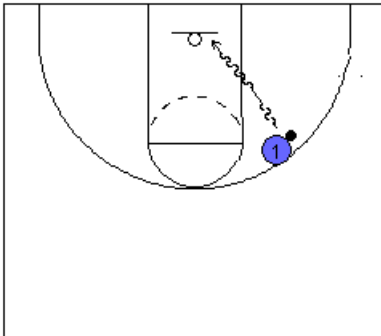
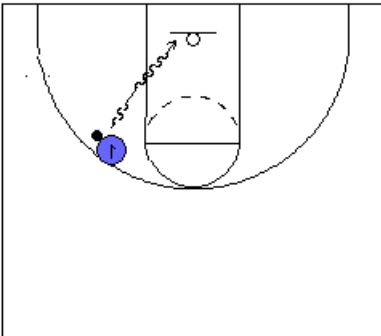
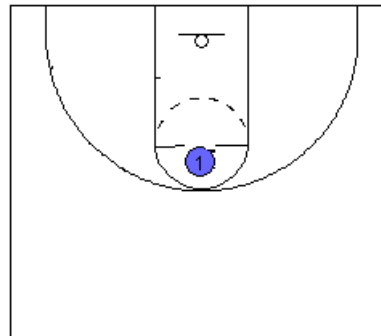
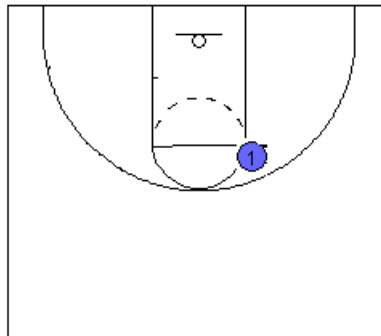
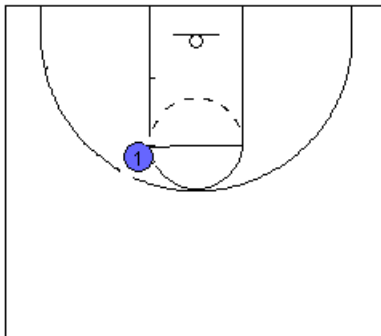
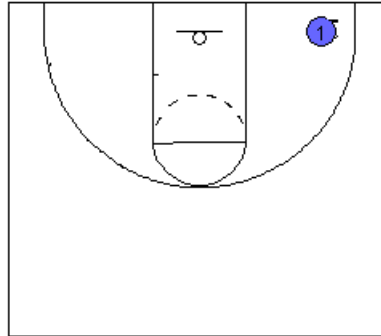
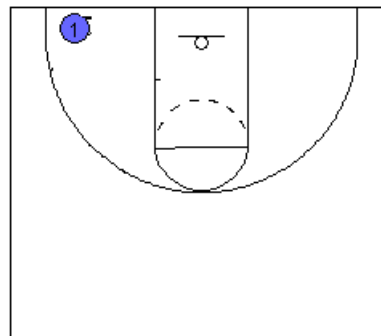
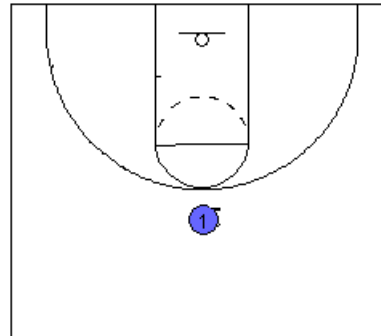


8 Station Challenge

The 8 station challenge is a fun way for kids to work on their skills in preparation for the upcoming season. The challenge is based on 8 skills. You must complete a full set in number order. You can do as many full sets as you like daily. All sets must be done at game speed.

You must complete the full set and [enter your scores](#) online weekly. You can also print out a [hard copy \(Tab 1\)](#) and enter scores weekly online. Each set has a set goal and you will shoot until you hit that goal before moving on to the next station. Before starting the next station, write down how many attempts it took you to hit that target goal.

<p>1. Right Handed Layups</p> 	<p>2. Left handed Layups</p> 	<p>3. Free Throws</p> 	<p>4. Right Corner Key</p> 
<p>5. Left Corner Key</p> 	<p>6. Right Baseline</p> 	<p>7. Left Baseline</p> 	<p>8. Three Pointer</p> 

Please visit our [website](#) for more information

Rules

Do each stage until you get the achievement number before moving on to the next stage. Write down how many attempts it took you at each stage to hit that target goal. Example, it took you 25 attempts to get 20 right handed layups made, then you enter 25 for that station.

- 20 Right Handed Layups (driving from 3 point line)
- 20 Left Handed Layups (driving from 3 point line)
- 30 Free Throw (13 feet from grades 4-6, 15 feet for grades 7-12)
- 15 Right Key Corners (13 feet from grades 4-6, 15 feet for grades 7-12)
- 15 Left Key Corners (13 feet from grades 4-6, 15 feet for grades 7-12)
- 15 Right Base (13 feet from grades 4-6, 15 feet for grades 7-12)
- 15 Left Base (13 feet from grades 4-6, 15 feet for grades 7-12)
- 5 Three Pointers (20 feet)

Total Shots MADE per round 135.

8 Station Award Levels:

- PLATINUM - (14 sets weekly)
- GOLD - (7 sets weekly)
- SILVER - (5 sets weekly)
- BRONZE - (3 sets weekly)
- *Awards for each division will be decided by the board at the conclusion of the challenge period*

You do not need to do these targets weekly. These metrics are simply an indication of what you can target too stay on track to hit your goal at the end of summer. Some weeks, you may shoot more in order to take other days/weeks off or offset rainy days/weeks where you cannot get outside.

Please visit our [website](#) for more information