

Name _____

The Art of Free-Throw Shooting in Basketball

Open-Ended Response Answer Key

1. Free-throw shooting can be a game-changer in basketball, especially in close contests. Successful free throws can help a team catch up or maintain a lead, while missed free throws can allow the opposing team to seize momentum. In the final minutes of a game, free-throw shooting can decide the outcome, making it a critical aspect of basketball strategy.
2. Standing at the free-throw line, especially in high-pressure situations, can be mentally challenging. Players may feel pressure from the crowd, the importance of the moment, or the need to perform under stress. Managing nerves, staying focused, and maintaining confidence are essential psychological skills for free-throw shooters.
3. Players can maintain their composure and concentration at the free-throw line by following their pre-shot routines, taking deep breaths, visualizing a successful shot, and blocking out external distractions. Developing mental toughness and a positive mindset are also key to success in pressure situations.
4. Practice and repetition are crucial for improving free-throw shooting skills. Just as in other areas of life, consistent practice builds muscle memory, improves technique, and enhances confidence. Players who dedicate time to free-throw practice are more likely to perform well under game pressure.

