



Bacchus Marsh Basketball Association
Coaches Manual



Section 7 – Free Throws

- 7.1 Integrity.**
- 7.2 Free-throw Conditioning.**
- 7.3 Free-throws – Run until a Miss.**
- 7.4 Shoot 100.**



7.1 Integrity.

Description:

Use all available baskets.
Divide team among the baskets.

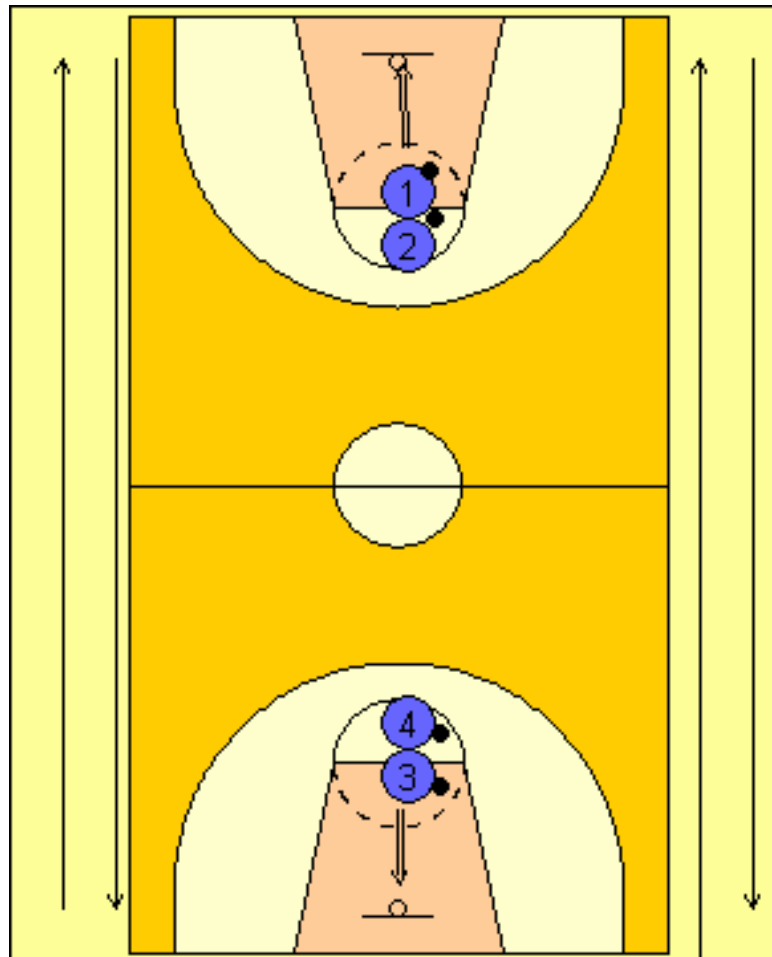
Players are to shoot free throws.

If they miss the first shot, they are to run 2 full court wind sprints, running at game speed.

If they hit the first and miss second they are to run one wind sprint.

As added measure if they shoot an air ball they are to double the number being run.

The reason for name of integrity is the players have to have enough integrity to run the required penalties & run them at game speed.





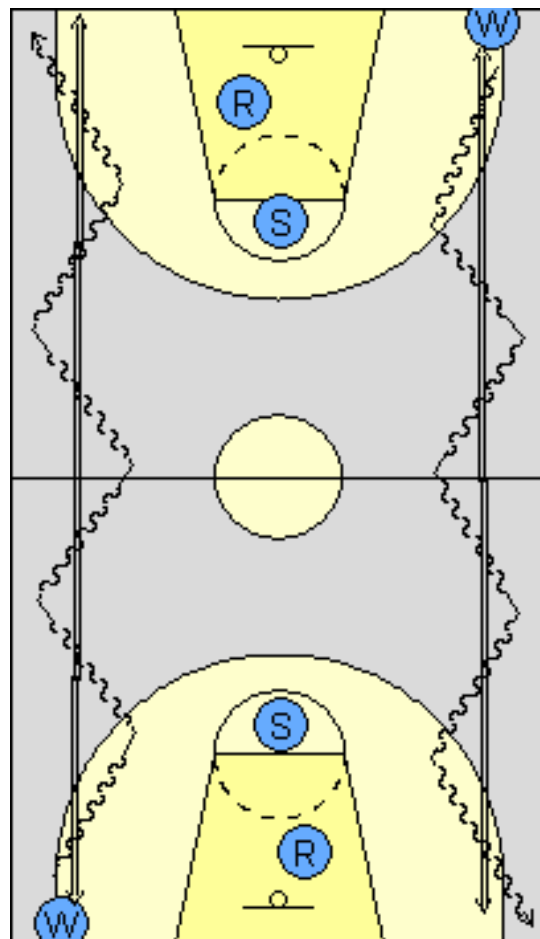
7.2 Free-throw Conditioning.

Description:

3 players on each basket. 30 sec per rotation. Each player goes through 3 times. Player S shoots the Free throw. Player R is the rebounder. Player W is the worker.

Set the clock or watch for 4 1/2 min. Have S Shoot as many Free Throws as possible in 30 sec. R will Rebound. W will run the floor in sprints the 1st time, Slide the floor hard the 2nd time & crossover dribble the length of the floor the 3rd time. This MUST be done at full pace for the 30 sec.

On the change Worker will become shooter, Shooter becomes rebounder, Rebounder becomes worker.





7.3 Free-throws – Run Until A Miss.

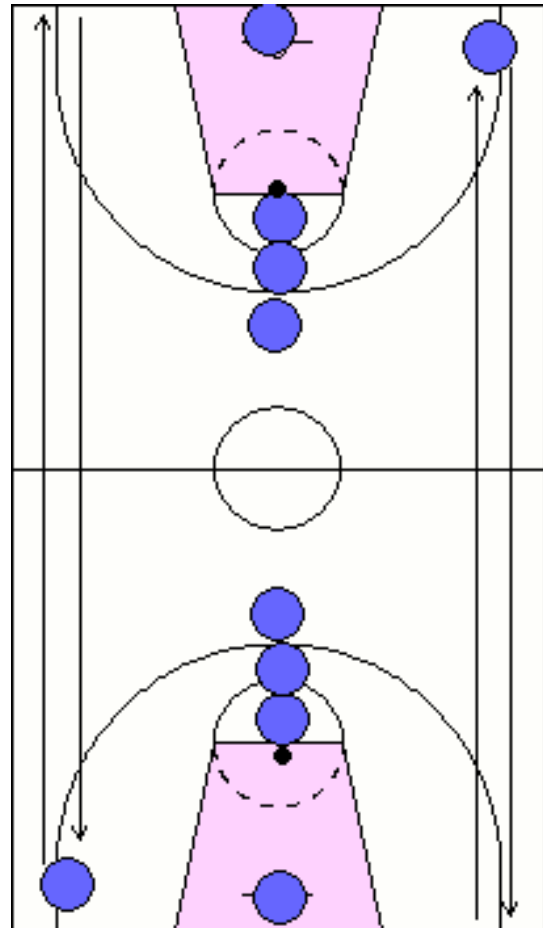
Description:

Have players line up on the Free throw line & put 1 player under the basket as a rebounder at both ends of the floor.

Have players shoot a free throw. If a player misses they are to run sprints from baseline to baseline until the next person in their group misses.

The player that misses now runs, the runner returns to the line and we rotate shooters & rebounders.

Limit the amount of made shots to 10 so as the running player has a end point. If the shooter makes all 10 they do not run.





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7.4 Shoot 100.

Description:

Simply shoot 100 Free-throws and keep a score. If you are in pairs shoot 10 & rotate
Have a rebounder or toss back in place to return the ball.
Chart your shot & try to improve your percentage each time. Apply penalties if goals aren't obtained or shoot the 100 shots again until satisfied.

