"Crazy Eight" – Free Throw Shooting
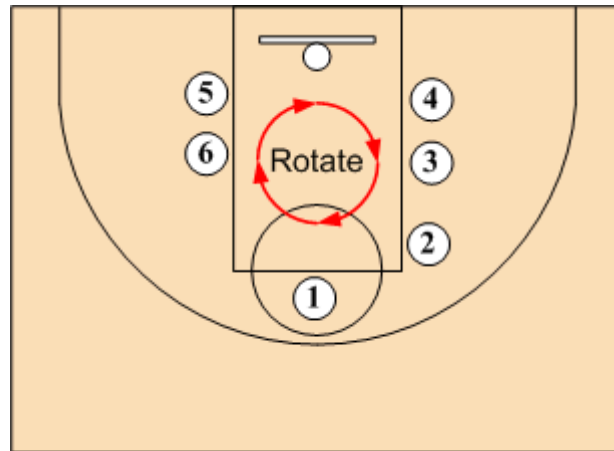

This challenging and exciting free throw game builds confidence to make free throws under pressure. The object of the game is not get points. Once a player accumulates a total of eight points, they are out of the game. Points are awarded only on missed free throws. The point total will vary according 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 are 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.

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.