

## Free Throw Challenge Ladder

Just like tennis programs use a ladder to determine the rankings of their players, a ladder can also be used in basketball to determine free throw shooting rankings. Since this competition takes place over a period of time, it is a great activity for preseason preparation and off season training. It normally only takes 5-10 minutes per round, this free throw. Therefore, this competition can be inserted at anytime during a practice. However, it is best used at the end of practice or after a hard drill when players are tired, similar to game conditions. In addition to being a good free throw practice drill, a Free Throw Ladder is also an excellent means of determining your best free throw shooters which is of the utmost importance come game time.

In starting a Free Throw Challenge Ladder, have all the players shoot 50 free throws ten at a time. According to their scores, rank them from high to low on the challenge ladder. Once the players are ranked, conduct even and odd challenges on alternate days.

**Competition:** Each player shoots 50 free throws 10 at a time with the players reporting the number of made shots after each ten attempts. Since players are in direct competition with one another, it eliminates any cheating on the number of made free throws.

**Daily Free Throw Log** Date: \_\_\_\_\_

| Name | 1 | 2 | 3 | 4 | 5 | Total |
|------|---|---|---|---|---|-------|
|      |   |   |   |   |   |       |
|      |   |   |   |   |   |       |
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|      |   |   |   |   |   |       |

On “Even” challenge days the players ranked with even numbers (2, 4, 6 etc.) challenge the odd number player above them. According to the results, best out of fifty, players move up or down or retain their present ranking.

On “Odd” challenge” days, players with odd ranked numbers (1, 3, 5 etc.) get to challenge even number players above them with the number one ranked player receiving a bye. Note: The number one ranked player still shoot their fifty free throws.

**Variation:** Occasionally, you can have a “Rocky” challenge in which the lowest rank player gets to challenge the number one ranked player. If the low ranked player ranked wins, they move all the way up into the number position, and the number one ranked player moves to the bottom of the ladder, having to work their way back to the top of the ladder.

**Challenge Ladder Form:** Print out and use the attached Free Throw Ladder form. Be sure to enter each player’s daily total of free throws made in the small box provided.

At the end of the season, the number one ranked player should be acknowledge with some type of an award or certificate for their excellent achievement. Weekly or biweekly awards can also be presented along with an award, such as a pair of socks, given to the best round each day.

A Free Throw Ladder will definitely improve a player’s and a team’s free throw shooting accuracy.

# Free Throw Challenge Ladder

Week:

Directions: Shoot fifty (50) free throw 10 at a time.

| Rank | Even Challenge | Odd Challenge | Even Challenge | Odd Challenge | Even Challenge | Odd Challenge | Even Challenge | Odd Challenge | Even Challenge | Odd Challenge | Even Challenge | Odd Challenge | Even Challenge | Odd Challenge | Even Challenge | Rank |
|------|----------------|---------------|----------------|---------------|----------------|---------------|----------------|---------------|----------------|---------------|----------------|---------------|----------------|---------------|----------------|------|
| 1    |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 1    |
| 2    |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 2    |
| 3    |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 3    |
| 4    |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 4    |
| 5    |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 5    |
| 6    |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 6    |
| 7    |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 7    |
| 8    |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 8    |
| 9    |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 9    |
| 10   |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 10   |
| 11   |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 11   |
| 12   |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 12   |
| 13   |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 13   |
| 14   |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 14   |
| 15   |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 15   |
| 16   |                |               |                |               |                |               |                |               |                |               |                |               |                |               |                | 16   |