

Breakthrough Basketball Free Throw Shooting Workout

For each game shot, you shoot in rotations of...

Set 1 - 4 Game Shots, 2 Free Throws

Set 2 - 4 Game Shots, 2 Free Throws

Set 3 - 2 Game Shots, 1-and-1 Free Throw



Date:						
Warm Up - 5 to 10 minutes						
Form Shooting - One Hand	/ 20	/ 20	/ 20	/ 20	/ 20	/ 20
Form Shooting - Guide Hand	/ 30	/ 30	/ 30	/ 30	/ 30	/ 30
Short Long - Top	/ 30	/ 30	/ 30	/ 30	/ 30	/ 30
Seven - 1 Game						
FREE THROW ROUTINE BEGINS	Read description above on the free throw routine.					
Block to Right Wing - Mid Range	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
Free Throws	/	/	/	/	/	/
Block to Right Wing - Long Distance	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
Free Throws	/	/	/	/	/	/
Block to Left Wing - Mid Range	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
Free Throws	/	/	/	/	/	/
Block to Left Wing - Long Distance	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
Free Throws	/	/	/	/	/	/
Block to Right Wing - 1 Dribble Shot	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
Free Throws	/	/	/	/	/	/
Block to Left Wing - 1 Dribble Shot	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
Free Throws	/	/	/	/	/	/
Block to Right Wing - 2 Dribble Change	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
Free Throws	/	/	/	/	/	/
Block to Left Wing - 2 Dribble Change	/ 10	/ 10	/ 10	/ 10	/ 10	/ 10
Free Throws	/	/	/	/	/	/
Ray Allen Shooting - 2 Games	/	/	/	/	/	/
Total Shots	/	/	/	/	/	/
Total Shot Percentage						
Free Throws	/	/	/	/	/	/
Free Throw Percentage						