



### Free Throw

#### Athlete Readiness

- Athlete recognizes official areas and court lines (free-throw lane and lines).
- Athlete can shoot.

#### Teaching the Free Throw

1. Set up a free-throw situation and explain why it has occurred (athlete has been fouled, especially while shooting).
2. Two defenders take positions underneath lane at the blocks.
3. Opponents alternate positions up the lane spaces (maximum four defensive players and two offensive players).
4. The free-throw shooter has both feet behind the free-throw line.
5. The players around the lane cannot move into the lane until the ball has left the shooter's hands.
6. The free-throw shooter cannot enter the lane until the ball hits the rim.
7. Practice the situation during controlled scrimmages.

#### Key Words

- Feet Behind The Line
- Hold Your Position
- Go Get Ball After It Leaves Shooter's Hand
- Come In After Shooting

#### Coaching Tips

- Do not spend much time on this concept with a beginning basketball team. It could be set up during the scrimmage portion of practice. Take proper positions and administer the free throw with play continuing.
- The free throw can be practiced in groups of three or four athletes when in stations or at the end of practice. During a game, athletes are fouled when they are tired. Practice free throws at the end of practice to simulate this.
- Ask your athletes:
  1. As a free-throw shooter, where are your feet? (Behind The Line)
  2. Where on offense can we line up? (Next To Defense, Alternate Position Along The Lane)
  3. Where on defense can we line up? (At First Spaces Under Basket, Alternate Position Along The Lane)