

Name \_\_\_\_\_

## The Art of Free-Throw Shooting in Basketball

### Multiple Choice Questions

1. Where is the free-throw line located on a basketball court?
  - a) 10 feet away from the hoop
  - b) 15 feet away from the hoop
  - c) 20 feet away from the hoop
  - d) 25 feet away from the hoop
  
2. How much time does a player have to attempt a free throw from the moment they receive the ball at the free-throw line?
  - a) 5 seconds
  - b) 10 seconds
  - c) 15 seconds
  - d) 20 seconds
  
3. What is the result if a free throw touches the rim but goes through the hoop?
  - a) It counts as one point.
  - b) It counts as two points.
  - c) It does not count as a point.
  - d) The opposing team is awarded two points.
  
4. What should a player focus on when preparing to take a free throw?
  - a) The crowd
  - b) The center of the hoop
  - c) The opponent's bench
  - d) The shot clock
  
5. What is one common mistake that can lead to missed free throws?
  - a) Shooting too quickly
  - b) Taking too much time
  - c) Shooting underhand
  - d) Closing one's eyes while shooting

