



# Coaches' GAME PLAN



## Skills

### Free Throws



01



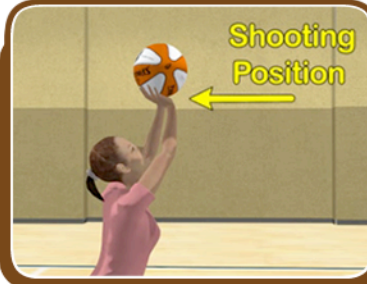
Place strong-side foot slightly in front of other.



02



To begin movement, bend knees to create momentum for shot.



03



Push ball up smoothly to shooting position above forehead.



04



As she extends legs, release ball by bringing wrist forward, and moving fingers up and through ball.



05



Follow through as if reaching into basket.

## Notes: