

## Master Toss Back Basketball Training Aid

**Price \$358.00**

### Highlights:

- Wide legs with suction cup bases provide stability
- Perfect for solo basketball training
- Adjustable net angle
- Suitable for NRSA, Recreation, and Youth play levels



Gared's Master Toss Back Basketball Training Aid is a great piece of training equipment for athletes practicing alone or it can be incorporated into a physical education class. Solo basketball players can simulate game scenarios by engaging in repeated catch and release drills. They can use the net to create the feel of receiving a realistic pass that they'll then try to shoot immediately. This trains players to catch the ball on the move.

This solo basketball trainer is excellent if you don't have a partner to work with or a good wall you can safely bounce a ball against. Players training alone to improve their ball-handling skills will also find it helpful to cycle through the motion of passing multiple basketballs towards the net over and over in a circuit in order to help lock in muscle memory. Or an individual athlete can position the net to allow for a series of one-handed pass and catch drills to help strengthen their arms and upper body.

This basketball trainer features wide legs for greater stability. Rubber suction cups along the base help secure the solo assistant to a basketball court. The square net is held in place by multiple strong rubber bands. The legs of the Master Toss Back Basketball Training Aid are foldable for easy storage and the net angle is adjustable via a pair of locking metal levers so you can customize the device to best fit the day's specific training goals. [\[Read More\]](#)