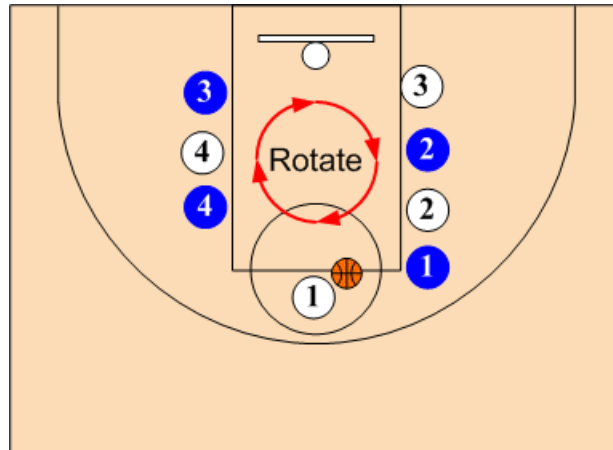


## “Four-Up” – Free Throw Shooting



### Team Free Throw Competition

“Four-Up” is a competitive team free throw contest. Players are divided into two teams and alternately aligned around the free throw lane lines. Each player shoots one free throw. Players rotate clockwise after shooting one free throw. Players not shooting rebound.

Scoring: Made Free Throw = +1 Point and a Missed Free Throw = -1 Point.

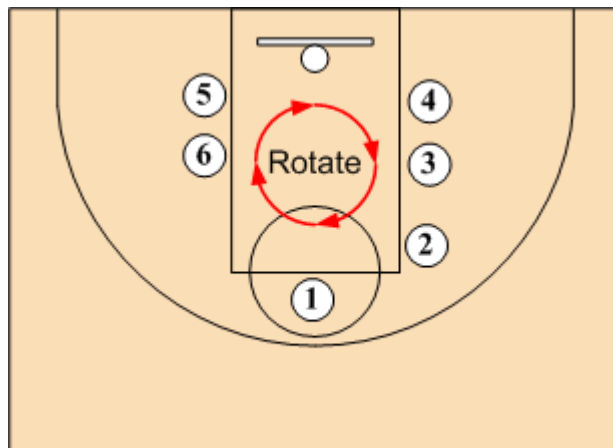
Cumulative game score is kept by adding or subtracting points according to whether a free throw is made or missed.

Competition continues until one team gets + 4 or Four-Up.

Note: For a quicker game, play “Three –Up”

For large groups divide players up into 6 to 8 players to a basket.

## Crazy Eight Competition



This challenging and exciting free throw game builds confidence to make free throws under pressure. The object of the game is not get points. Once a player accumulates a total of eight points, they are out of the game. Points are awarded only on missed free throws. The point total will vary according to how many free throws were made prior to a miss. Made free throws puts "*Points on the Board.*" Once a player misses a free throw, they receive the total number of made free throws – "*Points on the Board.*" The number of points on the board goes back to zero. Competition continues until only one player is left.

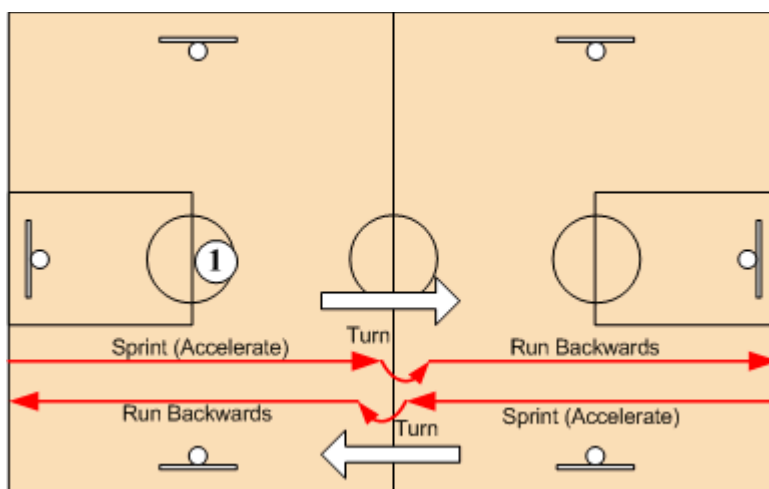
When each player goes to the line, they have the option of shooting as many free throws as they desire. However, if they miss, they will receive with the number of points on the board including the ones they added. The challenge is to make as many free throws as possible, then step off putting pressure on the next shooter. Any time the "*Points on the Board*" reaches eight, the next player to miss is out of the game.

Example of Scoring: First player makes one free throw and steps off (one point is now on the board). The second player steps to the line and makes three free throws in a row before stepping off (four points are now on the board). A third player steps to the line and misses the free throw attempt receiving the four points that were on the board. Give Crazy Eight a try. In addition to having fun, it really improves your confidence and the ability to make free throws under pressure.

### “Perfection” or “Swish”

"Swish" works on free throw accuracy. Players go to the free throw line and shoot three shots. A point is awarded for a swished free throw that does not touch the rim. No point is awarded on a made free throw that touches or hits the rim, and a minus one point is given for a missed free throw. A player's score is the sum total awarded for the three shots. If the round is tied, another round of three shots is played until the tie is broken. The ultimate goal is to score three points (or "Hat Trick"). Each round starts a new game or you can play a pre-determined number of rounds. When shooting alone, the goal is to score hat tricks or three points.

### “One-and-One and Run”



This exercise combines free throw shooting with conditioning. Go to the free throw line shooting with a one-and-one free throw situation. When you make both free throws you 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 coming back to the original baseline. You only get to run you are successful in making both ends of the one-and-one situation. Drill ends after ten(10) runs. Due multiple sets of ten runs if time permits.

If you are shooting with a partner(s) or team you can make the drill competitive. Alternate shooting with each player going to the line with a one-and-one situation. First player to complete ten(10) runs wins.