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## The Art of Free-Throw Shooting in Basketball



Free-throw shooting is a fundamental skill in basketball that can make the difference between winning and losing a game. It's a moment when a player stands alone at the free-throw line, trying to score points with no defenders in their way. In this passage, we will explore how free-throw shooting works in basketball and some tips for success.

### The Basics of Free-Throw Shooting

A free throw is a scoring opportunity awarded to a player who has been fouled by an opponent during a shooting attempt or certain other rule violations. The player who was fouled is given the opportunity to take free throws from a designated spot on the court called the free-throw line.

### The Free-Throw Line

The free-throw line is located 15 feet (or 4.57 meters) away from the basketball hoop. It is marked with a painted line on the court and is also known as the foul line.

### Taking the Shot

When a player steps up to the free-throw line, they have 10 seconds to attempt the free throw. The player must release the ball within this time frame; otherwise, the opposing team is awarded possession of the ball.

### Shooting Technique

Proper shooting technique is crucial for free-throw success. Here are the basic steps for taking a free throw:

- Stand behind the free-throw line, with your feet shoulder-width apart and your shooting hand holding the ball.
- Focus on the basket, specifically the center of the hoop.
- Bend your knees slightly and use your legs to generate power in your shot.
- Release the ball with a smooth, consistent motion, using your wrist to provide backspin.
- Follow through with your shooting hand, extending your arm towards the basket.



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## **Mental Preparation**

Free-throw shooting also requires mental preparation. Players often have routines they follow to help them concentrate and stay focused. Some players take a few dribbles before shooting, while others have specific breathing or visualization techniques.

## **Scoring**

When the ball goes through the hoop without touching the rim, it is a successful free throw and counts as one point. If the ball touches the rim but goes in, it still counts as a successful free throw.

## **Rebounding on Missed Free Throws**

In the event of 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. If the defensive team gets the rebound, they gain possession of the ball.

## **Common Mistakes**

Missing free throws can be frustrating for players and teams. Common mistakes include shooting too quickly, not following through properly, or losing focus.

## **Practice Makes Perfect**

Like any skill, free-throw shooting improves with practice. Players spend hours refining their technique and building their confidence at the free-throw line.

## **Tips for Success**

Here are some tips to become a successful free-throw shooter:

- Develop a consistent routine before each free throw.
- Stay focused and block out distractions from the crowd.
- Practice regularly to build muscle memory for your shooting technique.
- Visualize the ball going through the hoop before taking the shot.
- Stay confident and calm under pressure.

