hooptactics

Name:

Date:

Free Throw Self-Analysis Check List

Directions: Review the following free throw check list. Be sure to analyze and address any "No" answers.

		Consistency - Proper Free Throw Mechanics
Yes	**No**	**Assuming a comfortable stance**
		Lining up shooting foot with the nail hole of the free throw circle
		Non-shooting foot to the side and slightly behind.
		Not standing flat footed with weight off heels.
		Knees slightly bent.
Yes	**No**	**Finger Tip Grip**
		Holding ball on finger tips with space between palm and ball.
		Off hand to side using finger tips with thumb spread.
		Both thumbs forming letter "T."
Yes	**No**	**Wrist and Elbow**
		Elbow of shooting hand below ball.
		Wrist extended or cocked backward creating winkles.
		Ball held high with wrist, forearm and elbow forming the letter "U."
		Eyes on Target using center or back of rim as target.
Yes	**No**	**Release and Follow Through**
		Shooting the ball by extending shooting arm and a smooth flick of the wrist.
		Ball rolling off finger tips with backspin.
		Soft shot with highest point three or four feet above basket.
		Keeping shooting arm straight in line with the center of the basket.
		Keeping shooting arm extended on follow through until ball is in basket.
		Hand finishing in flexed or "Goose Neck" position with index finger pointing to the center of the basket.
		Concentration
Yes	**No**	**Staying focused**
		Established and use a set routine and rhythm.
		Single thought of making the shot
		Blocking out all distractions such as crowd noise, trash talk, time & score
		Taking a deep breath and relaxing
		Visualizing the ball going through the basket
		Bouncing the ball twice looking at the valve core to initiate shot.
		Keeping eyes focused on target and not watching flight of the ball.
		Single, smooth, fluid motion. Not jerky.
		Confidence
Yes	**No**	**Ability to Make Free Throws**
		Complete confidence in making the shot
		Putting in the time and effort to improve and become a great free throw shooter
		Ability to make 25 free throws in a row
		In top physical condition

NOTES: