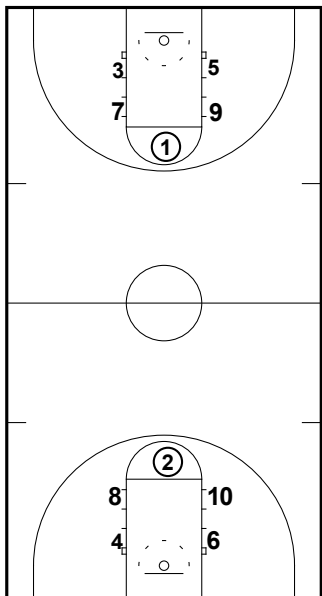
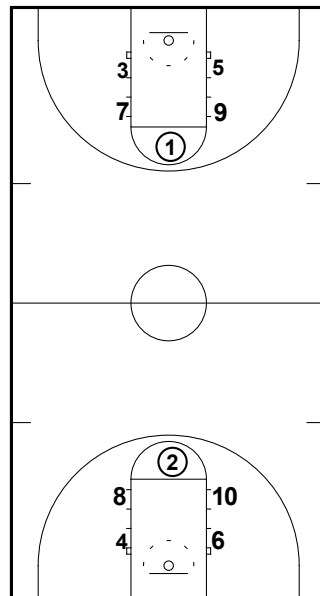


"Beat _____ Team" Free Throw Game
DRILL



- Split team on 2 goals, but they are competing as 1 team
- Select a 'team to beat' ex: UConn
- Use scoreboard & establish a consequence for not beating "_____"
- Players 1 & 2 go at the same time ... after they shoot they switch ends and rotate around.

"Beat _____ Team" Free Throw Game
DRILL



- Scoring: made FT = +1 to YOUR team and a missed FT is worth +2 to "_____"
- Each shooter attempts two shots each
- We can play to 100 (or any number you want)
- Can vary the amount the opponent gets on a miss (+3, +4 to simulate a big game or late game situation)