

Contents:

Category 1: Basic exercises				
No. 1-1	Playing at a basketball basket with a predefined number of passes	8	★★★	6
No. 1-2	Playing 2-on-2	8	★★★	7
No. 1-3	Goalkeeper warm-up shooting	7	★★★	8

Category 2: Free-throw and putting pressure on the defense immediately by a back player				
No. 2-1	Free-throw with subsequent positional change	13	★★★	10
No. 2-1a	Preparatory exercise: Goalkeeper warm-up shooting	8	★★★	12
No. 2-1b	Preparatory exercise: Positional change on the pivot position	11	★★★	13
No. 2-2.1	Free-throw with putting pressure on the defense immediately by the back player(s)	13	★★★	14
No. 2-2.2	Free-throw and putting pressure on the defense immediately by the center back	13	★★★	16
No. 2-2a	Preparatory exercise: Training of decision-making processes after putting pressure on the defense immediately	11	★★★	17
No. 2-3	Free-throw with changing speed on the center back position	13	★★★	18
No. 2-3a	Preparatory exercise: Dynamic piston movements towards the defense gaps with decision-making	9	★★★	19
No. 2-4	Free-throw with second pivot from the wing position	13	★★★	20
No. 2-4a	Preparatory exercise: Series of shots with a second pivot from the wing position	10	★★★	21
No. 2-5	Free-throw with return pass	13	★★★ ★	22
No. 2-5a	Preparatory exercise: Return pass on the back positions with decision-making training	8	★★★	23

Category 3: Free-throws with a quick subsequent shot at the goal (forewarning signal for passive play– 2 to 3 passes left)				
No. 3-1.1	Free-throw with crossing moves and subsequent shot at the goal after the second pass	13	☆☆☆	25
No. 3-1.2	Free-throw with putting pressure on the defense in the center, crossing moves, and second pivot	13	☆☆☆	26
No. 3-1a	Preparatory exercise: Shooting over a teammate's shield following a crossing	7	☆☆☆	27
No. 3-1b	Preparatory exercise: Shot on the left / right back position over a double shield following a close crossing move	13	☆☆☆	28
No. 3-2	Free-throw with positional shift of the block players and vigorous piston movements towards the gaps	13	☆☆☆	29
No. 3-2a	Preparatory exercise: Decision-making training following a curved path approach	9	☆☆☆	30
No. 3-3	Free-throw with screening and mismatch on the wing position	13	☆☆☆ ☆	31
No. 3-3a	Preparatory exercise: Maintaining a screen next to the wing player – 1	7	☆☆☆ ☆	33
No. 3-3b	Preparatory exercise: Maintaining a screen next to the wing player – 2	8	☆☆☆ ☆	34
No. 3-4	Free-throw with double screen	13	☆☆☆ ☆	35
No. 3-4a	Preparatory exercise: Second pivot and decision-making training	8	☆☆☆ ☆	37

Category 4: Free-throw with subsequent shot at the goal (forewarning signal for passive play – 1 pass left)				
No. 4-1	Free-throw with second pivot as additional shield	13	☆☆☆	39
No. 4-1a	Preparatory exercise: Shooting over a teammate's shield	7	☆☆☆	40
No. 4-2	Free-throw following a crossing move	8	☆☆☆	41
No. 4-2a	Preparatory exercise: Shot at the goal following a crossing move	8	☆☆☆	42
No. 4-3.1	Free-throw with several potential shooting player options – 1	13	☆☆☆ ☆	43
No. 4-3.2	Free-throw with several potential shooting player options – 2	13	☆☆☆ ☆	44
No. 4-3a	Preparatory exercise: Series of shots with varying running paths	9	☆☆☆	45

Category 5: Free-throws with predefined subsequent opening action				
No. 5-1	Free-throw with broad opening action, counter piston movements, and positional shift of the center back	13	☆☆☆	47
No. 5-1a	Preparatory exercise: Positional shift and parallel piston movement with decision-making	9	☆☆☆	48
No. 5-2	Free-throw with positional change to a 4:2 system and a screen next to the wing player	13	☆☆☆	49
No. 5-2a	Preparatory exercise: Series of shots with moving around a screen on the wing position	8	☆☆☆	50
No. 5-3	Free-throw with second pivot from the wing position and vigorous piston movements towards the gaps, to the other side	13	☆☆☆ ☆	51
No. 5-3a	Preparatory exercise: Positional shift plus shot, breakthrough, or continued playing	5	☆☆☆	52
No. 5-4	Free-throw with crossing and sudden positional compensation of the passing player	13	☆☆☆ ☆	53
No. 5-4a	Preparatory exercise: Crossing moves with subsequent cross pass	7	☆☆☆ ☆	54
No. 5-5	Free-throw with second pivot from the wing position and a double crossing	13	☆☆☆ ☆☆☆	55
No. 5-5a	Preparatory exercise: Series of shots with a second pivot and a crossing without a ball	8	☆☆☆ ☆☆☆	57
No. 5-6	Free-throw with a Kempa pass on the wing position	13	☆☆☆ ☆☆☆	58
No. 5-6a	Preparatory exercise: Kempa pass on the wing position	9	☆☆☆ ☆☆☆	59

Category 6: Training of free-throw variants in game situations				
No. 6-1	Closing game with free-throw as a reward for a successful fast break	14	☆☆☆	61
No. 6-2	Closing game with forewarning signal for passive play immediately after the first free-throw	14	☆☆☆	61
No. 6-3	Closing game with seven attacks out of a free-throw situation	13	☆☆☆	62
No. 6-4	Closing game with free-throws and counter attacks	14	☆☆☆	62

Interview with Simon Ciupinski (HSG Krefeld) on free-throws