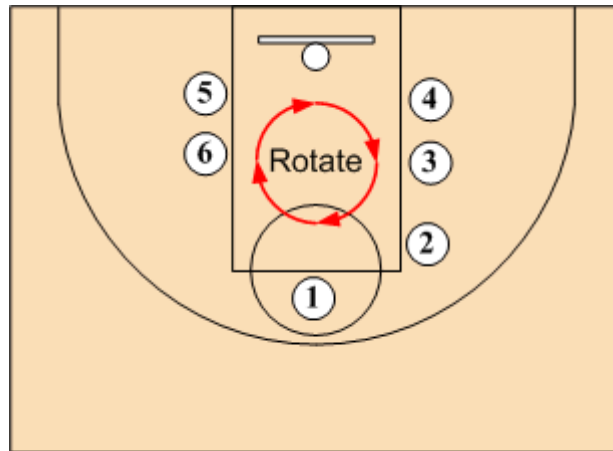


“Swish” – Free Throw Shooting



"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.

In playing "Swish" it is not just about making a free throws. It is about practicing and perfecting perfect free throws (swishes).

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.