Name _____

The Art of Free-Throw Shooting in Basketball

Short Answer

1. Describe the proper shooting technique for a free throw.

2. Why is mental preparation important for successful free-throw shooting?

3. What happens if a player fails to release the ball within the allotted time for a free throw?

4. How can players gain another scoring opportunity after a missed free throw?

5. Why do players often have routines before taking free throws?

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