

THE TRIPLE THREAT

FREE THROWS

Free throws are very important shots and several times games are decided by the percentage of these shots. We must remember two things: the shooter has a few seconds to relax, and so he has enough time to place his fingers correctly. We teach players to put their fingertips on the flat surface of the ball; the tracks of the ball can influence our shooters sensibility. The most important problem is the psychological pressure on the shooter, for this reason we practice under pressure. We do not like free throw shooting at random; we put some targets on the players. We have two kinds of pressure: physical and psychological.

- a) We practice free throw shooting after a great hustle like in a game situation.
- b) We use psychological pressure because everybody is watching the shooter.

During practices we practice free throw shooting under these two conditions using the following drills:

THE TRIPLE THREAT

FREE THROWS

GAP



The shooter may be knocked out of the drill by the shooters behind him. The shooter, if he misses, must rebound the ball and score a put back before the following shooter hits his free throw. In order to have a lot of shots we split the team into two groups.

THE TRIPLE THREAT

FREE THROWS

FINAL DRILL



We use this drill at the end of every practice. All of the team are on the baseline and one shooter only is at the free throw line.

All players will take two or three free throws. Guards must hit three in a row, big guys two in a row. If the shooter does his job, everybody claps but when a free throw is missed the entire team must sprint full court. We think this drill is very effective in order to create a close end of game situation and very good to build team spirit.