

# FREE THROW LOG

**NAME:**

**Month:**

*Practicing Smart: For maximum improvement and analysis, it is best keep a record of your daily free throw practice performances.*

*Directions: Shoot 50 free throws (10 @ time) and record. Compile weekly and monthly summaries.*

<b>WEEK 1</b>	Day:	Tot	Day:	Tot	Day:	Tot	Day:	Tot	Day:	Tot	<b>WK TOTAL</b>	
	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50		FTA
	FTM		FTM		FTM		FTM		FTM			FTM
	Pct		Pct	Pct	Pct	Pct	Pct	Pct	Pct		Pct	
<b>WEEK 2</b>	Day:	Tot	Day:	Tot	Day:	Tot	Day:	Tot	Day:	Tot	<b>WK TOTAL</b>	
	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50		FTA
	FTM		FTM		FTM		FTM		FTM			FTM
	Pct		Pct	Pct	Pct	Pct	Pct	Pct	Pct		Pct	
<b>WEEK 3</b>	Day:	Tot	Day:	Tot	Day:	Tot	Day:	Tot	Day:	Tot	<b>WK TOTAL</b>	
	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50		FTA
	FTM		FTM		FTM		FTM		FTM			FTM
	Pct		Pct	Pct	Pct	Pct	Pct	Pct	Pct		Pct	
<b>WEEK 4</b>	Day:	Tot	Day:	Tot	Day:	Tot	Day:	Tot	Day:	Tot	<b>WK TOTAL</b>	
	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50	FTA	10 10 10 10 10 50		FTA
	FTM		FTM		FTM		FTM		FTM			FTM
	Pct		Pct	Pct	Pct	Pct	Pct	Pct	Pct		Pct	

**Weekly Summary**

**WEEK 1**

**WEEK 2**

**WEEK 3**

**WEEK 4**

**Monthly Summary**

**HIGHS**

**Personal Bests**

Most Out of 50:

Most 10's out of 50:

Best Percentage:

Most Consecutive FT's:





Most Out of 50:

Most 10's out of 50:

Best Percentage:

Most Consecutive FT's:

