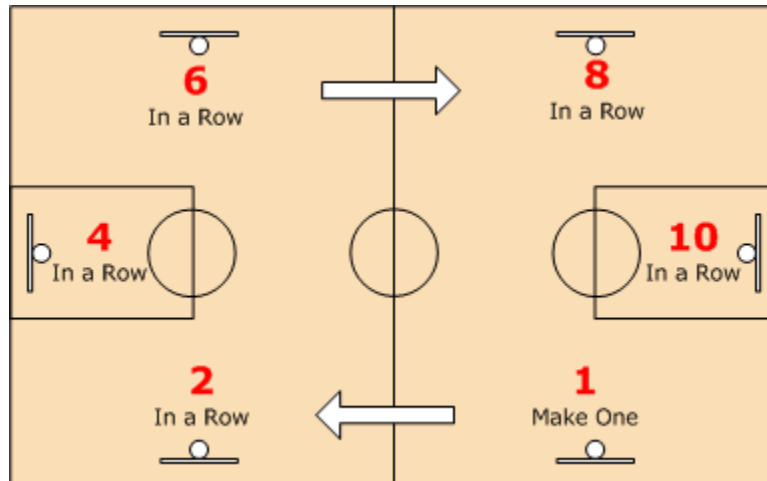


## “Progressive” – Free Throw Shooting



Rotate around the gym using six baskets. Start by making a single free throw at the first basket. Then move to the second basket and shoot until you make two free throws in a row. Move to the third basket and shoot until you make four in a row. This progressive rotation continues making six in a row, then eight in a row, and finally making ten in row at the last basket. For a shorter rotation start by making two in a row, then four in a row, then six in a row, and finish with 10 in a row.

For younger players just make 1, 2, 4, 6, 8, and 10 free throws (not consecutive).

For team competition, the first player to finish the complete circuit wins. To speed up the competition the team can be divided into “Bigs” and “Smalls” with “Bigs” rotating clockwise and “Smalls” rotating counter clockwise. Everyone starts at the first basket. Players that miss go to the end of the line. Improve free throw accuracy and at the same time have fun!

**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.