

## BEST OF FIVE OR TEN SHOTS

This is an excellent drill for habit forming. Allow the man to retain his position on the line for the entire number of throws if he feels free and comfortable. He may compete with a team-mate or with an entire group.

It is especially beneficial in the early season to use this drill and allow the man to maintain his position on the line. Later as he has fixed his "habits" and the action of the throw has become more or less automatic, he should move back from the line and reestablish his position after each throw.

In the early season do not allow the men to line up in regular positions along the lanes. Later in the season after habits are formed, always have men in position.

## SEASON RECORD PLAN

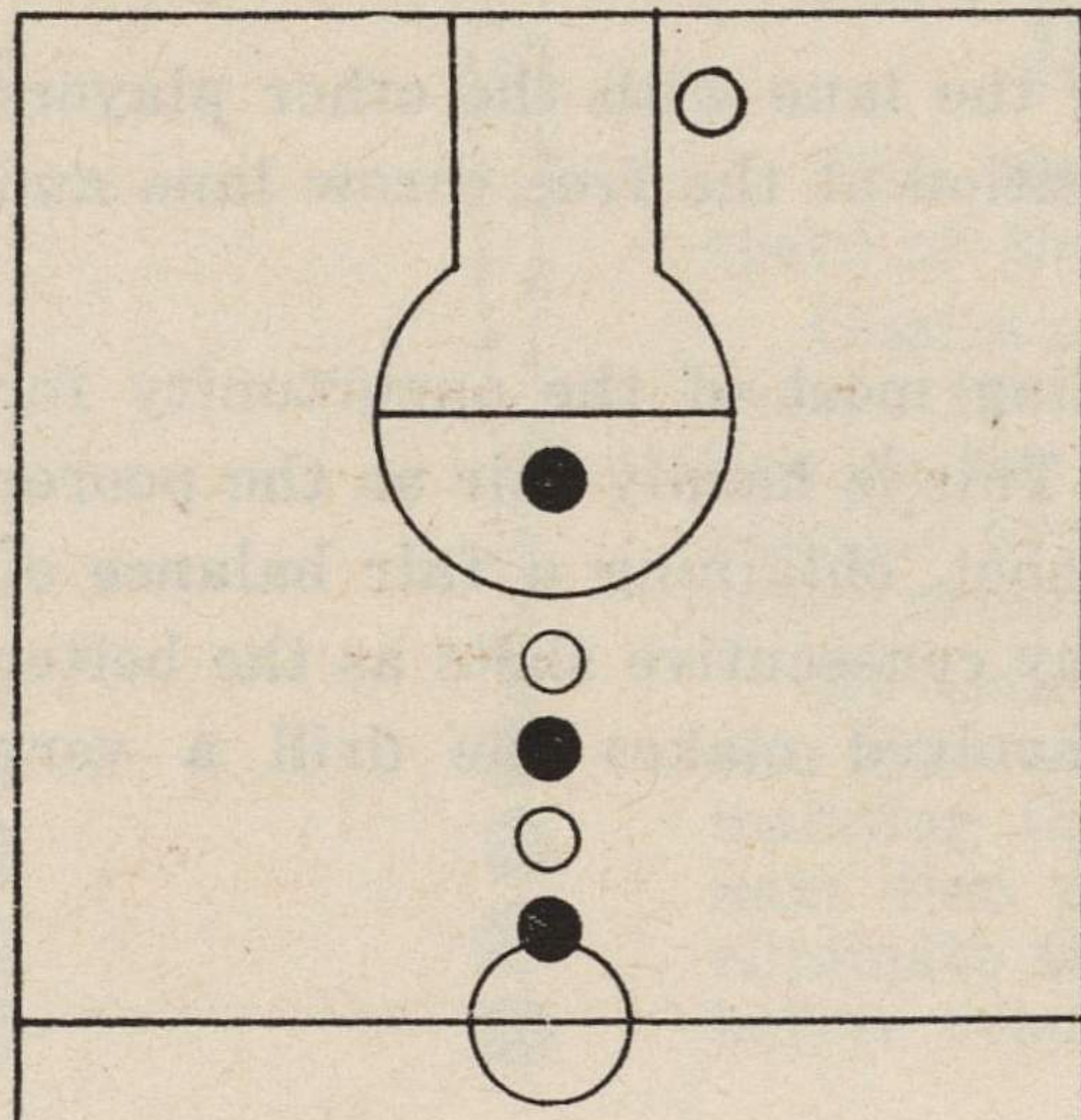
Many coaches keep a running record of the free throws made by their players in practice and in games. These statistics are kept on a large chart in the dressing room or coach's office where the players may keep themselves informed of their progress.

The virtue of this plan is that the players are shooting in competition each time they attempt their throws. It is also possible under this plan for the coach to establish a definite rating of his men in this fundamental. There is an element of danger of players being under the competitive strain so strongly that they do not use the loose, free, muscular action necessary in the correct technique and will show little or no improvement.

## DRILL WITH EYES CLOSED

The player shoots five shots from the free throw line, paying special attention to the proper swing and lift of the ball. He then steps back from the line and attempts five shots with his eyes being closed after he has assumed his position.

The purpose of the drill is to show him that the action of the free throw is a mechanical one and that once the proper habits are mastered, the percentage of "makes" will increase. The drill is only used occasionally and usually in early season.



## TEAM COMPETITION PLAN

The players are divided into two squads of as near equal skill as grouping makes possible. The players of each squad alternate shooting free throws, each man shooting his attempt and then resuming his place in the line or on the free throw lane as desired. The team shooting a total of 25 successful shots is the winner.

This drill has been used by the writer for a number of years and has been very valuable in the practice of this very important phase of the game.