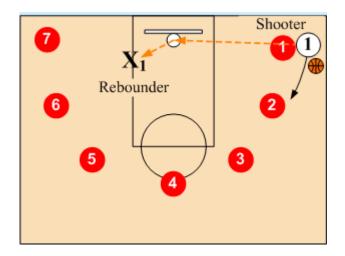


"Putback" Drill

One-on-One Competition

Drill Objectives:

- To anticipate that all shots will be missed and to establish proper rebound location.
- To practice Putback Shots and Tips on both sides of the basket.
- To practice outside shooting accuracy.



This is a fun drill that is played with two players. One player takes seven outside shots in a semi-circle around the basket while the other player tries to tip in any missed shot. If the shooter makes a shot it is worth one point. If the rebounder tips in a missed shot, they get two points. After seven shots players switch positions. First player to 21 points wins. Rebounders will learn quickly to position themselves prior to the shot.

Note: In order for the tip or putback to count the rebounder must have both feet off the ground. This drill is also a excellent drill for outside shooting under pressure since the shooter will pay a price for missing a shot.