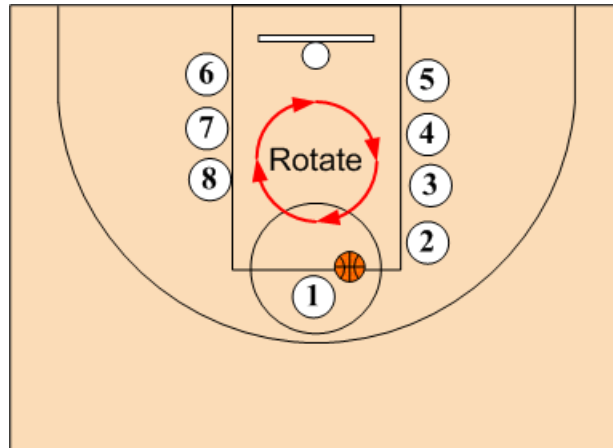


“Make One” – Team Free Throw Shooting



“Make One” is a team consecutive free throw contest. Players are 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.

The challenge is for each player must make one free throw. However, they must be consecutive. Anytime a player misses a free throw, the consecutive string is broken and players must start anew.

For 9 to 12 players set a specific consecutive number of free throws made such as 8. For more than 12 players, divide into two groups.

Note: “Make One” is an excellent drill to use at the end of practice during the cooling down process.