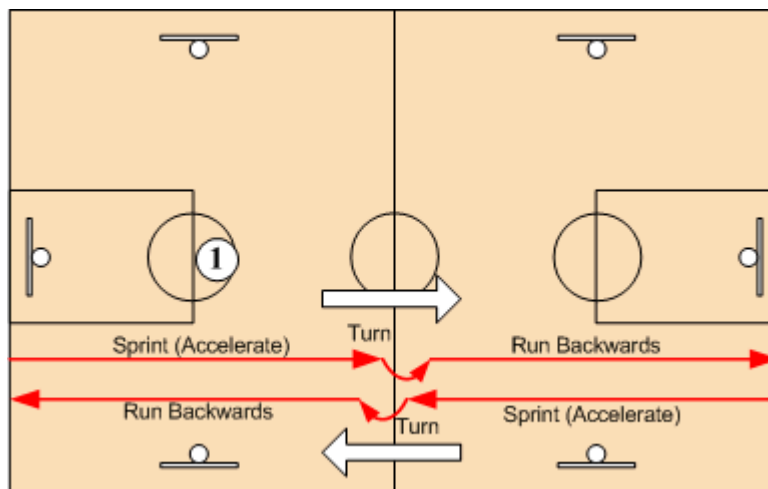


“One-and-One and Run” – Free Throw Shooting



“One and One and Run” drill combines free throw shooting with conditioning. Players go to the free throw line with a one-and-one free throw situation. When they make both free throws they get to run.

Starting on baseline sprint to half court and then turn and run backwards to opposite baseline. Repeat the process of sprinting and running backward returning to the original baseline. Players only get to run if they are successful in making both ends of the one-and-one situation.

Drill ends after ten(10) runs. Do multiple sets of ten runs if time permits.

When shooting with a partner(s) or team the drill becomes real competitive. Players alternate going to the line with a one-and-one situation. First player to complete ten(10) runs wins. Competition motivates the players to run with the utmost urgency and get back as fast as possible which benefits improves conditioning.

CAUTION: Free throw shooting is an individual effort. Coaches can provide guidance, but to become a proficient free throw shooter it is entirely up to the individual player. To be effective free throw practice must have purpose and objectives. Just don't go to the line and shoot. “Shoot to make.” Remember *"It's not the number of hours you put in, it is what you put into the hours that count."* Be sure that the proper mechanics along with a specific routine and rhythm on each and every free throw attempt are being employed.