FREE THROW SHOOTING LOG

PREPARED BY COACH BOURGASE

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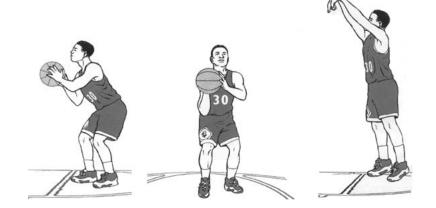
DAILY LOG								
DATE	FTM	FTA	FT%	DATE	FTM	FTA	FT%	
				TOTALS				

TEAM STANDARDS				
LEVEL	%			
	55%≥			
II	60%			
III	65%			
IV	70%			
V	≤75%			
٧	≥/3%			

LAST YEAR

GAMES

PRACTICES



YOUR TARGETS

YOUR POINTS OF EMPHASIS

GAMES

• Use the same routine every shot

PRACTICES

• Keep your eyes on the rim & visualize the ball entering the basket

Illustration Credit: Krause, J.V. (1999). <u>Basketball Skills and Drills</u>. Champaign: Human Kinetics.