

BASKETBALL GOAL

Improve free throw percentage from 25% to 40% by the end of 90 days!

	DETAILS	MEASURABLE	RESULTS	DEADLINES
PHASE 1	Practice 40 free throws a day. The first 20 will be practice the second 20 tested. Emphasizing proper technique.	Make 6 out of 20 free throws	Week 1: 5 made Week 2: 5 made Week 3: 6 made Week 4: 6 made	May 30th

	DETAILS	MEASURABLE	RESULTS	DEADLINES
PHASE 2	Practice 40 free throws a day. The first 20 will be practice the second 20 tested. Emphasizing follow through and eyes on basket.	Make 7 out of 20 free throws	Week 1: 6 made Week 2: 6 made Week 3: 7 made Week 4: 7 made	June 30th

	DETAILS	MEASURABLE	RESULTS	DEADLINES
PHASE 3	Practice 40 free throw a day. The first 20 will be practice the second 20 tested. Emphasizing setup routine.	Make 8 out of 20 free throws	Week 1: 7 made Week 2: 7 made Week 3: 7 made Week 4: 8 made	July 30th