**Northwestern Boys Basketball**

***- 300 Hour Club –***

***A picture containing text, tool

Description automatically generated***

***“NO DEPOSIT - NO RETURN”***

Northwestern Wildcat Boys Basketball “300 Hour Club”

******

***“No Deposit, No Return”***

*Here’s a reminder that no one has yet found a way to get something for nothing. All worthwhile goals come at a price, and the coins with which we pay are concentration, persistence and desire.*

It is often said that teams are made during the “in” season while players are made in the “off” season. It is with this premise that we have The Northwestern Wildcat Boys Basketball 300 Hour Club. The goal of the 300 Hour Club is for players to document over 300 hours of basketball-related activities during the off-season. Players will set individual offseason goals, will be given a calendar, and will monitor their basketball-related activities on the calendar. The 300 club hours will start on April 1st. Players will turn this into Coach Redman by November 1st. All players who have earned over 300 Hours will receive a t-shirt and be recognized before a varsity basketball game. Players who reach the 400 Hour and 500 Hour Club will receive a t-shirt and other awards.

Players can earn hours in the following ways:

● 50 hours for playing in a fall or spring sport

● 10 hours each for making the A or B honor roll in the spring and fall

● 1 hour for every hour spent in the weight room or conditioning

● 1 hour for every hour of basketball you practice or play (includes: camps, summer leagues, shooting in the driveway, etc.)

● Up to 20 hours of service work will count toward the 300-hour club.

● Bonus Hours:

○ 1 Bonus hour for every 250 Free Throws that you shoot.

○ 1 Bonus hour if you complete an entire perimeter or post-workout plan

**Wildcat Basketball**

**Off-Season Goal Setting**

**300 Hour Club**: ***“No Deposit, No Return”***

*Here’s a reminder that no one has yet found a way to get something for nothing. All worthwhile goals come at a price; the coins we pay are concentration, persistence, and desire.*

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade next year: \_\_\_\_\_\_\_\_\_\_\_**

**Today Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**What are my off-season basketball goals?**

**What is my detailed plan and the daily habits I will use to reach these goals?**

**Reflection in October:** Did you achieve your off-season goals? Why or why not?

**Northwestern Wildcat Basketball**

**Perimeter Player Workout**

**300 Hour Club**: ***“No Deposit, No Return”***

**+/- System of Shooting: When you make a shot, it is +1; when you miss, it is -1. If the goal is to Make 10, then you want to shoot until to are at a +10. {For Example: make (+1), make (+1), make (+1), miss (-1), make (+1), make (+1), make (+1), miss (-1), make (+1), make (+1), make (+1), make (+1), make (+1), make (+1), = 1+1+1+(-1)+1+1+1+(-1)+1+1+1+1+1+1 = +10}**

1. Jump Rope (1 minute)

2. Dot Drill (1 minute)

3. Ball Slaps (20)

4. Stationary Ball Handling: Head, waist, right leg, left leg, both legs, figure 8 (5 times each spot, both directions)

5. Stationary Ball Handling (Dribble): Crossover (25), right leg, left leg, figure 8 (5 times each spot, both directions)

6. Mikan Drill (make 40)

7. Perfect form shot (Make 10 +/- system)

8. Perimeter Shooting

a. Block to block (Make 10 +/- system)

b. Free Throws (Make 10 +/- system)

c. Ten footers in paint (Make 10 +/- system)

d. Free Throws (Make 10 +/- system)

e. Elbow to baseline right side (Make 10 +/- system)

f. Free Throws (Make 10 +/- system)

g. Elbow to baseline left side (Make 10 +/- system)

h. Free Throws (Make 10 +/- system)

i. Elbow to Elbow (Make 10 +/- system)

j. Around the horn 3’s: (Make 15 +/- system)

9. Full Court Ball Handling: x-over, behind back, between legs, step back (3 times down/back each skill)

10. Jump Rope (1 minute)

11. 1 on 1 play: Square up and take the ball to the hoop on both sides

a. Jab Step/Rocker (5 times)

b. Jab Step/Crossover (5 times)

c. Jab Step/Shot Fake (5 times)

d. Jab Step/Shot Fake/Crossover (5 times)

12. Free Throws (Make 10 +/- system)

13. Post Moves (see post-workout handout: make 5 of each)

14. Defensive slides: side to side (20 touches)

15. Jump Rope (1 minute)

16. Dot Drill (1 minute)

17. Free Throws (Make 10 +/- system)

**Northwestern Wildcat Basketball**

**Post Player Workout**

**300 Hour Club**: ***“No Deposit, No Return”***

**+/- System of Shooting: When you make a shot, it is +1; when you miss, it is -1. If the goal is to Make 10, then you want to shoot until to are at a +10. {For Example: make (+1), make (+1), make (+1), miss (-1), make (+1), make (+1), make (+1), miss (-1), make (+1), make (+1), make (+1), make (+1), make (+1), make (+1), = 1+1+1+(-1)+1+1+1+(-1)+1+1+1+1+1+1 = +10}**

1. Jump Rope (1 minute)

2. Dot Drill (1 minute)

3. Ball Slaps (20)

4. Stationary Ball Handling: Head, waist, right leg, left leg, both legs, figure 8 (5 times each spot, both directions)

5. Stationary Ball Handling (Dribble): Crossover (25), right leg, left leg, figure 8 (5 times each spot, both directions)

6. Mikan Drill (make 40)

7. Perfect form shot (Make 10 +/- system)

8. Post Offense (Do this on both sides) - (Sit in on Post, ball fake first, power dribble on front foot, leg whip, finish hard)

a. Dribble to the middle, drop step baseline (make 20)

b. Dribble to the middle, fake drop step, jump hook (make 20)

c. Ball fake, turnaround jump shot: baseline (make 10)

d. Ball fake, turnaround jump shot: middle (make 10)

e. Up and under: baseline (make 10)

f. Up and under: middle (make 10)

9. Free Throws (Make 10 +/- system)

10. Full Court Ball Handling: x-over, behind back, between legs, step back (3 times down/back each skill)

11. Block to Block Shots (Make 15 +/- system)

12. Jump Rope (1 minute)

13. 10-foot shots facing hoop (Make 10 +/- system)

14. Free Throws (Make 10 +/- system)

15. 15-foot shots facing hoop (Make 10 +/- system)

16. Free Throws (Make 10 +/- system)

17. Rebound Drill: Toss off board, keep ball high (Make 20 +/- system)

18. Free Throws (Make 10 +/- system)

19. Defensive Slides: side to side (20)

20. Free Throws (Make 10 +/- system)

**Northwestern Wildcat Basketball**

**Calendar**

**300 Hour Club**: ***“No Deposit, No Return”***

★ Print out a blank calendar from April 1 – November 1 of the calendar year.

★ Write your detailed daily log of activities on each calendar day. For example:

*June 15, 2023*

*Weightroom from 6:30 - 8:00 am (1.5 Hours)*

*Open gym from 10:00-11:00 am (1 Hour)*

*Shot 250 free throws in the driveway from 1:00-1:00 pm (1 Hour + 1 Bonus Hour)*

*Summer League Games from 6:00-8:00 pm (2 Hours)*

*Totals Hours:* ***6.5 Hours.***

Total Hours: 6.5 Hours.

★ Put your total hours for the month on the top of each page.

**Northwestern Wildcat Basketball**

**Summary of Hours**

**300 Hour Club**: *“No Deposit, No Return”*

April Hours: \_\_\_\_\_\_\_\_\_\_\_\_

May Hours: \_\_\_\_\_\_\_\_\_\_\_\_

June Hours: \_\_\_\_\_\_\_\_\_\_\_\_

July Hours: \_\_\_\_\_\_\_\_\_\_\_\_

August Hours: \_\_\_\_\_\_\_\_\_\_\_\_

September Hours: \_\_\_\_\_\_\_\_\_\_\_\_

October Hours: \_\_\_\_\_\_\_\_\_\_\_\_

**Total Hours: \_\_\_\_\_\_\_\_\_\_\_\_**

Total Weightroom Hours: \_\_\_\_\_\_\_\_\_\_\_\_

Total Basketball Hours: \_\_\_\_\_\_\_\_\_\_\_\_

Total Fall/Spring Sport Hours: \_\_\_\_\_\_\_\_\_\_\_\_

Total Service Hours (20 max): \_\_\_\_\_\_\_\_\_\_\_\_

Total Honor Roll Hours: \_\_\_\_\_\_\_\_\_\_\_\_

Total Bonus Hours: \_\_\_\_\_\_\_\_\_\_\_\_

Parent Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Player Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Diagram

Description automatically generated