

# Rebounds

**Objective** – teach players to do rebounds

## Setup



1. Keeper in goal
2. Small D initially (half size big D)
3. Feed ball to keeper – who saves SOFTLY
4. Next player “one touches” the ball at the goal
5. Keeper saves and all players are trying to score while one touching
6. As the keeper saves less then increase the size of the D slowly to the BIG D
7. As you increase the complexity then teach players to play to post or P Spot from where they are saving

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