

NAME:

DATE:

DAY #:

# DAILY F.T. SHOOTING CHART



SET 1	SET 2	SET 3	SET 4	SET 5	SET 6	SET 7	SET 8	SET 9	SET 10
TOTAL	TOTAL	TOTAL	TOTAL	TOTAL	TOTAL	TOTAL	TOTAL	TOTAL	TOTAL

### RULES FOR SHOOTING 100 FREE THROWS:

Take 100 F.T. per Day

1. Take F.T. in sets of 10
2. Track F.T. MAKES "O"
3. Track F.T. MISSES (L,R,S, "M" for long)
4. ADD UP TOTALS FOR EACH COLUMN OF SHOTS MADE

### TAKE THE 10,000 FREE THROW CHALLENGE:

Take 100 Free Throws per day in 100 Days (Great Low Impact Workout)

### EXTRA HUSTLE:

MAKE 10 F.T. IN A ROW BEFORE LEAVING. These will NOT count toward the 100 you shoot daily, they are over and above the 100 Daily!

### CONDUCT GAME SITUATION F.T. TEST ONCE WEEKLY:

Sprint to the opposite baseline and back to F.T. Line, then take 2 F.T. Repeat 4 more times for 10 Total F.T. 's. **WHAT IS YOUR SCORE?**