

Take Time
Out To Read



 **NAME:** _____

Favorite Player: _____

Favorite Team: _____



THE ART TO SHOOTING

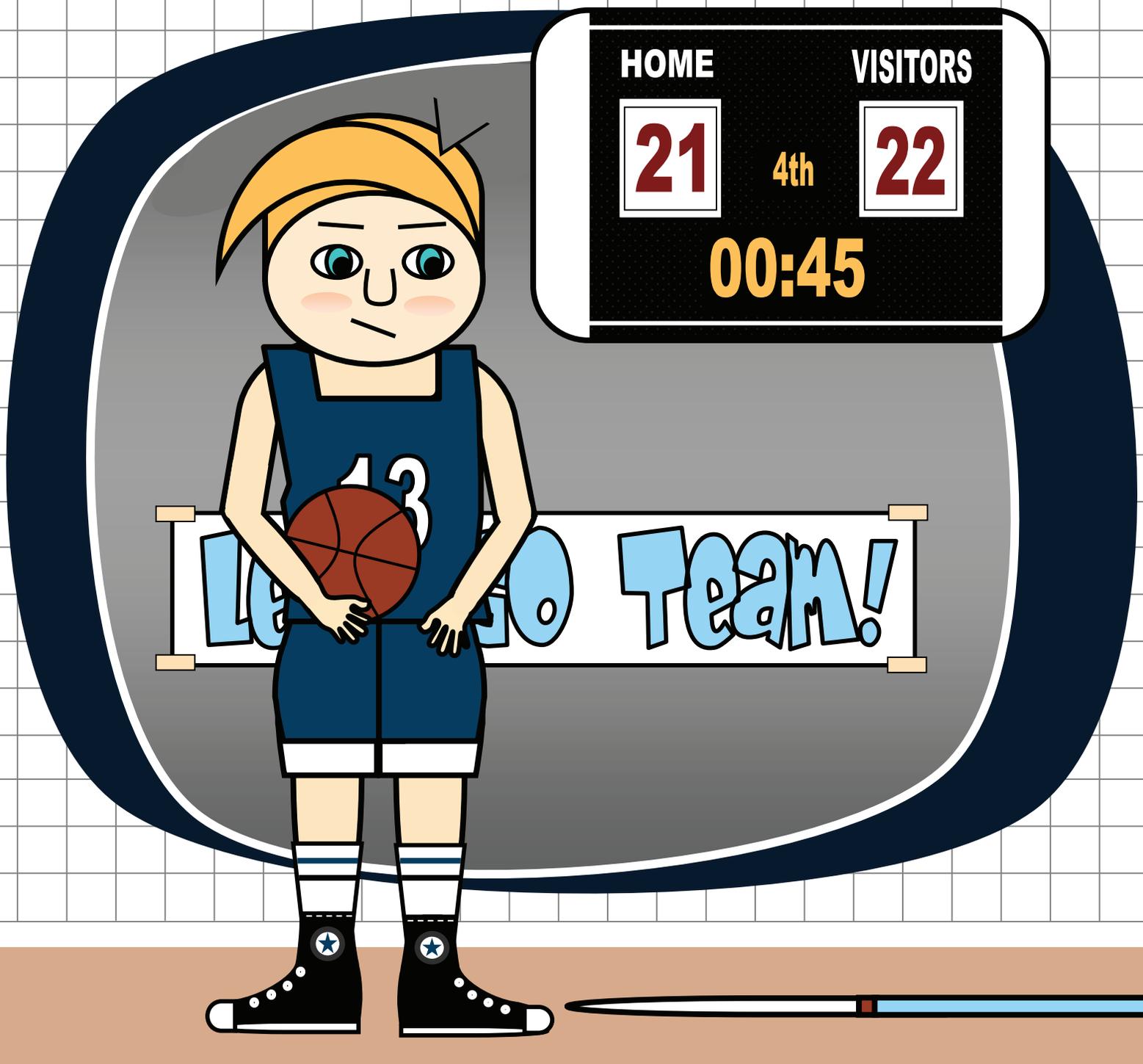
Free Throws

A stylized illustration of a basketball hoop and ball. The hoop is a simple black outline. The ball is a red circle with black lines, positioned in the center of the hoop. The backboard is a white rectangle with a black border, and the net is a grey, textured shape hanging from the hoop.

by Michelle McNeely

*Dedicated to my favorite coaches and teammates,
my mom and dad
and to all the kids trying the best they can.*

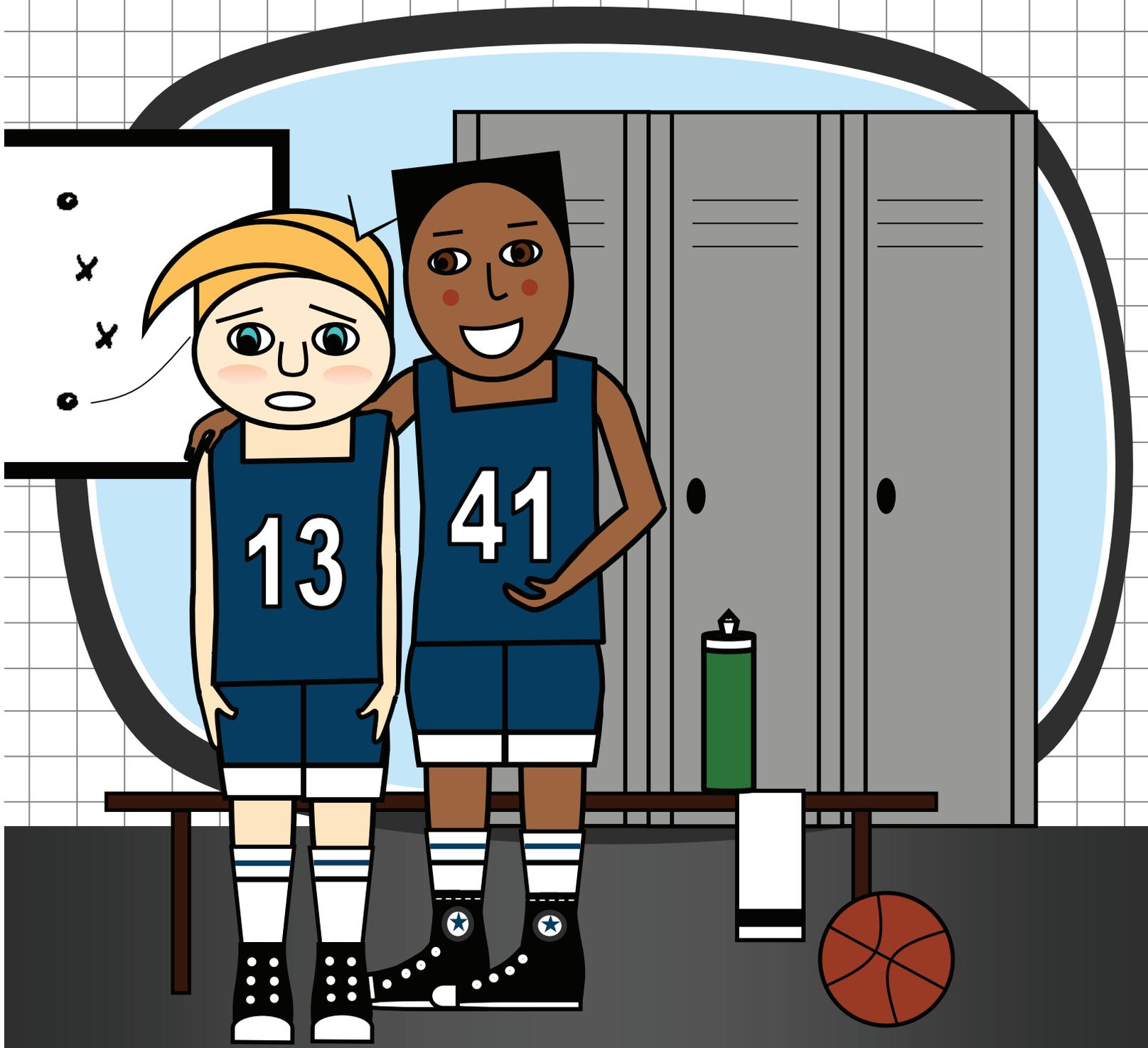
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Steve didn't show much confidence as he approached the line, for he knew he'd miss his free throw, deep down inside. And sure enough, as he thought the chance to make it was slim, his shot hit the backboard and rolled off the side of the rim.



His teammate, Derrick, was fouled the next time down the court, and he went to the free throw line like Steve did before. But Derrick knew there was no way he would miss, and his shot landed in with the sound of a swish.



“Derrick, how do you always make your free throws?”
asked Steve after the game.

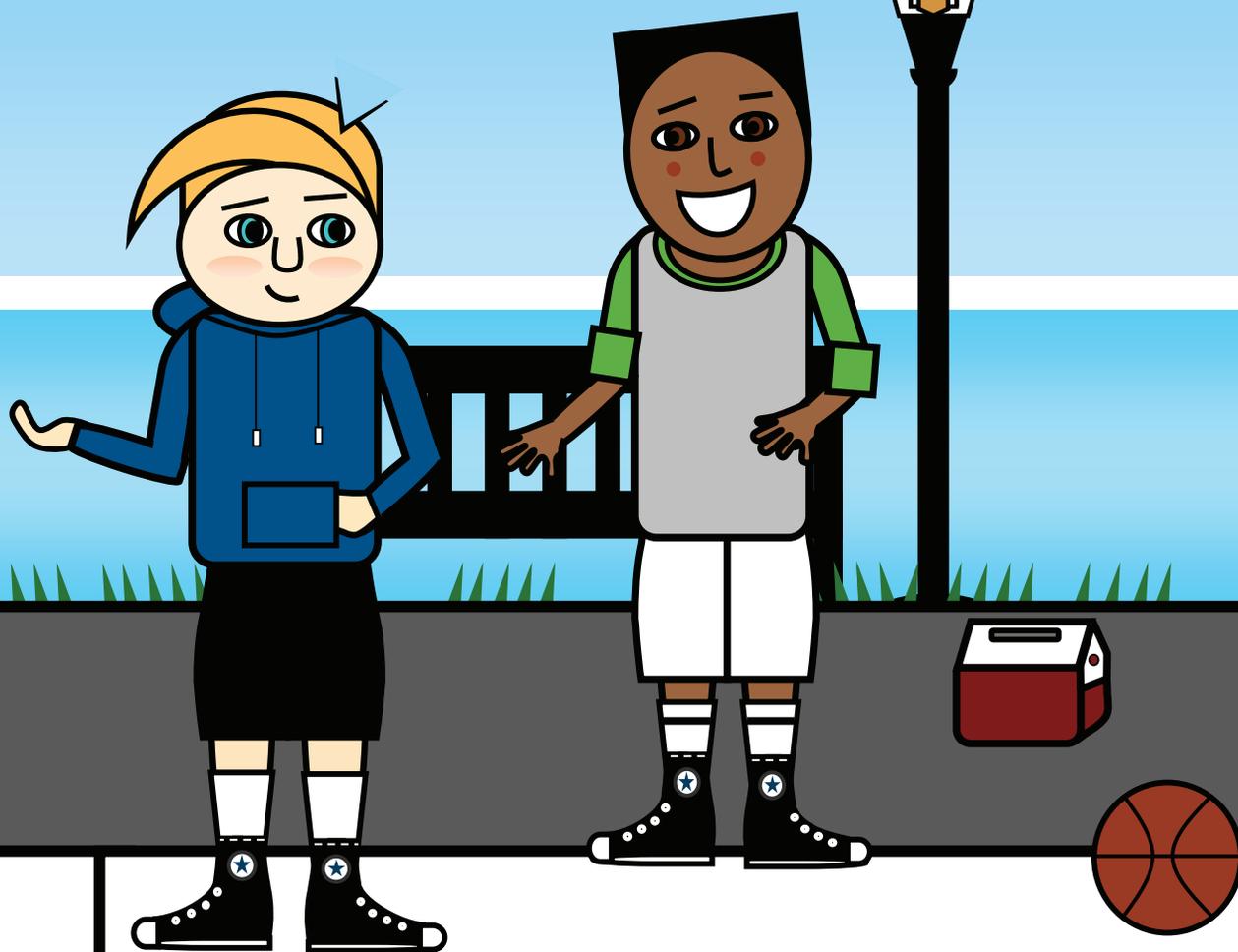
“Your shot looks so good, and mine looks so lame.”
“There’s an art to shooting free throws,” Derrick replied.
“I’ll show you tomorrow morning. Meet me outside.”

The next day Steve made sure to pay close attention.
He was eager to learn and ready to listen.

“Derrick, I don’t understand why my
free throws don’t go in.

I practice them all the time,
day and night, in the gym.”

“It doesn’t matter,” said Derrick,
“you can work hard for the next 6 months,
but if you practice the wrong way,
you’ll still be outta luck.”



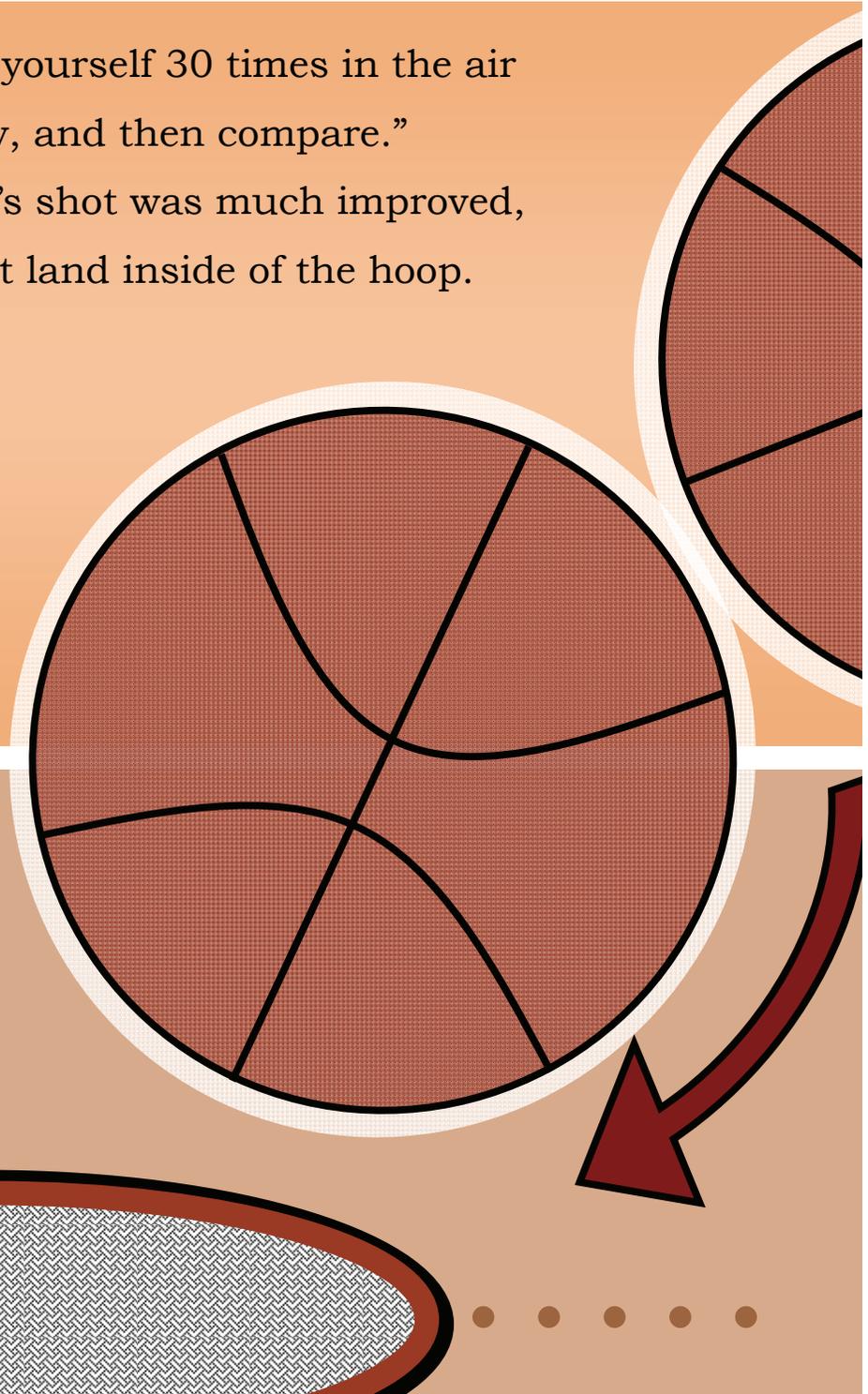
#1: Use The Right Technique

“The first thing you need to learn is the proper technique - when to release the ball and where to place your feet.

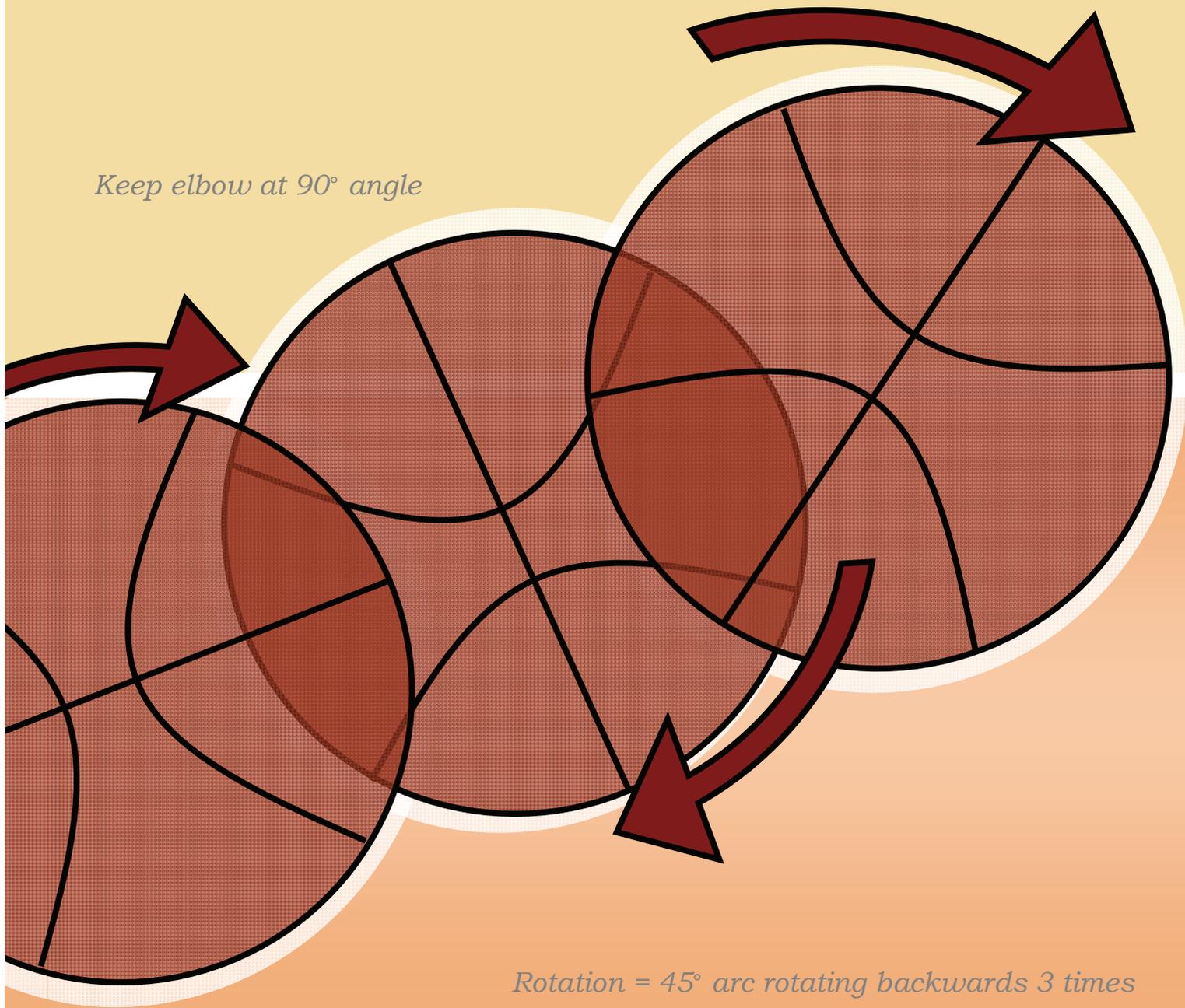
Make sure you tuck your elbow in
and flick your wrist for the proper spin.

Try shooting the ball to yourself 30 times in the air using the new way, and then compare.”

Derrick was right, Steve’s shot was much improved, but the ball still didn’t land inside of the hoop.



Keep elbow at 90° angle



Rotation = 45° arc rotating backwards 3 times

y = The angle needed to shoot in order to make the free throw

Step 1: $x = \sin^{-1} \left(\frac{10 \text{ ft.} - (\text{your height})}{(\text{Length of free throw line})} \right)$

Step 2: $\frac{x}{2} + 45^\circ = y$