

This document contains certain important information for what is considered “the right way” to shoot a basketball from the free throw line.

1. Start of shot
 - a. Elbow should be directly under the ball when shooting
 - b. Knees slightly bent
 - c. Slight bend at the hips
 - d. Shoulders forward of the feet
 - e. Elbows bent
 - f. Foot placement can be square, staggered, or angled
 - g. Feet flat on the ground
2. Approach:
 - a. Extend limbs in one fluid motion
3. After the ball leaves the players hand:
 - a. Arms straight
 - b. Legs straight
 - c. Flick of wrist to provide back spin
 - d. Up on toes
 - e. Player should hold their pose briefly after shot