Team Free Throw Practice Chart

First Round	First round each player shoots 10 and rotates with their partner. Must complete in the first 5 minute water break.								
Second Round	Second round each player shoots 5- 2 shot fouls, rotating after every 2 with partner. Complete in the second 5 minute water break.								
Winners	Third round is similiar to the end of a game. Each player will shoot a 1+1. If they miss the front end, the player is 0 for 2. Rotate after every 1+1 with partner.								
	Scoring	If a player gets 6 or less in any 5 minute section, they run a penalty sprint.							
		If a player scores a 7-8, then no running after. (You can adjust this if you have a particularly good shooting team or a poor shooting team)							
		If a player scores 9-10 in any section, then they get a permission. A permission can cancel any sprint for that day.							
10 in a row	***Note**	The day before a game, you can add making 10 in a row. This is great for putting addition pressure on the shooter.							
		You can decide whether or not to run sprints the day before a game.							
DATE								Day before a Game	
Name	10 FTs		5- 2 Shot Fouls		5- 1+1 Fouls		Sprints	10 in a row	
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