

COACH MAC PRESENTS



FREE THROW

TEMPLATES

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Day 29 25 / Percentage:	Day 30 25 / Percentage:						Total 750 / Percentage:

How to calculate free throw percentage:

To calculate your free throw percentage, enter the number of made free-throws into the calculator and then divide it by the number of attempts it took you to make 25 shots. For example: If you made 25 free throws out of 37 attempts, you would calculate $25 \div 37$ which equals 0.67. This means your free throw percentage is 67%.

Free throw shooting tips:

1. Use the same free throw routine every time you step to the line. You want to develop a routine that makes you comfortable.
2. Shoot your free throws in sets of 5 made shots.
3. Visualize yourself making the shot before shooting the free throw.
4. Stay consistent with your routine of shooting free throws every single day!

Day 22 50 / Percentage:	Day 23 50 / Percentage:	Day 24 50 / Percentage:	Day 25 50 / Percentage:	Day 26 50 / Percentage:	Day 27 50 / Percentage:	Day 28 50 / Percentage:	Week 4 1,400 / Percentage:
Day 29 50 / Percentage:	Day 30 50 / Percentage:						Total 1,500 / Percentage:

How to calculate free throw percentage:

To calculate your free throw percentage, enter the number of made free-throws into the calculator and then divide it by the number of attempts it took you to make 50 shots. For example: If you made 50 free throws out of 76 attempts, you would calculate $50 \div 76$ which equals 0.66. This means your free throw percentage is 66%.

Free throw shooting tips:

1. Use the same free throw routine every time you step to the line. You want to develop a routine that makes you comfortable.
2. Shoot your free throws in sets of 5 made shots.
3. Visualize yourself making the shot before shooting the free throw.
4. Stay consistent with your routine of shooting free throws every single day!

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Week 4
75 /	75 /	75 /	75 /	75 /	75 /	75 /	2,100 /
Percentage:	Percentage:	Percentage:	Percentage:	Percentage:	Percentage:	Percentage:	Percentage:
Day 29	Day 30						Total
75 /	75 /						2,250 /
Percentage:	Percentage:						Percentage:

How to calculate free throw percentage:

To calculate your free throw percentage, enter the number of made free-throws into the calculator and then divide it by the number of attempts it took you to make 75 shots. For example: If you made 75 free throws out of 93 attempts, you would calculate $75 \div 93$ which equals 0.81. This means your free throw percentage is 81%.

Free throw shooting tips:

1. Use the same free throw routine every time you step to the line. You want to develop a routine that makes you comfortable.
2. Shoot your free throws in sets of 5 made shots.
3. Visualize yourself making the shot before shooting the free throw.
4. Stay consistent with your routine of shooting free throws every single day!

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Week 4
100 /	100 /	100 /	100 /	100 /	100 /	100 /	2,800 /
Percentage:	Percentage:	Percentage:	Percentage:	Percentage:	Percentage:	Percentage:	Percentage:
Day 29	Day 30						Total
100 /	100 /						3,000 /
Percentage:	Percentage:						Percentage:

How to calculate free throw percentage:

To calculate your free throw percentage, enter the number of made free-throws into the calculator and then divide it by the number of attempts it took you to make 100 shots. For example: If you made 100 free throws out of 134 attempts, you would calculate $100 \div 134$ which equals 0.75. This means your free throw percentage is 75%.

Free throw shooting tips:

1. Use the same free throw routine every time you step to the line. You want to develop a routine that makes you comfortable.
2. Shoot your free throws in sets of 5 made shots.
3. Visualize yourself making the shot before shooting the free throw.
4. Stay consistent with your routine of shooting free throws every single day!