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Try practice rebound drills that will help you learn to rebound outside your area in basketball. Great rebounders will try to get the ball no matter its location. Poor rebounders will remain still and watch the ball since they think they can't reach it. To learn rebounding out of your area, run some drills that causes the ball to go far away from movefanatic.com: 3. This drill makes sure the players are fatigued when shooting the basketball and works on players learning to decelerate and be on balance when shooting the ball. Setup: Split the team up into no more than 4 groups (3 works best).

Basketball Shooting Drills. All of these basketball shooting drills are in high quality video and text format, and every drill is instructed by expert basketball coaches and trainers that have worked with NBA, College, high school, and youth level players. So whether you are wanting to learn the proper way to shoot a basketball, or you want do the shooting drills that they do in the NBA you .

18 basketball shooting drills for players -- you can run these drills by yourself or with a partner. 10 team shooting drills for coaches. 9 offensive pattern shooting drills for coaches.

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