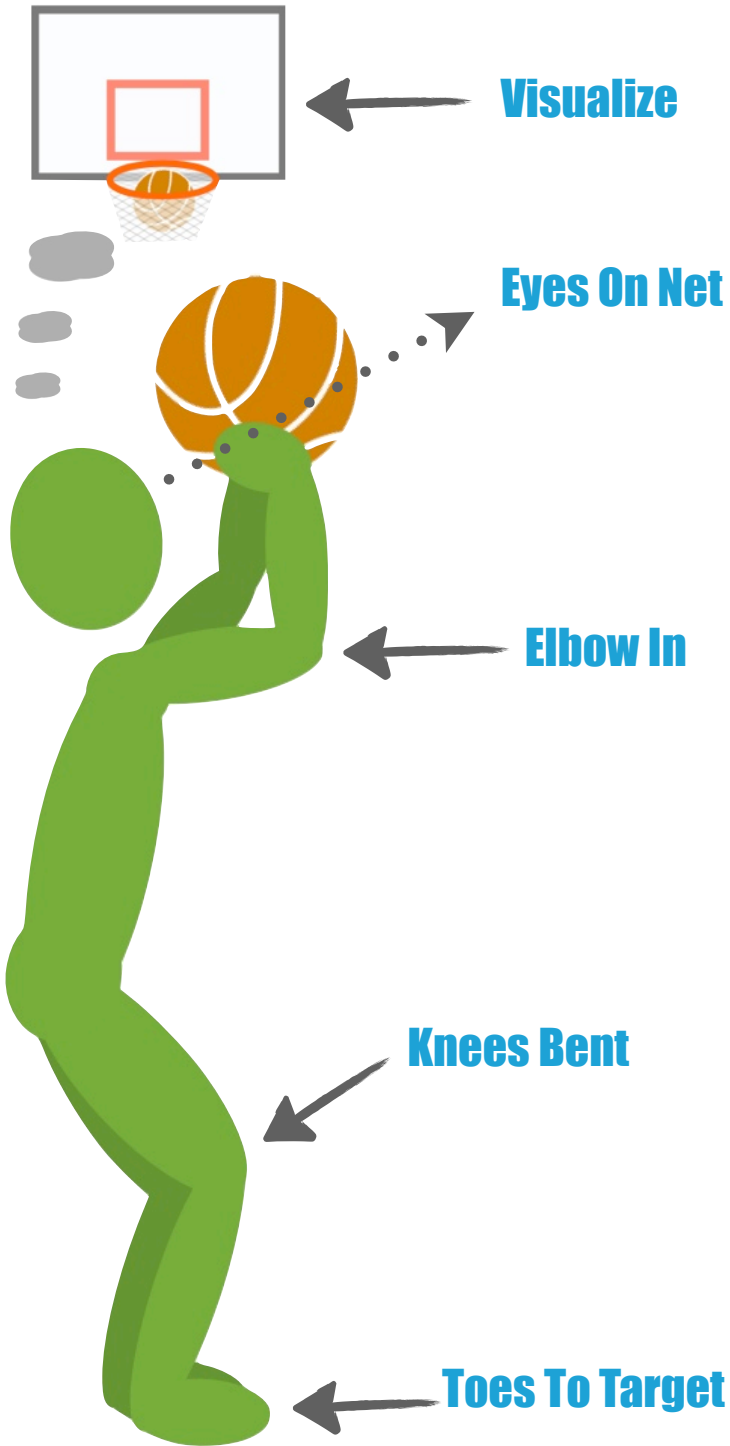


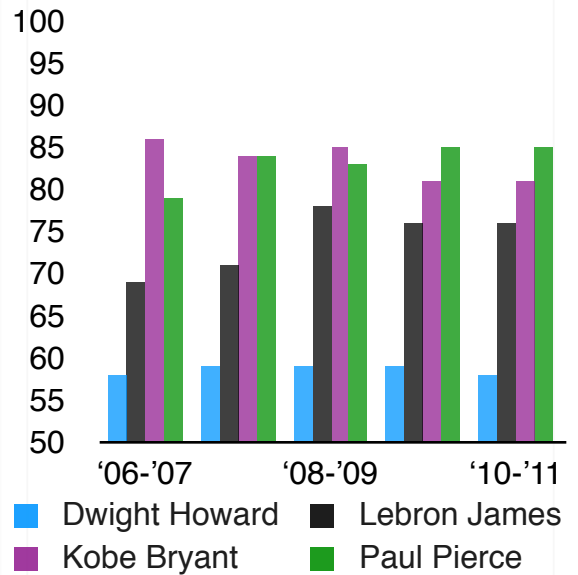


# LEARN THE SET SHOT



## Nobody's Perfect

Even the Pros don't make all their shots!



## Did You Know?

Most Consecutive NBA Free Throws Made:

Between March  
24<sup>th</sup> and November  
9<sup>th</sup> 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!