



# Andover Girls Basketball Player Development

## Strength and Rebounding

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### Core Strengthening and Rebounding Exercises

In most any sport you play, your body is put through high demands of flexibility, strength, and coordination that challenge your neuromuscular system. Here are 3 exercises which strengthen your rebounding muscles and guarantee that you dominate the boards. If you don't play basketball, this exercise is still excellent to strengthen your core abs and back muscles.

#### Rebounding Exercise

This is a partnered exercise where you sit on the floor or a special balance ball (Swiss Ball) and your partner will push the ball in different directions, front, back, sideways, and diagonally, in a random fashion. You have to react and fight the movement, bringing the ball back to center. You can get creative with this by adding variety, such as doing it with your eyes closed.

#### Progression of Rebounding Exercise:

1.) Basketball  
for easiest resistance



2.) Medicine Ball  
for heavier resistance



3.) Basketball with Swiss Ball  
for balance challenge



4.) Medicine Ball or Heavy Basketball with Swiss Ball for heavy resistance and balance challenge

#### Medicine Balls:

The medicine ball is a great tool for a complete body workout, especially if it is combined with a Swissball. It can be used to strengthen shoulders, back, arms and legs as well as improving core trunk strength and joint integrity. It also makes an exceptional abdominal exercise tool to create powerful and rock hard abs. Unlike weight machines that are bolted to the floor and give a limited unnatural movement, medicine ball workouts provide weight-resistance through a full range of motion. The medicine ball is a unique tool to learn and train sports specific and explosive motion exercises, therefore the medicine ball is used by many professional athletes, boxers, golf and tennis players and sports associations including the NBA, NFL and NHL