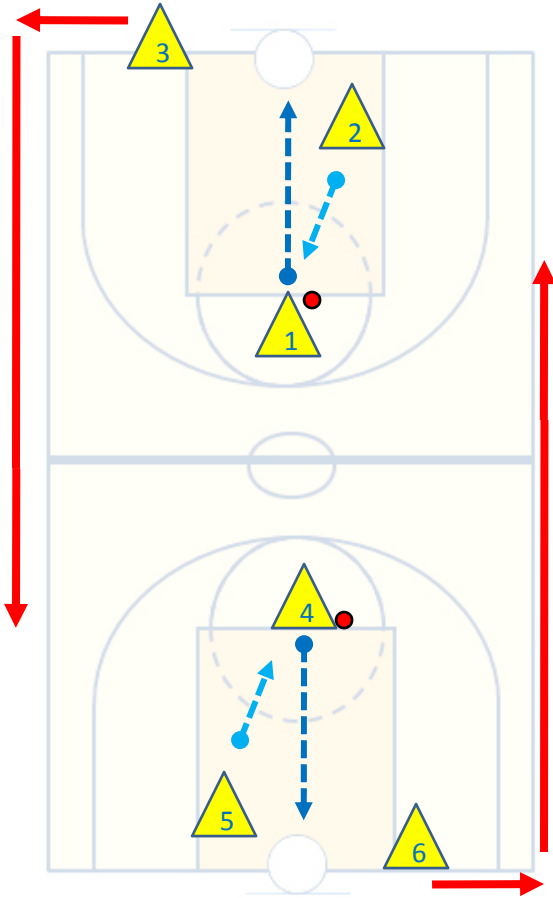


Late-Game Free Throw Drill

A great drill that practices free throw technique and concentration under game-like fatigue conditions



Setup:

- Six players participate at a time.
- 2 balls are needed to run this drill.

Execution:

- Players 1 and 4 start by shooting 10 free throws.
- Players 2 and 5 rebound for the shooters.
- Players 3 and 6 run (faster than a jog) laps around the court until 10 free throws are made.

Rotation:

- After 10 free throws are made:
 - 3 and 6 shoot
 - 1 and 4 rebound
 - 2 and 5 run laps