

13. Free Throws

Purpose:

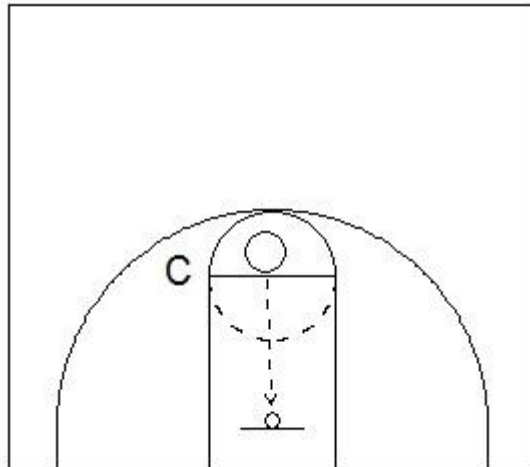
Players practice shooting free throws.

Setup:

- * Player lines up on the foul line.

Execution:

- * Player goes through ritual and shoots.
- * Coach is nearby to critique form.



Coaching Tips:

- * All players should do the following: always lineup in the same spot on the free throw line; have a ritual; have a trigger phrase (for example, see and say Net); put weight forward; and follow-through until the ball hits the net.