

Daily Shot Goal = 100 Made Shots

100 << Change this value for higher daily goals or for a weekly goal

Shot Type	4th Grade Daily %	# of Shots Made	5th Grade Daily %	# of Shots Made	6th Grade Daily %	# of Shots Made	7th Grade Daily %	# of Shots Made	8th Grade Daily %	# of Shots Made
Right Hand Layups	20%	20	15%	15	10%	10	10%	10	10%	10
Left Hand Layups	20%	20	15%	15	10%	10	10%	10	10%	10
Shots from the Baseline	20%	20	15%	15	20%	20	15%	15	15%	15
Shots from the Wing	20%	20	15%	15	20%	20	15%	15	15%	15
Shots from the Elbow	0%	0	15%	15	12%	12	15%	15	15%	15
Free Throws	20%	20	23%	23	20%	20	20%	20	15%	15
3-Point Shots	0%	0	2%	2	3%	3	5%	5	10%	10
Post Moves	0%	0	0%	0	5%	5	10%	10	10%	10
Total	100%	100	100%	100	100%	100	100%	100	100%	100

13 foot FT
4th Grade

13 or 15 foot FT
5th Grade

Adjust the %'s based on the skill of the individual shooter.