

How to Sink Your Foul Shots

Directions: Read the article on pages 129-131. Then put the events in the right order.

Bend your knees and look at the basket.

Focus on your shooting form.

Hold the ball with your fingertips and bend your arm like an L.

Bend your knees and look at the basket.

Release the ball when you are on your tip-toes and stay on your toes until the ball goes drops into the net.

Lift the ball, and tuck in your shooting elbow.

Extend your arm and snap your wrist.