

BASIC REBOUNDING SKILLS AND TECHNIQUES

DESCRIPTION: USUALLY MORE SHOTS ARE MISSED THAN MADE, CREATING MANY OPPORTUNITIES TO REBOUND THE BASKETBALL. REBOUNDING IS MORE ABOUT DESIRE, HUSTLE, AND POSITIONING RATHER THAN JUMPING ABILITY. A PLAYER MUST BE AGGRESSIVE, WANT THE BASKETBALL, AND POSITION HIMSELF OR HERSELF TO REBOUND A MISSED SHOT.

WHEN DISCUSSING OFFENSIVE REBOUNDING, REMIND PLAYERS THAT EACH SHOT TAKEN BY A TEAMMATE IS A PASS TO THEM! SECOND CHANCE POINTS (PUT-BACKS) CAN BE A BIG CONTRIBUTOR TO A TEAM'S OFFENSIVE PRODUCTION.

REBOUNDING TEACHING POINTS:

- DEFENSIVE PLAYER STAYS BETWEEN THE OPPONENT AND THE BASKET
- USING A FRONT OR REVERSE PIVOT, THE DEFENSIVE PLAYER PIVOTS AND MAKES CONTACT WITH THE OPPONENT'S BODY WHEN THE BALL IS SHOT ("BLOCK OUT")
- DEFENSIVE PLAYERS SHOULD YELL "SHOT" TO SIGNAL A REBOUNDING OPPORTUNITY
- HOLD THE "BLOCK OUT" POSITION MOMENTARILY, WITH THE HEAD UP AND BODY FACING THE GOAL
- RELEASE THE "BLOCK OUT" - BE HUNGRY FOR THE BASKETBALL
- SECURE THE BASKETBALL
- BE STRONG WITH THE BASKETBALL, KEEPING THE BALL AT CHIN LEVEL WITH ELBOWS OUT

REBOUNDING DRILLS

1. CIRCLE BLOCK OUT DRILL

DESCRIPTION:

- PAIR UP PLAYERS: ONE PLAYER WILL BE ON OFFENSE AND ONE ON DEFENSE
- FORM A CIRCLE WITH THE PLAYERS, WITH EACH PAIR ABOUT SIX TO EIGHT FEET APART
- PLACE A BALL IN THE MIDDLE OF THE CIRCLE
- ON COMMAND, DEFENSIVE PLAYERS PIVOT AND BLOCK OUT OFFENSIVE PLAYER FOR TWO TO THREE SECONDS
- OFFENSIVE PLAYERS SHOULD TRY TO GET AROUND DEFENDERS AND GET THE BALL
- PLAY STOPS WHEN AN OFFENSIVE PLAYER SECURES THE BASKETBALL OR ON COACH'S WHISTLE
- ROTATE ROLES AND RUN DRILL AGAIN (REPEAT AS DESIRED)

VARIATION

IF COACHING KINDERGARTEN THROUGH SECOND-GRADE PLAYERS, YOU SHOULD START WITH THE OFFENSIVE PLAYERS STAYING IN PLACE.

2. REBOUND OUTLET DRILL

DESCRIPTION:

- FACING THE BASKET, PLAYERS FORM TWO LINES: ONE AT EACH CORNER OF THE FREE-THROW LINE
- PLACE ONE PLAYER AT EACH WING AREA TO SERVE AS AN OUTLET RECEIVER
- THE PLAYER IN THE FRONT OF EACH LINE WILL TURN HIS BACK TOWARD THE BASKET (DEFENSIVE PLAYER), FACING THE NEXT PLAYER IN LINE (OFFENSIVE PLAYER)
- WHEN THE COACH SHOOTS THE BASKETBALL, THE DEFENSIVE PLAYERS WILL YELL “SHOT” AND PIVOT INTO THE OFFENSIVE PLAYERS TO OBTAIN A GOOD “BLOCK OUT”
- OFFENSIVE PLAYERS CANNOT MOVE
- ONCE A DEFENDER SECURES THE BASKETBALL, HE OR SHE WILL PIVOT AND THROW A CRISP OVERHEAD OUTLET PASS TO AN OUTLET RECEIVER
- PLAYERS ROTATE FROM OFFENSE/TO DEFENSE/TO OUTLET RECEIVER/TO BACK OF THE LINE

VARIATIONS:

1. USE ONE LINE INSTEAD OF TWO
2. WHEN THE BALL IS SHOT, THE OFFENSE CAN MOVE AND TRY TO SCORE OFF A MISSED SHOT

RUN DRILL WITH NO DEFENSIVE PLAYERS, PRACTICING ON OFFENSIVE REBOUNDING AND EXPLODING UP TO THE BASKET TO SCORE (NO DRIBBLE ALLOWED)

3. TWO ON TWO SHELL DRILL

DESCRIPTION: THIS DRILL IS DESIGNED TO EMPHASIZE THE FOLLOWING BASKETBALL FUNDAMENTALS: MOVING WITHOUT THE BASKETBALL, PROPER DEFENSIVE POSITIONING, UTILIZING THE “BLOCK OUT” TECHNIQUE, PASSING, AND RECEIVING.

(SET-UP DRILL JUST LIKE THE REBOUND OUTLET DRILL – SEE THE ILLUSTRATION, MINUS THE OUTLET RECEIVER)

- FACING THE BASKET, PLAYERS FORM TWO LINES – ONE AT EACH CORNER OF THE FREE-THROW LINE
- THE PLAYER IN THE FRONT OF EACH LINE WILL TURN HIS BACK TOWARD THE BASKET (DEFENSIVE PLAYER), FACING THE NEXT PLAYER IN LINE (OFFENSIVE PLAYER)
- INSTRUCT THE OFFENSIVE PLAYERS TO MOVE WITHOUT THE BALL, TRYING TO GET OPEN TO RECEIVE A PASS FROM THE COACH (DO NOT ALLOW PLAYERS TO RUN AIMLESSLY; THEY MUST MOVE WITH A PURPOSE)
- IF AN OFFENSIVE PLAYER RECEIVES A PASS, HE OR SHE MUST IMMEDIATELY PASS THE BALL BACK TO THE COACH
- WHEN THE COACH SHOOTS THE BASKETBALL, THE DEFENSIVE PLAYERS WILL YELL “SHOT” AND PIVOT INTO THE OFFENSIVE PLAYERS TO OBTAIN A GOOD “BLOCK OUT”
- IF AN OFFENSIVE PLAYER REBOUNDS THE BALL, HE OR SHE CAN SHOOT (NO DRIBBLE ALLOWED) OR PASS THE BALL BACK TO THE COACH
- DRILL ENDS WHEN DEFENSIVE PLAYER SECURES THE BASKETBALL AND MAKES A TWO-HAND OVERHEAD OUTLET PASS TO THE COACH

VARIATIONS:

- THREE-ON-THREE UP TO FIVE-ON-FIVE FORMAT.
- ALLOW THE OFFENSE TWO TO THREE DRIBBLES (REQUIRE A SHOT IN 10-15 SECONDS).