

## FREE THROW DRILLS

There is a great variance of opinion as to the proper methods of practicing free throws. One successful coach never practices free throws separately, but has his players shoot a few attempts daily as they are practicing other shots. He rarely corrects the form of a player and allows him to shoot with his natural form. Another coach has each player shoot fifty shots per day and keeps a record of the members of his squad. He has only a fair game record. In the drills to follow, the writer has stressed the idea of having men arranged along the lanes and with other situations approaching game conditions as a general rule.

Most coaches advocate the shooting of a number of consecutive throws early in the year to establish habits and then have the player step back from the line after each throw later in the year. Some attention should be given to the defensive and offensive rebounding of missed free throws and to the fast break from a missed free throw and the defense for it.

### SHOOT MAKE—SHOOT MISS DRILL

In this drill the player attempts free throws until one is scored and then continues with the drill until he misses one.

After missing he takes his place along the lane with the other players in the group and a teammate takes his position at the free throw lane and continues with the drill.

This drill is often criticised for affording most of the opportunity for practice to the better shots on the squad. This is hardly fair as the poorer shots often take longer to make the first shot, obtaining a fair balance of shots as they will usually not make as many consecutive shots as the better shooters. The element of competition involved makes the drill a very satisfactory one.