

## ***"Putback Shot With a Bounce" Drill***

### **Drill Objectives:**

- To practice Putback shots using both sides of the basket.
- To learn the importance of quickness on Putback shots.
- To learn and practice keeping both arms extended and not to bring the ball down on Putback shots.



“Putback” shots are rarely practice. Yet, they are common place during a game. Do not leave them up to chance. Too many putbacks are either missed or get blocked during a game. Second effort points are a key to winning. Putback Shot with a bounce is a quickness drill. Standing in to the side of the rim, throw ball high off backboard and then jump up and rebound it with both hands. Keeping both arms straight, upon landing on floor, quickly bounce or explode back up and shoot the ball off the glass into the basket. Quickness and not bring the ball down are of the utmost importance. Alternate backboard tosses on right and left sides of the basket. Do three sets of ten rebound shots with a bounce. Second effort rule: players must make a basket before moving to the opposite of the backboard for next shot.

**Variation:** Coach or another player fouls the shooter on drill by bumping, or shoving. This will prepare players to shoot with contact during a game. **Caution: do NOT ever push or shove the shooter below the waist. You may consider using the hand held blocking bags used in football to prevent injury.**

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## ***"Putback Shot Without a Bounce" Drill***



Same drill as the Putback with a Bounce drill, except player must shoot the ball in the air prior to coming down. Alternate backboard tosses on right and left sides of the basket Do three sets of ten Putback shots without a bounce. Second effort rule: player must make a basket before moving to the opposite side for next shot. Another great individual early time drill.

**CAUTION:** It would be wise to include the Tipping, Putback Shot w/Bounce and Putback Shot w/o Bounce drills into your daily early time or practice warm-up. Do not count on players practicing these vital shots on their own.