

Why do my players make most of their free throws in practice, but hardly make any in the game?

In practice, most coaches will have their players shoot 25-30 free throws in a row (which is great for increasing free throw shooting memorization), but some coaches neglect having their players shoot free throws using game like conditions. Have you ever seen a player shoot 25 free throws in a row in any game? Players mostly shoot free throws after running up and down the court a bunch of times (players are always a little fatigued when they attempt a free throw in a game). So it makes sense to incorporate some "game like" free throw shooting drills during your practices.

Try these suggestions at practice!

1. Have your players run 2 laps then shoot 5 free throws each.
2. Have your players run a suicide then shoot 5 free throws each.
3. Have your players shoot free throws immediately after any intense drills.

Having your players experience free throw shooting while being fatigued will certainly help raise your teams free throw percentage in the games.



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