



Free Throw % Challenge

What you are doing:

1. Your goal is to obtain the highest possible average when attempting fifty (50) free throws.
2. From a free throw line or a minimum of fifteen (15) feet, try to make as many shots as possible.
3. Calculate your overall average and submit your score using the online form.
4. Make sure your student-leader and teacher-coach verify your average.

Where should you do it:

If you do not have access to a basketball net or a basketball, no problem, setup a basket anywhere and grab any type of ball (or make your own). Just make sure your shots are attempted at least 15 feet away and record how many you get in.

What you need:

- Basketball net (mini net, large container etc).
- Basketball (soccer ball, volleyball or make your own ball)
- Measuring tape to measure your distance.

That's all there is to it!

Remember to stay safe, social distance, have proper supervision and the more students that participate the more points you get.

You have been challenged!