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Shooting The Perfect Free Throw

By Jonathon Hardcastle

The free throw is quite the important part of basketball, showing a basic level of finesse and skill in the player making the shot. Proper free throw shots can make or break a basketball game, and improving free throw percentage is a must for anyone who takes their basketball skills seriously. In this article, we'll address some of the features of good free throw shooting and help you to find your perfect shot.

Consistency is the key to getting a good free throw percentage. The term 'consistency' does not mean that you consistently make baskets, but instead refers to the form that you use when you're setting up for your shot. The more discipline that you have in your set-up, the more likely you are to sink your free throws shot after shot. While every player sets up their free throw shot differently, it's important to observe your form carefully to note exactly what moves your body makes when you set up for your free throw. Every aspect of the shot needs to be considered, with little left to the imagination. National Basketball Association pros recommend that you get your form consistent in every aspect, right down to the timing of your breathing before taking a shot. Free throws are a mental aspect to the game just as much as they are a physical aspect; your state of mind can greatly affect how well you take your shot. It's important to take a second to cool down before you take the shot, ensuring that your mind is in a comfortable place.

When it comes to physically honing in on your shot, most coaches recommend that you take 10 to 12 shots in a row. This way, you can develop a good rhythm to your shot. After you take a shot, step away from the line so that you can step back onto it, confirming that you are setting up the same way every time. It's also important to practice the shot on several different baskets; playing on different courts, and focusing on different background distractions can alter your form, causing shooting issues. A good free throw technique should consist of the following: stepping to the line, bouncing the ball (if its helpful to your shot), taking the ball to the basic position, getting into a proper stance, concentrating on the target, timing the shot properly with the movement of your body, and finally, following through. All of these parts of the shot should be isolated and practiced to ensure that your on-court free throws will follow the same choreography.

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Throwing The Perfect Football Pass

By Jonathon Hardcastle

While football is considered one of America's greatest pastimes, few know the secrets of throwing the ball properly. A proper football pass is a perfect spiral delivered directly to the target. With that in mind, this article will attempt to explain some methods that actual football coaches use to teach their quarterbacks the right way to throw.

When trying to throw the perfect spiral, there are three things that you need to consider: the positioning of your hand, the release of the ball, and the timing of the whole pass movement. As far as gripping the football goes, many coaches recommend that you grip the ball with your ring finger placed on the first lace of the football. Your pinky should also grip the laces, and the best positioning for the pinky is between the next two laces up from the first. This usually varies from player to player, due to hand size and preference. For instance, Michael Vick of the Philadelphia Eagles is a highly respected quarterback who keeps his fingers on laces one and four, respectively.

When it comes to the actual throw of the ball, it's recommended that you hold the ball with as tight of a grip as possible. This tends to aid the spiral's spin, making it easier to catch for the receiver. After pulling back for the throw, you're going to want to make sure that you are on your last step before you take the throw is with the foot that you are throwing with. Simply put, if you are throwing with your right hand, your right foot should be forward. One little trick that many coaches use to help their players develop aim in their throws is to point at where they want to throw with the big toe of their leading foot. This helps the body to rotate properly and to ensure a throw in the right direction. When it comes to releasing the ball, you should release when your wrist is cocked at a 90 degree angle from your upper arm. Immediately after releasing the throw, flick your wrist in a downward direction. This causes the ball to spin, and when done properly can result in a perfect spiral throw.

Now that you can see some of the basics of getting a good throw down, it's time to practice. Just be sure to watch what is going wrong when you try to make a pass so that you can better correct the problem in the future. It's all just a process of getting your body used to doing the proper motion.

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