



Summer Shooting Challenge Goal Sheet

Congratulations on your decision to take part in the Peace.Love.Basketball Summer Shooting Challenge. You have taken a big step in improving your shooting and your game. Use the following forms to set basketball and personal goals and track your shooting this summer. When striving to reach a goal it's essential to put the goal in writing. It's also helpful to write down when you want to achieve the goal, why you want to achieve it, action steps to reach it, possible obstacles that may arrive when working toward it and how you will overcome these obstacles. When tracking your shots, we recommend that older or more competitive players track the shots they make and younger players track the shots they take. (a very challenging goal is 5000 shots). When setting your shooting goal, be realistic depending on your commitment and your summer schedule, still it never hurts to aim high. Work both your right and left hand and take a variety of shots. (1' - 3' shots, 10'-15' shots, jumpshots, lay-ins, post moves, free throws, etc.) Best of luck achieving your goals this summer and in life!

Play hard and have fun!

NAME:

SHOT GOAL:

SUMMER BASKETBALL GOALS:

OTHER PERSONAL GOALS TO WORK TOWARD THIS SUMMER:

“There is no limit to the goals you can attain, the success you can achieve—your possibilities are as endless as your dreams.”

-D. Crowe

SUMMER SHOOTING CHALLENGE

| JUNE | JULY | AUGUST | SEPT |
|----------|----------|----------|----------|
| 1 _____ | 1 _____ | 1 _____ | 1 _____ |
| 2 _____ | 2 _____ | 2 _____ | 2 _____ |
| 3 _____ | 3 _____ | 3 _____ | 3 _____ |
| 4 _____ | 4 _____ | 4 _____ | 4 _____ |
| 5 _____ | 5 _____ | 5 _____ | 5 _____ |
| 6 _____ | 6 _____ | 6 _____ | 6 _____ |
| 7 _____ | 7 _____ | 7 _____ | 7 _____ |
| 8 _____ | 8 _____ | 8 _____ | 8 _____ |
| 9 _____ | 9 _____ | 9 _____ | 9 _____ |
| 10 _____ | 10 _____ | 10 _____ | 10 _____ |
| 11 _____ | 11 _____ | 11 _____ | 11 _____ |
| 12 _____ | 12 _____ | 12 _____ | 12 _____ |
| 13 _____ | 13 _____ | 13 _____ | 13 _____ |
| 14 _____ | 14 _____ | 14 _____ | 14 _____ |
| 15 _____ | 15 _____ | 15 _____ | 15 _____ |
| 16 _____ | 16 _____ | 16 _____ | |
| 17 _____ | 17 _____ | 17 _____ | |
| 18 _____ | 18 _____ | 18 _____ | |
| 19 _____ | 19 _____ | 19 _____ | |
| 20 _____ | 20 _____ | 20 _____ | |
| 21 _____ | 21 _____ | 21 _____ | |
| 22 _____ | 22 _____ | 22 _____ | |
| 23 _____ | 23 _____ | 23 _____ | |
| 24 _____ | 24 _____ | 24 _____ | |
| 25 _____ | 25 _____ | 25 _____ | |
| 26 _____ | 26 _____ | 26 _____ | |
| 27 _____ | 27 _____ | 27 _____ | |
| 28 _____ | 28 _____ | 28 _____ | |
| 29 _____ | 29 _____ | 29 _____ | |
| 30 _____ | 30 _____ | 30 _____ | |
| | 31 _____ | 31 _____ | |

_____ + _____ + _____ + _____ =

Total shots taken this summer _____