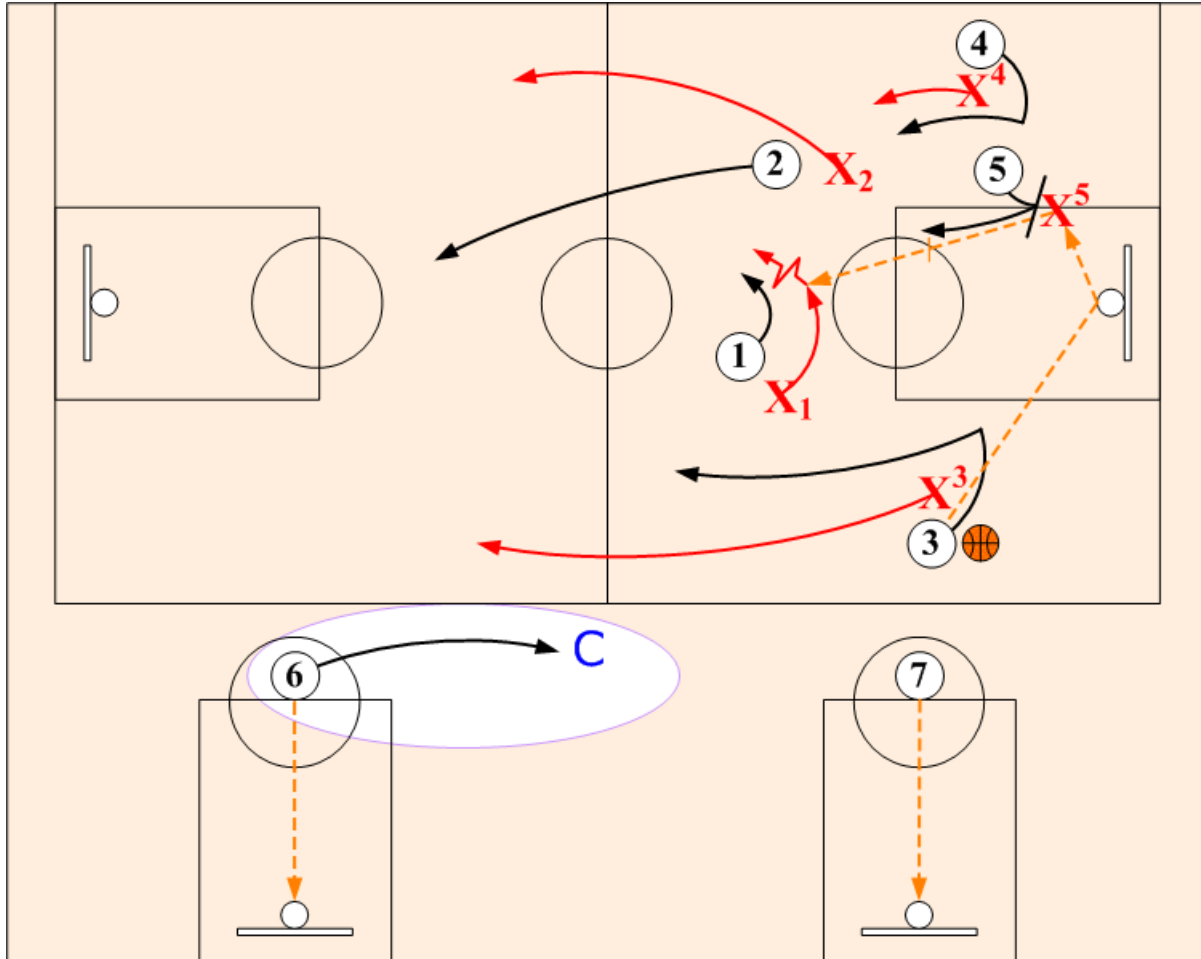


## “Free Throws & Substitute” – Full Court Scrimmage

Rather than standing around & watching the scrimmage, have players not on the court make 10 consecutive free throws before they can substitute (for younger players make 10 free throws). Once they have successfully made ten consecutive free throws, they report to the coach who will then make the substitution into the scrimmage.



### Coaching Tip:

“Free Throws and Scrimmage” was used very effectively by Coach John Wooden during his great tenure at UCLA.

Players will quickly develop the ability and confidence to make ten consecutive free throws.

It will also emphasize the utmost importance of making free throws.

[Learn More](#)

[HoopTactics.com/Player Development/“Keys to Improving Your Free Throw Shooting”](https://www.hooptactics.com/Player-Development/Keys-to-Improving-Your-Free-Throw-Shooting)