a 0-11 run, and you need a quick bucket, are you prepared to make things happen and get your own shot?

On average, the typical stand-still shooting session provides roughly a 68% success rate. This means that the athlete made 68% of their stand still shots. Additionally, statistics and data from the NCAA, NAIA and NBA indicate that shooting percentages reduce by 50% when you contest the shot. A 68% shooter with nobody in their face will now shoot 34%. That's 1 out of every 3 attempts that are successful. Conversely, if an athlete is working on their 3-point shot, and makes 30% uncontested, they'll be a 15% in-game shooter. This is why it is very important to work on in-game shots or utilize game-speed repetitions.

There aren't any shooting programs on the market available for purchase. So, we at Rising Stars Basketball are taking the initiative to provide each member-athlete with a 10,000 Makes Challenge to become a better in-game shooter.

HOW TO TRAIN

One of the biggest obstacles of athletes and training is the lack of instruction and/or knowledge of programming or details of training programs.

We are going to detail these specific drills, provide pointers for each drill, and how to perform them for full effectiveness.

Time Blocks

In any training program, dedicated time blocks and undivided attention are needed. Training is deliberate and purposeful.

A 45-minute to 1-hour training block can be set aside each day to complete these workouts. Some workouts will be 10 minutes, some will be 5 minutes. As you begin to stack the drills, you'll find yourself 45-60 minutes deep before making the number of shots needed to complete the 10,000 Makes Challenge.

Timed Drills

Each drill is timed. If you're to make 100 Mikan, time it. Each time you go out to the driveway or enter the gym, start the timer, make 100 Mikan, and time it. Doing this every single day, it is impossible for an athlete not to improve their ability to finish at the rim with a layup or put back. If you're working on shooting on the move, you'll need a timer, and a defined number of reps to move from spot to spot, working on footwork, hand placement, and execution.

Items Needed

The athlete will need a 10 ft basketball, and standard sized basketball with an optional rebounder or shooting partner. These drills can be done alone.

You will also need the Workout Log located in the back of this PDF program.

Optional Items Needed

A cell phone or stopwatch. I like to make it a common practice for all athletes to time themselves shooting. This isn't to rush the athletes into completion, but to beat their previous performance and build in a module of responsibility and goal-setting. If we make 20 shots in 2 minutes, let's aim for 25 made shots in 2 minutes the next workout, and progress into 30 made shots in 2 minutes.

Start the timer, and complete the workout. After the workout, mark your time down in the workout tracker and keep track of your results. Week after week, you'll see gradual Improvements.

BASICS OF SHOOTING

Let's touch on the very important topic of shooting - form.

Shooting form is traditionally taught in many schools of thought through the usage of B.E.E.F. BEEF is an acronym that stands for:

B - Balance

E - Elbow

E - Eye

F - Follow Through

While we subscribe to BEEF, we also want to make sure each athlete is aware this is a fluid concept, and every athlete is built differently. Some athletes cannot shoot with their feet pointed to the rim, some athletes can. When you have some able, and some unable, you cannot possibly require all athletes to do the same thing in relation to shooting the basketball.

BALANCE

Balance refers to the athlete taking an athletic stance, feet under their shoulders, knees bent, butt down, and chest up. Ask the athlete to get low and nudge them off balance. If they fall over, they're not on balance. When they're in a position to keep their posture, and not fall or step aside to regain their balance - they're what I consider "on balance."

ELBOW

The elbow should be underneath the basketball to ensure proper alignment. Alignment refers to the ground-up. The toe, knee, elbow, and basketball should be in a straight line towards the rim.

EYE

The eyes are fixed on the front of the rim. I like to tell all of my athletes to look at the front of the rim. The front of the rim is available on any spot of the floor. Find a spot roughly 6 inches above the rim, and focus on landing the ball on that spot. Think of a helicopter or drone, it lands softly, not low and forcefully.

FOLLOW THROUGH

The follow through is very elaborate. Fingers pointed to the rim, shooting arm elbow at the eyebrow. This is one of the biggest components of becoming a great shooter. The “F” doesn’t stand for, follow your shot.

The follow through is the completion of the shot. I use the analogy of the soda machine, they still have soda machines, right?

The soda machine calls for \$1.00 or 4-quarters to get a can of Coke. You can’t put in 3 quarters and expect $\frac{3}{4}$ of a soda, 2 quarters and expect $\frac{2}{4}$ of a soda.

You need all 4 quarters to get the soda; such is the action of shooting the basketball.

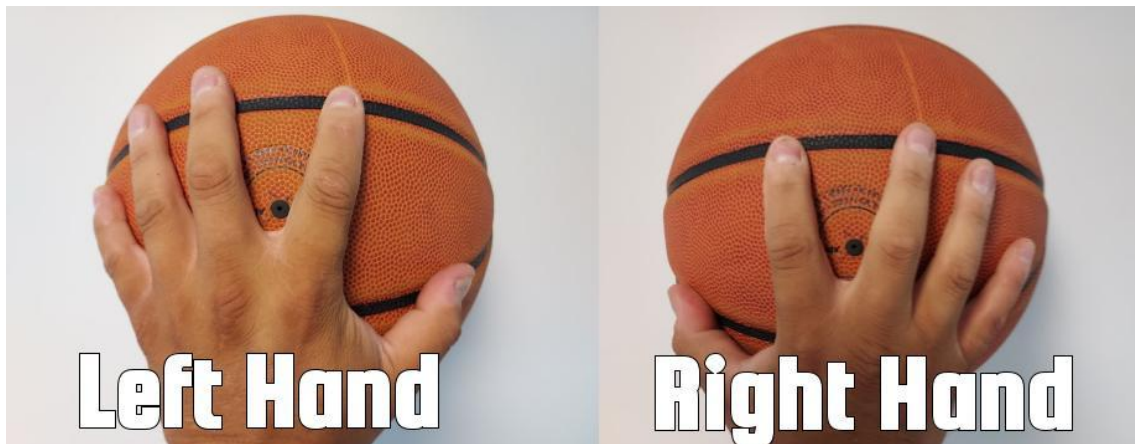
In order to get the most successful result out of your shot, you need to complete all 4 steps.

UNDERSTANDING HAND PLACEMENT

Hand placement is the most overlooked element of understanding the basics of shooting.

THE CENTER OF THE BALL

Locate the center of the ball. The center of every single ball is the air hole. The air hole allows us to begin practicing our shooting by centering the basketball. This allows you to begin your SHOT LINE.



THE SHOT LINE

The Shot Line is an invisible line from the rim to the basketball, through your elbow, knee and toe. If you're right handed, the shot line will travel from the toes of your right foot, right knee, your right elbow, and through the ball.. If you're left handed, the shot line will travel from the toes of your left foot, your left knee, your left elbow, and through the ball.

Your follow-through will determine the direction of the ball. As long as your shot line is straight, and fingers are pointed towards the rim on the follow-through, you will see minimal misses and more made shots.



THE POWER BASE

The power base of any athlete is their legs. This is true in football, baseball, track & field, volleyball, powerlifting, and of course, basketball. We'll continue to teach usage of the legs as the power base. Feet are placed directly under the hips or slightly wider to

ensure that you have a good strong base. The base is the start of any athletic and/or explosive movement.

Our method for teaching power base, is to have the athlete move into an athletic position; a position to perform a vertical jump. Nudge the athlete, if they tip over, they're not on balance.

Most athletes will get an inch or two lower, and when you nudge them, they won't move. This is the power base we're referring to.



Power Base

THE GUIDE HAND

The Guide Hand is one that is commonly misplaced, or misused. Let's try and navigate the struggles of a guide hand.

THUMBING THE BALL

Most struggles stem from the early years of shooting a ball. As younger athletes, they grip the ball to secure it, versus grabbing it for proper placement. The more reps they perform in the early years, the harder the habit is to break.

As the shot is executed, the thumb also carries out a portion of the shot, creating side rotation and inconsistency in the shot. What may have worked for an 8 year old, no longer works for a 12 year old, or 16 year old.

Here's a simple fix to remove the thumbing on the shot.

Pinch a quarter between the thumb, and pointer, and shoot your reps with this setup.



PROPER GUIDE HAND PLACEMENT

The guide hand serves as a guide, simply allowing the ball to sit securely in the shooting hand. It is not meant to be part of the execution of the shot.

One simple rule is to ensure the ball is secure in the shooting hand. The second rule is to allow the guide hand to follow the ball to the highest possible point before the release. Finally, upon the release of the basketball, the guide hand should never move, twist, or push. It sounds simple, but requires practice and repetition.

THE SHOOTING SHELF



This is heavily debatable, but can be implemented to vastly improve your ability to shoot the basketball.

A shooting shelf is similar to that of a weight lifter's catch. In this position they're the strongest and most explosive. The barbell rests on the 'shelf' while they prepare to execute a lift.

Similarly, the shot can be performed from the same position where the athlete is the most explosive. The further the ball moves away from the shelf, the shooting range becomes limited. This applies to athletes that shoot from above the head. If you notice the base of the weight lifter, she is in an athletic position with feet positioned under the hips and slightly wider.

Her knees are bent, and the barbell is on the shoulders ready to execute a press.

This is the same exact execution for a jump shot. When we look at the elite shooters of Steph Curry, Trae Young, Damian Lillard, and other smaller athletes with tremendous range - we notice they all employ this technique to generate more power.

This technique is what we teach athletes to use to improve their ability to shoot the basketball accurately and with enough range to shoot from the mid-range or from the 3-point line.

LET'S MEET THE DRILLS

Mikan Drill

The Mikan Drill is named after NBA legend, George Mikan. George Mikan would do this drill as a warm-up before every practice and every game. The Mikan Drill allows athletes to focus on footwork, technique, using the backboard, and finishing with either hand fluidly. The execution is the same as a layup. Approach the rim, if you're on the right side of the rim, use your right hand. As you enter into a 1-footed jump off of your left foot, you raise the ball in the right hand.

The right knee will also raise up. A lot of coaches say to "imagine a string attached to your elbow and your knee. As the elbow raises, the knee raises." This is a solid reminder.

Repeat the drill for the prescribed number of repetitions, record the number of makes and work on pace, speed, and keep the ball above the shoulders.

Reverse Mikan Drill

The Reverse Mikan Drill is a bit more difficult, but instead of facing the baseline, you're now putting your back to the baseline facing center court. The execution is the same as the Mikan Drill.

Superman Layups

The Superman Layup is a drill that is designed to be quick, short, and intense. Start at the elbow. The athlete is to receive a pass, the athlete can also spin the ball out to themselves. Upon catching the ball, the athlete performs a ball sweep. The ball sweep should be low, and across the shoe tops while in an athletic position.

The athlete gets just 1 dribble to perform a layup. Right hand, right side; left hand, left side. If the athlete shoots a right hand layup, they are to continue to the left elbow, and perform a left hand layup, and continue back to the right elbow.

Perform the drill for the prescribed amount of time, and record the number of made shots.

Free Throws

Step up the Free Throw line, and make your free throws. Focus on developing a routine, and using proper form.

Around the World

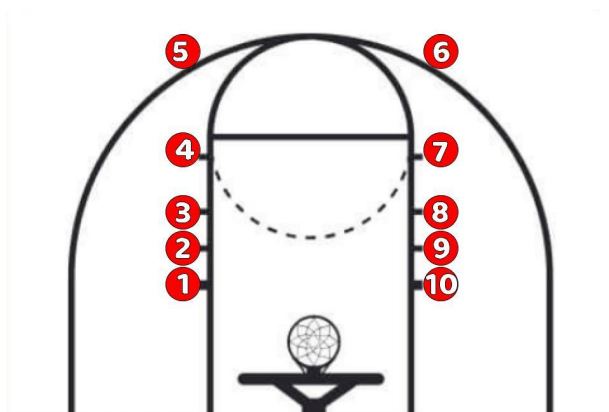
This isn't your grandpa's game of 'around the world'. This is a different version. We locate the hash marks around the paint. There are a total of 8 hash marks, as identified in the diagram below. The extra two shots are from the 3-point line. These are basic, form shots, focused on the principles of BEEF.

The goal is to catch-and-shoot. We don't allow the athletes to spin the ball, take any dribbles, or stand-still. It's game-speed, catch-and-shoot. Work on making swish shots without utilizing the backboard.

They have to make #1 before moving to #2, and #3 and so on. Variations of this drill include moving from 1 to 10, 2 to 9, 3 to 8, 4 to 7, and 5 to 6.

Advanced variations include performing a dribble before the shot. This can be a crossover, between the legs, or behind the back.

More advanced versions include a scissors dribble before each make.



Favorite Spot

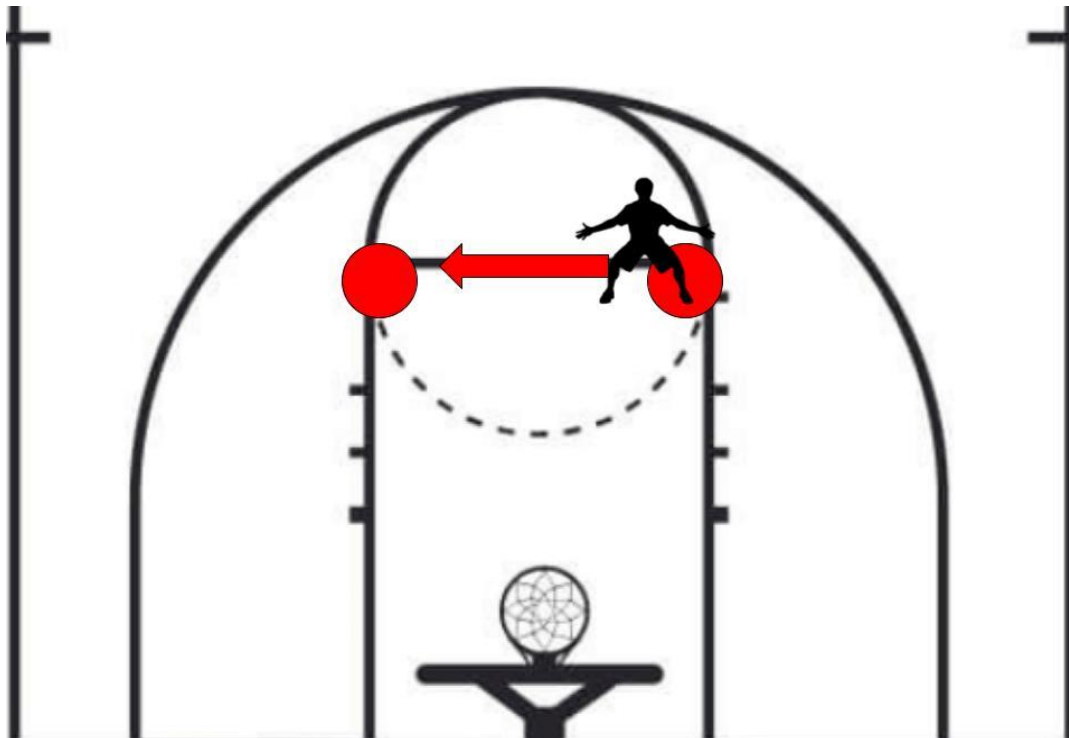
This is a catch-and-shoot drill focused on allowing the athletes to get "hot", find their groove and watch the ball go through the net. The athlete picks their favorite spot

where they feel they can make the most amount of shots in a row without a miss. Layups or 1-2 feet from the rim, are locations that are not allowed.

Our goal is to improve in-game shooting, and we want to focus on anything mid-range to the 3-point line.

Elbow to Elbow

This drill is a bit more advanced, but is simple enough for all age levels to perform. Start at the elbow, catch a pass, or spin to yourself, and perform a catch-and-shoot shot - follow through. Immediately, perform a defensive slide to the opposite elbow, catch-and-shoot - follow through. Repeat the process until you either make the prescribed amount of shots, or the timer goes off.

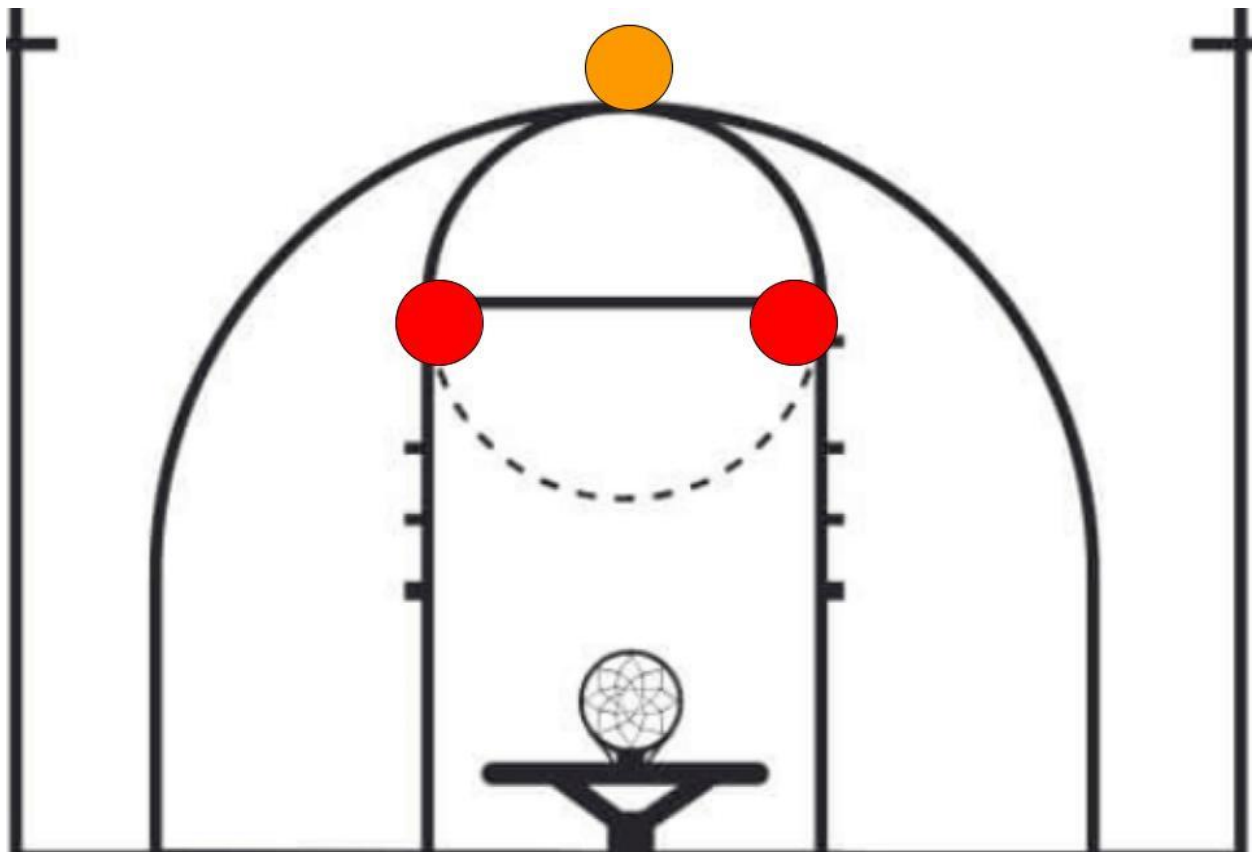


1-Dribble Pullup Jumper

This is a move toward the game-speed drills that incorporates a lot of mechanics. First, the catch. The athlete catches the ball on the perimeter, preferably behind the 3-point line.

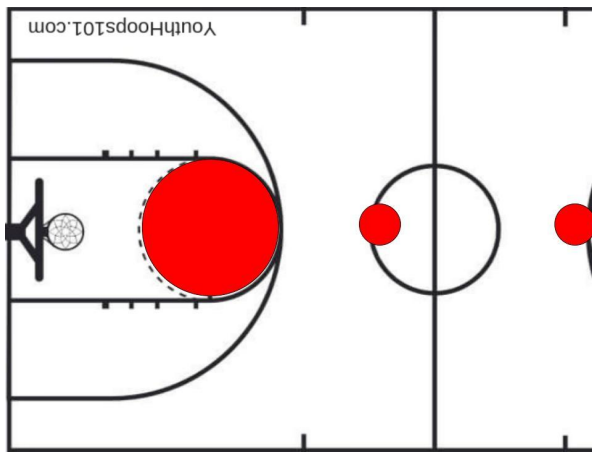
Upon catching, immediately perform a ball sweep (across the shoe tops), and push the ball out in front of you for one dribble towards the direction of the elbow.

Using proper footwork, square up, pick up the ball, and perform the 1-Dribble Pullup Jumper. Return to the perimeter, and repeat to the opposite side.



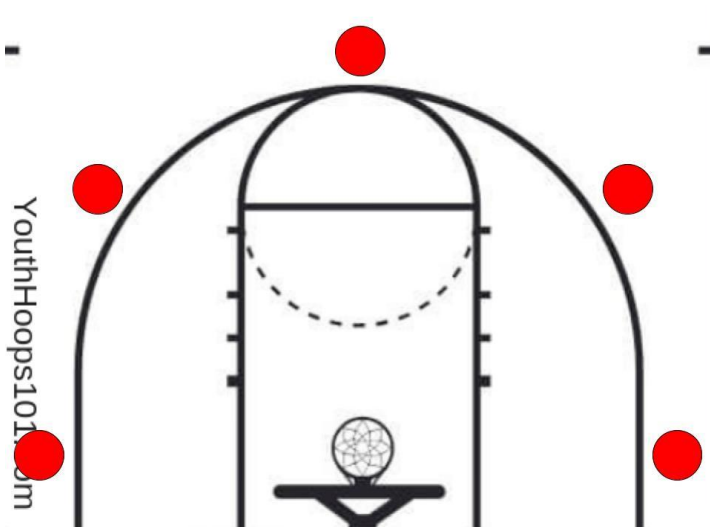
Touch N Go

This is by far my absolute favorite for game-speed shooting drills. The athlete starts at the first red circle, they sprint toward the rim and either catch a pass, or spin the ball to themselves - without dribbling - perform a shot in the big red circle (free throw line area). If they make it, they return to the starting position and touch the floor. If they miss, they are to go to the furthest position and touch the floor. This is conditioning and shooting all in one drill. They are to repeat the drill until they reach the prescribed makes or the timer runs out. The small red dots indicate the recommended distance for the touches. A make signifies a shorter distance to run, a miss is a longer distance.



5-Spot 3s

This is a simple drill, we are all familiar with. We pick the 5 equally spaced spots on the perimeter, and perform shots. See the workout log for variations for specific types of workouts associated with the 5-Spot 3s Drill



BONUS CHALLENGES

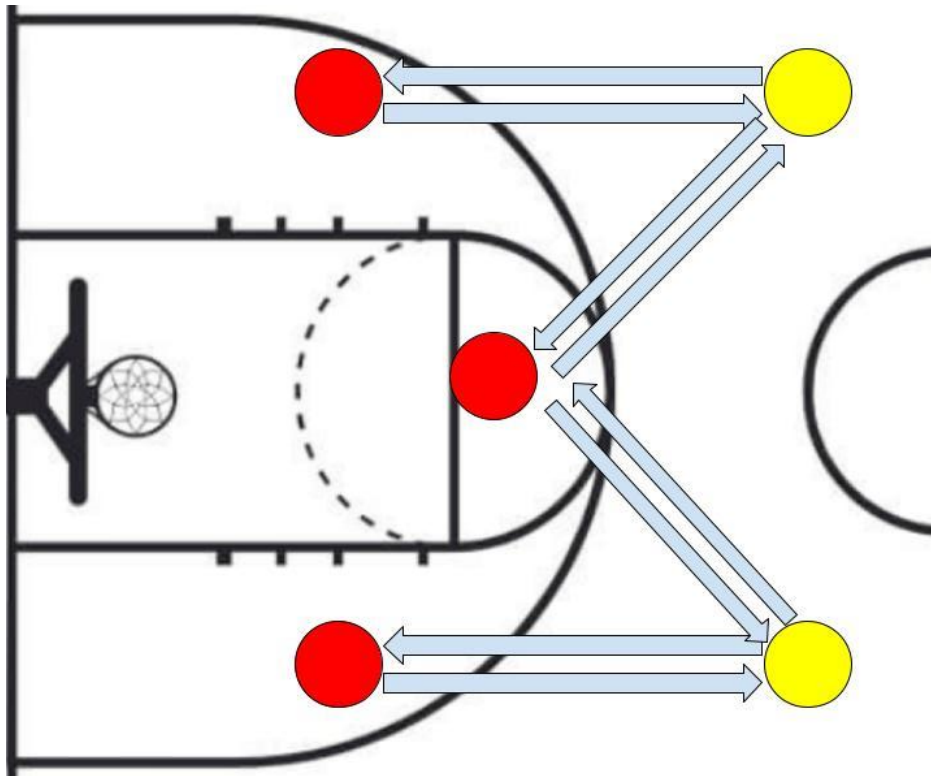
Michigan Sharpshooting

This is a drill introduced by Coach John Beilein when he came to Michigan, he has used this drill with Canisius, Richmond, West Virginia and Michigan. Coach Beilein is known to have teams that shoot a lot of 3s, space the floor, and have 5 capable shooters on the floor regardless of size, speed or skill.

Start at any of the yellow “touch” points and sprint to any of the shooting spots identified in red. Upon completing a shot, return to a touch point, and move to the next shooting spot, perform a shot, and report to the next touch point, and sprint to the final shooting spot. The pattern resembles an “M” if you continue in the above described pattern.

Focus on balance, and proper footwork. We teach and recommend the square up vs the hop step. The square up is stepping into your shot, versus catching the ball on the hop.

Shoot until you make the prescribed amount of shots, or until the timer expires.



Nik Stauskas Challenge

Nik Stauskas, a former Michigan Wolverine All-American posted this challenge to YouTube in 2011 where he broke the world record for most 3-point makes in 5 minutes. This is similar to the "Favorite Spot" drill, but is timed. Put 5 minutes on a clock, grab yourself a rebounder, and 1 basketball. In 5 minutes you should aim to make 50 3-point shots. This is a very difficult challenge as the legs get tired, and form breaks down around the 3 minute mark.

A variation of this drill is the 3-Man Shooting Drill. Use a rebounder, passer and shooter. The shooter sets up shop on the 3-point line, and 2 basketballs are used.

100 Makes Challenge

This is a challenge that I personally came up with that hits on all of the areas of scoring, shooting, and finishing. It is 10 drills that require 10 makes of each drill before moving on to the next drill. The total number of made shots equals 100. We set the timer and go! Stop the timer when you have made all 100 shots.

- 10 - Mikan
- 10 - Reverse Mikan
- 10 - Superman Layups
- 10 - Free Throws
- 10 - Around the World
- 10 - Favorite Spot
- 10 - Elbow 2 Elbow
- 10 - 1-Dribble Pull Up
- 10 - Touch N Go
- 10 - 5-Spot 3s

The best time posted at the publishing of this program is 9 minutes and 48 seconds by Tyson Radermacher. Coach DeCora finished in 10 minutes and 4 seconds, coming in 2nd. This is one of the most jam-packed intuitive workouts you'll ever encounter. We also use this to measure the effectiveness of this program.

To-date: We are seeing a 20% improvement in the 100 Makes Workout by doing these drills at least 5 days a week with a minimum of 100 makes per day.

PROGRAM PROGRESSIONS

As you progress in the program, we'll be adding in small wrinkles to help you improve your game, and sharpen your fundamentals.

For example, Once you make 2,000 shots. We may add in a shot-fake before you sweep the ball, a jab step, a pivot, or reverse pivot. When you reach 4,000 makes we'll add combinations of the previously mentioned. While this is strictly a shooting program, it is also very important to incorporate pass fakes, shot fakes, foot fakes, pivots, step throughs, and jump stops.

Around the world and favorite spot drills add in pound dribbles, or scissors combinations to help you with your pickup on the pull up jumper, for example. We could make this program as simple or as advanced as we want it to.

The primary focus is giving the athletes a program they can follow in the off-season.

STARTING THE CHALLENGE

How to perform the challenge:

You will be prescribed drills. The drills are to be done without any rest between drills, no water breaks, just drill after drill after drill until you are done. Once you are done, record your time.

What if I don't know what the drills are?

Contact Coach DeCora, and we'll get you a series of links from YouTube describing the drills, or show up to a Super Saturday and go through the 10K Makes Challenge drills. All of the drills were performed in Rising Stars Basketball team practices and Super Saturdays throughout the summer.

What if I don't have a hoop at home?

If you're near a school, every school has a 10ft basket you can use. If your neighbor has a hoop, maybe ask them to use it. There are hoops all over the place that one can access to get the challenge done.

What if I don't have a basketball at home?

You can purchase a basketball from Wal-Mart for less than \$10, and that will suffice. If you don't have \$10, please contact Coach DeCora and I'll get you a basketball to use.

What if I don't have the time to shoot?

The majority of the drills can be compounded into a workout that takes anywhere between 15 minutes to up to 60 minutes. It is my personal opinion that everyone can find 15 minutes in their day to put up some shots.

What if I don't have a rebounder?

Most of the drills can be done without a rebounder. If a drill does require a rebounder, rebound your own shot, spin the ball to yourself, and perform the drill. It will take a little more time, but you will get the same amount of makes and same improvements.

THE CHALLENGE

WEEK 1

Monday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Favorite Spot</i>	50 Makes

Total Time:_____

Tuesday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Free Throws</i>	50 Makes

Total Time:_____

Wednesday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Favorite Spot</i>	50 Makes

Total Time:_____

Thursday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Free Throws</i>	50 Makes

Total Time:_____

Friday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Favorite Spot</i>	50 Makes

Total Time:_____

THE CHALLENGE

WEEK 2

Monday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Favorite Spot</i>	50 Makes

Total Time:_____

Tuesday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Elbow to Elbow</i>	50 Makes

Total Time:_____

Wednesday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Free Throws</i>	50 Makes

Total Time:_____

Thursday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Elbow to Elbow</i>	50 Makes

Total Time:_____

Friday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Favorite Spot</i>	50 Makes

Total Time:_____

THE CHALLENGE

WEEK 3

Monday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Free Throws</i>	50 Makes
<i>Favorite Spot</i>	50 Makes

Total Time:_____

Tuesday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Elbow to Elbow</i>	50 Makes

Total Time:_____

Wednesday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Free Throws</i>	50 Makes
<i>Around the World</i>	50 Makes

Total Time:_____

Thursday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Elbow to Elbow</i>	50 Makes

Total Time:_____

Friday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Free Throws</i>	50 Makes
<i>Favorite Spot</i>	50 Makes

Total Time:_____

THE CHALLENGE

WEEK 4

Monday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Favorite Spot</i>	50 Makes

Total Time:_____

Tuesday

<i>Mikan Drill</i>	100 Makes
<i>Free Throws</i>	50 Makes
<i>Around the World (repeat 5x)</i>	50 Makes

Total Time:_____

Wednesday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Elbow to Elbow</i>	50 Makes

Total Time:_____

Thursday

<i>Mikan Drill</i>	100 Makes
<i>Free Throws</i>	50 Makes
<i>Around the World (repeat 5x)</i>	50 Makes

Total Time:_____

Friday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Favorite Spot</i>	50 Makes

Total Time:_____

THE CHALLENGE

WEEK 5

Monday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Around the World (repeat 5x)</i>	50 Makes

Total Time:_____

Tuesday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Free Throws</i>	50 Makes
<i>Favorite Spot</i>	50 Makes

Total Time:_____

Wednesday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Elbow to Elbow</i>	50 Makes

Total Time:_____

Thursday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Free Throws</i>	50 Makes
<i>1-Dribble Pullup</i>	50 Makes

Total Time:_____

Friday

<i>Reverse Mikan Drill</i>	130 Makes
<i>Superman Layups</i>	50 Makes
<i>Touch N Go</i>	20 Makes

Total Time:_____

THE CHALLENGE

WEEK 6

Monday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>Favorite Spot</i>	50 Makes

Total Time:_____

Tuesday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Free Throws</i>	50 Makes
<i>Elbow to Elbow</i>	50 Makes

Total Time:_____

Wednesday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>1-Dribble Pullup</i>	50 Makes

Total Time:_____

Thursday

<i>Reverse Mikan Drill</i>	130 Makes
<i>Free Throws</i>	50 Makes
<i>Touch N Go</i>	20 Makes

Total Time:_____

Friday

<i>Reverse Mikan Drill</i>	130 Makes
<i>Superman Layups</i>	50 Makes
<i>5 Spot 3s</i>	20 Makes

Total Time:_____

THE CHALLENGE

WEEK 7

Monday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>5 Spot 3s</i>	50 Makes

Total Time:_____

Tuesday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Around the World (repeat 3x)</i>	30 Makes
<i>Touch N Go</i>	20 Makes

Total Time:_____

Wednesday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>1-Dribble Pullup</i>	50 Makes

Total Time:_____

Thursday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Free Throws</i>	50 Makes
<i>Elbow to Elbow</i>	50 Makes

Total Time:_____

Friday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Favorite Spot</i>	50 Makes
<i>5 Spot 3s</i>	50 Makes

Total Time:_____

THE CHALLENGE

WEEK 8

Monday

<i>Mikan Drill</i>	100 Makes
<i>Favorite Spot</i>	50 Makes
<i>Michigan Sharpshooter</i>	50 Makes

Total Time:_____

Tuesday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Around the World (repeat 5x)</i>	50 Makes
<i>Touch N Go</i>	50 Makes

Total Time:_____

Wednesday

<i>Mikan Drill</i>	100 Makes
<i>Superman Layups</i>	50 Makes
<i>1-Dribble Pullup</i>	50 Makes

Total Time:_____

Thursday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Free Throws</i>	50 Makes
<i>Elbow to Elbow</i>	50 Makes

Total Time:_____

Friday

<i>Favorite Spot</i>	100 Makes
<i>100 Makes Challenge</i>	100 Makes

Total Time:_____

THE CHALLENGE

WEEK 9

Monday

<i>Mikan Drill</i>	100 Makes
<i>Favorite Spot</i>	50 Makes
<i>Michigan Sharpshooter</i>	50 Makes

Total Time:_____

Tuesday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Around the World (repeat 5x)</i>	50 Makes
<i>Touch N Go</i>	50 Makes

Total Time:_____

Wednesday

<i>Superman Layups</i>	100 Makes
<i>Favorite Spot</i>	50 Makes
<i>1-Dribble Pullup</i>	50 Makes

Total Time:_____

Thursday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Touch N Go</i>	50 Makes
<i>5 Spot 3s</i>	50 Makes

Total Time:_____

Friday

<i>Favorite Spot</i>	100 Makes
<i>100 Makes Challenge</i>	100 Makes

Total Time:_____

THE CHALLENGE

WEEK 10

Monday

<i>Mikan Drill</i>	100 Makes
<i>Favorite Spot</i>	50 Makes
<i>Michigan Sharpshooter</i>	50 Makes

Total Time:_____

Tuesday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Around the World (repeat 5x)</i>	50 Makes
<i>Touch N Go</i>	50 Makes

Total Time:_____

Wednesday

<i>Superman Layups</i>	100 Makes
<i>Favorite Spot</i>	50 Makes
<i>1-Dribble Pullup</i>	50 Makes

Total Time:_____

Thursday

<i>Reverse Mikan Drill</i>	100 Makes
<i>Touch N Go</i>	50 Makes
<i>5 Spot 3s</i>	50 Makes

Total Time:_____

Friday

<i>Favorite Spot</i>	100 Makes
<i>100 Makes Challenge</i>	100 Makes

Total Time:_____

FINAL THOUGHTS

Congratulations! You have completed the 10,000 Makes Challenge.

You can use this program multiple times per year, or in the off-season. If you wish to wait on undertaking the challenge, you can pick and choose drills to use from this challenge and work on weak areas before taking the challenge.

Just pick up a ball, find a basket and get to work. While most workouts will take anywhere from 15-20 minutes, these are some very basic drills that you can do every single day to improve your game.

If you wish to utilize weekends to do 2 days, that's entirely up to you.

This is a basic guide to help you structure your workouts, day by day, and help you focus on the fundamentals of the game while getting the most out of each workout.

If you need to recycle Weeks 1, 2 and 3 - please do that until you make 10,000 shots. If you are an absolute beginner. There are ways to scale this program as much as you need or as little as you need.