

Glass Cleaner- Basketball

Level of Difficulty-



This drill focuses on grabbing the rebound with two hands and landing firmly on two feet. If you don't have access to a basket, you can still perform this drill by bouncing the ball off any wall.

Method:

1. Start on the left lane and throw the ball up off the backboard.
2. Secure the rebound with both hands.
3. Come down with strong base on the outside of the opposite lane line.
4. Throw the ball off the backboard going the other way and repeat.

Coach Tips:

- Land on the balls of your feet so that you are ready to spring right back up.