

ArbiterSports

Basketball Training Area

Monday, September 24, 2018

2019-21 NFHS 3 Person Mechanics Guide

2019 FHSAA Basketball Training Video

2 Man Mechanics Powerpoint

The Story of the Rule 9-1-1 Exception- [Click here](#)

**Excellent Video Lesson on the Three-Person
System Part 1 Part 2**

Contact on the Shooter

3 Man Free Throw mechanics

27 is the Magic Number

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