

"4 Golden Rules" of free-throw shooting"

How many times have we seen games won and lost at the free-throw line.

Free-throws are something so basic and fundamental that, unfortunately it sometimes gets overlooked.

That is why we wanted to take some time out and go over what we call the "4 Golden Rules" of free-throw shooting.

1. Good Body Balance

The main thing here is to get into a comfortable shooting position, whether you have your feet in a staggered position or shoulder width apart.

A good tip is to start your motion with your knees bent, and then lift up on the toes for the release. This ensures that you will be bending your knees on every free-throw.

2. Visualize Ball Going Through the Net

I know it may sound corny, but at the line when it's just you and the basket, you have to think positive thoughts and visualize the ball going through the net.

A good drill is to practice taking free-throws without a ball. This will get you used to the visualization process.

3. Follow Through

You must finish every shot. Not following through is one of the most common reason why players miss at the line.

A good tip is to place your middle finger in the groove of the ball. This gives you maximum ball control and spin.

4. Stay "in Rhythm"

You simply can't have any pauses or jerks in your routine. Your routine needs to be as smooth as possible to increase chances of positive repetitions.

