## Rebounding put backs

The player starts with the ball and tosses it off the glass so it will rebound out the other side. The player jumps laterally to grab the rebound landing in a balanced loaded position. We want them to jump on the same body angle and put the ball back in the basket. The ability to go get a rebound is very important. It is also important to be able to jump and get the ball and land on balance.
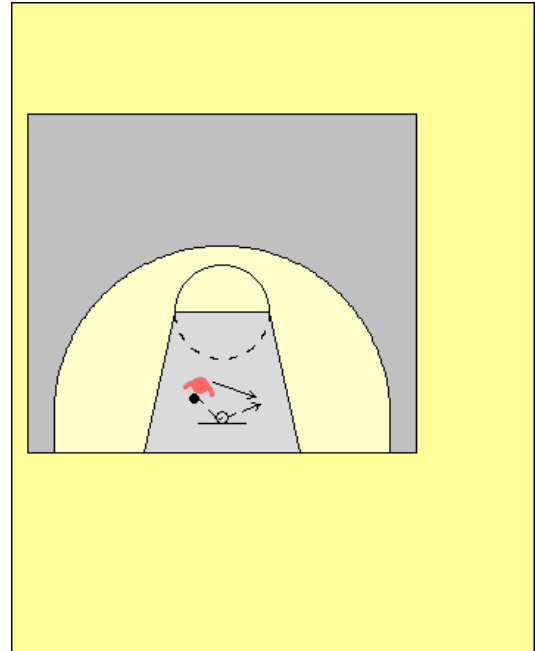
Points of emphasis

- **Land loaded -** the players must maintain core stability. The biggest problem for young players is landing off balance, with the ball low and bent at the waist.
- Keep the **ball high** and protected in the shoulder area
- Find your **target early** with your eyes - this also allows for great eye fakes
- On a quick put back jump on the **same angle** as the feet land. The shoulder closest to the basket leads. The pivot can make you slow and also expose the ball to the shot blocker. Use your body width to protect.
- The outside shoulder should be **high**. If it drops it is because the force is going away from the basket.

Loaded   Loss of stability
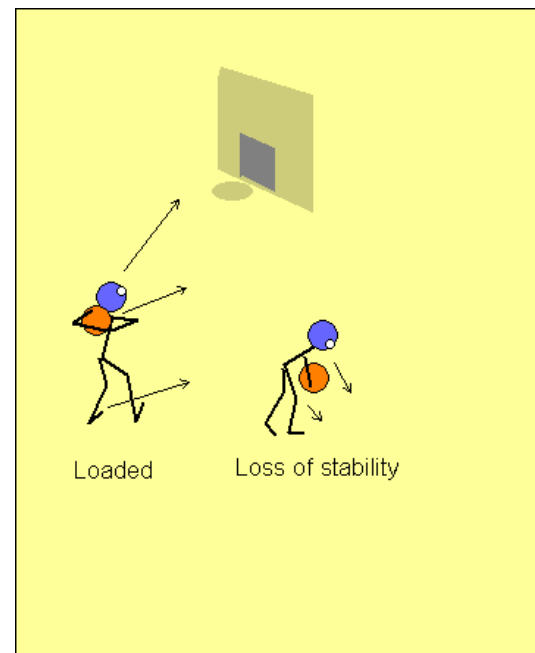
Score with feet

The player now adds fakes and pivots to the rebound. You will have to spend time on ball fakes. Do not allow the players to straighten their legs on the fake. They need to be able to explode at any time.

Be careful of front pivot to the baseline. Most players use this as their default move. The players will often get caught blind and in a bad position to score. Pivoting back to the middle for the baby hook often opens up more options. Let them explore different options.
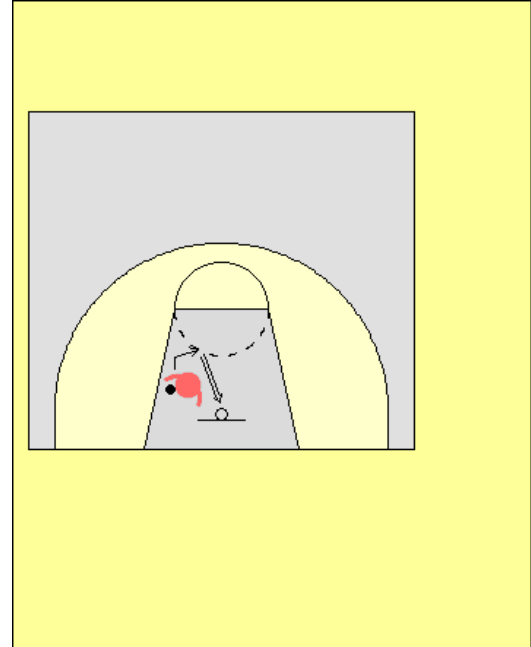
Live

We now play it live. At first you may want to guide the defense. Some other rules I have added.

- No dribbles on the initial catch – score with your feet
- Can always pass back to the coach and repost. We don't want to develop the habit of taking bad shots.
- Add a shot clock or three second count

Work different angles and positions. Sometimes facing sometimes not. High post, low post. Eventually we play where I may start with a pass to one of the two players or a rebound. They need to be alert.