

25 MADE FREE THROWS FOR 30 DAYS

"I'm a big believer in visualising the ball going through the ring before shooting free-throws. Do it every time you step to the line."

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Day 1 25 / Percentage:	Day 2 25 / Percentage:	Day 3 25 / Percentage:	Day 4 25 / Percentage:	Day 5 25 / Percentage:	Day 6 25 / Percentage:	Day 7 25 / Percentage:	Week 1 175 / Percentage:
Day 8 25 / Percentage:	Day 9 25 / Percentage:	Day 10 25 / Percentage:	Day 11 25 / Percentage:	Day 12 25 / Percentage:	Day 13 25 / Percentage:	Day 14 25 / Percentage:	Week 2 350 / Percentage:
Day 15 25 / Percentage:	Day 16 25 / Percentage:	Day 17 25 / Percentage:	Day 18 25 / Percentage:	Day 19 25 / Percentage:	Day 20 25 / Percentage:	Day 21 25 / Percentage:	Week 3 525 / Percentage:

Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28	Week 4
25 / Percentage:	25 / Percentage:	25 / Percentage:	25 / Percentage:	25 / Percentage:	25 / Percentage:	25 / Percentage:	700 / Percentage:
Day 29	Day 30						Total
25 / Percentage:	25 / Percentage:						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!