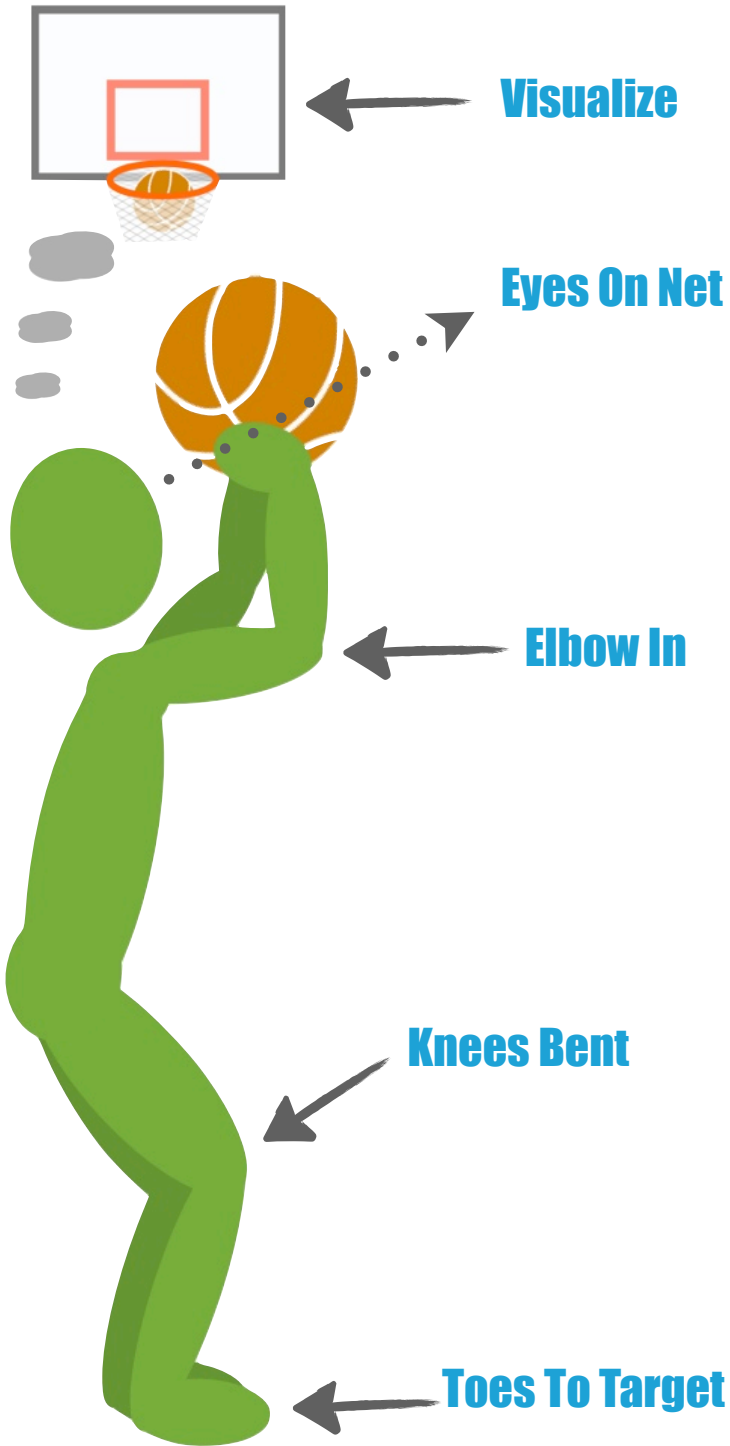


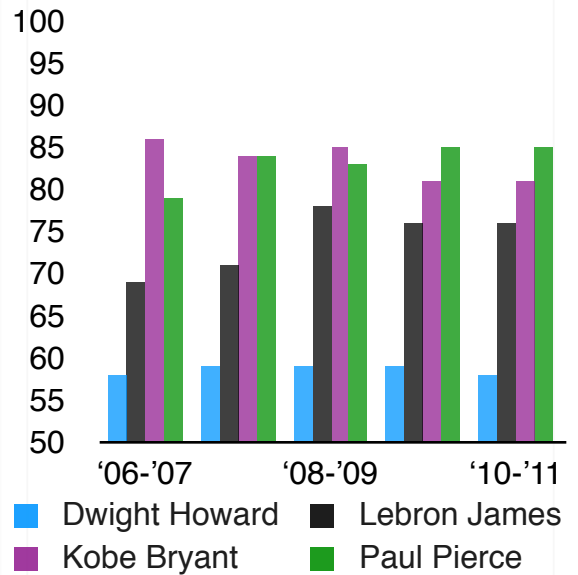


LEARN THE SET SHOT



Nobody's Perfect

Even the Pros don't make all their shots!



Did You Know?

Most Consecutive NBA Free Throws Made:

Between March
24th and November
9th 1993, Michael
Williams made **97**
consecutive NBA
free throws



How Many Can You Make?

REMEMBER THE BEEF!

Balance

The non-shooting hand should balance the ball. Keep your weight on both feet equally.

Elbow

The shooting elbow should be in and directly under the ball.

Eyes

They should be on the back rim of the basket.

Follow Through

The shooting hand should follow the ball through the shot. Your arm should look like a goose neck!