



Tigers Boys Basketball 2025 10,000 Shot Club

Boys Grades 2-12

New to Albert Lea, we are introducing the 10,000 Shot Club this offseason! This year's club consists of two daily routines that work on a wide variety of shots and drills. If athletes have their own routines they sometimes use, these can count towards the goal but they are encouraged to share what the workouts are!

Players should work through these routines to fulfill their daily shots. After each week, parents/guardians should initial on the calendar to authenticate the work being done. Turn in deadline will be Wednesday, September 10th. All turned in sheets should be given to Head Coach Harrison Koetz in person or over email. Email is below:

Harrison.Koetz@alschools.org

The top shooters of the summer will be recognized at our first home game!

Go Tigers!

Head Coach Harrison Koetz



ROUTINE 1:

- 20 Mikan Layups (10 per hand)
- 20 Bank Shots from Block (10 per hand)
- 10 Free Throws
- 10 Shots off the Dribble (rip through, 2 dribbles to left)
- 10 Shots off the Dribble (rip through, 2 dribbles to right)
- 10 Free Throws
- 20 Drop Steps w/ Power Dribble (10 each block/hand)
- 30 Shots off the Catch (spin to self)
- 20 Layups (10 per hand, start at elbow, dribble to layup)

ROUTINE 1:

- 10 Free Throws
- 10 mid-range from right baseline
- 10 mid-range from left baseline
- 10 shots from the elbow (5 per side)
- 10 Free Throws
- 10 Shots from wing (15 feet)
- 20 Three Point shots (5 spots, 3 per spot)
- 10 Free Throws

Total: 250 Shots (50 Free Throws)

ROUTINE 2

- *Start at the green dot, proceed around the world and end at the red dot.*
- *5 shots per spot – 75 total.*
- *10 shots per spot – 150 total.*



5 shots per dot = 75 total shots
10 shots per dot = 150 total shots

June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Notes: *Please fill in workouts here:*

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Notes: Please fill in workouts here:

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30