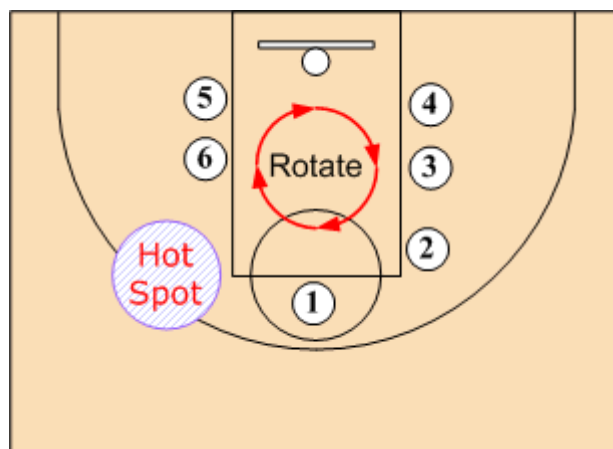


“Freeze Out” or “Hot Spot” – Free Throw Shooting

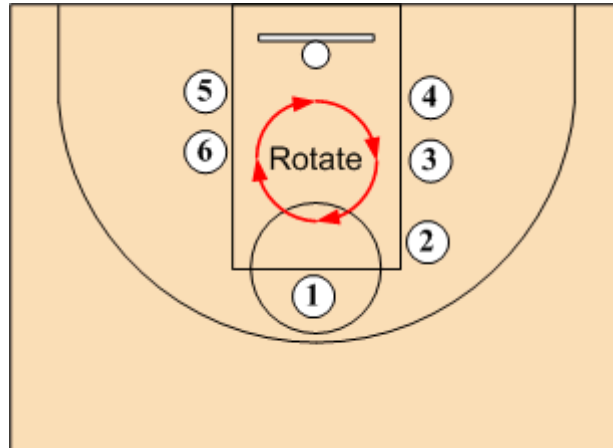


Freeze Out is a fun game with players rotating on free throw line with the object of staying in the game. Players align on the lane lines and rotate clockwise. Each player goes to the line and gets one free throw. If it is successful you stay in game and next shooter goes to line. However, if the attempt is unsuccessful that you step off to the side on the "HOT SPOT" and watch the next shooter. If the next shooter makes their free throw, you are out of the game. However, if the next shooter misses their free throw attempt, you get back into the game and they go to the "HOT SPOT."

Competition continues until only one player is left.

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 to employ the proper mechanics along with a specific routine and rhythm on each and every free throw attempt.

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.

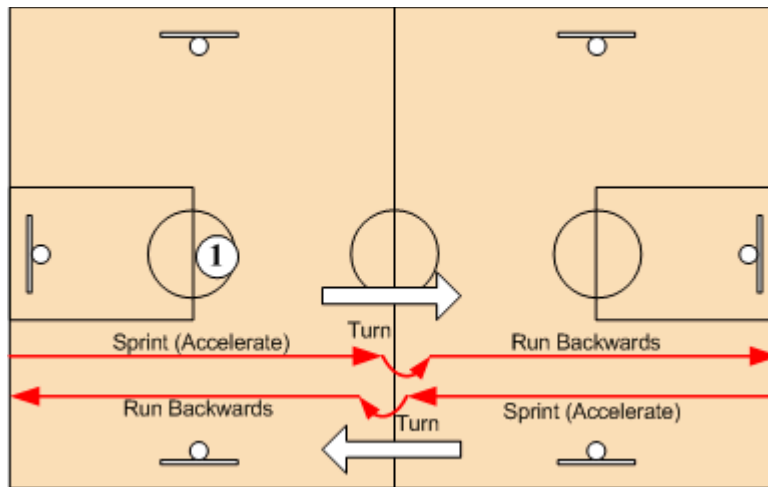
When each player goes to the line, they have the option of shooting as many free throws as they desire. However, if they miss, they will receive with the number of points on the board including the ones they added. The challenge is to make as many free throws as possible, then step off putting pressure 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.