

Name _____

The Art of Free-Throw Shooting in Basketball

Short Answer Key

1. The proper shooting technique for a free throw involves standing behind the free-throw line, using proper foot placement, focusing on the center of the hoop, bending the knees, releasing the ball with a smooth motion, and following through with the shooting hand.
2. Mental preparation is important because it helps players stay focused, block out distractions, and maintain confidence and composure when taking free throws.
3. If a player fails to release the ball within the allotted time for a free throw, the opposing team is awarded possession of the ball.
4. After a missed free throw, both teams have players positioned near the basket to try to grab the rebound. If the offensive team secures the rebound, they get another opportunity to score.
5. Players often have routines before taking free throws to build confidence, stay focused, and create a sense of familiarity and consistency.

