

Title:

3 Key Lessons to Improve Your Rebounding Skill

Word Count:

427

Summary:

There are 2 occasions where you can get the ball off the bounce: when you are on the offense a

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Article Body:

There are 2 occasions where you can get the ball off the bounce: when you are on the offense a

1. Rebounding is making the right body position.

Your coach always yells "rebound!" and you are getting sick of it because no matter how high y

The ideal position is placing your body between your opponent and the ball. Take note that not

2. Rebounding is anticipating where the ball will land.

You know the right position but it is useless if you don't know how to anticipate where the ba

3. Rebounding is all about attitude.

As said by many, rebounding isn't about who jumps high or who stands tall; it is about who wan

Know the right position, anticipate where the ball will land, and wanting the ball more are th

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