

4. Knockout

Purpose:

Use a fun game to work on shooting form with a bit of game-like pressure.

Setup:

* Line your players up at the free throw line in single file. Give the first two players in the line a basketball.

Execution:

* On your whistle, the first player in line will shoot a free throw. If they make it, they will retrieve the ball and pass it to the next person in line without a basketball. If they miss, they must retrieve the ball and make a lay-up.

* The next player in line is allowed to shoot a free throw as soon as the previous player's ball hits the rim or goes through the net. If the previous player misses, the next player is attempting to make a free throw (or rebound shot) before that player makes their rebound shot.

* If the scenario in step 3 occurs, the previous player has to sit out for the rest of the drill.

* This process continues until only one player remains.

Coaching Tips:

* Stay behind the free throw line or line you've created for younger players.

* Avoid rushing too much and focus on mechanics.