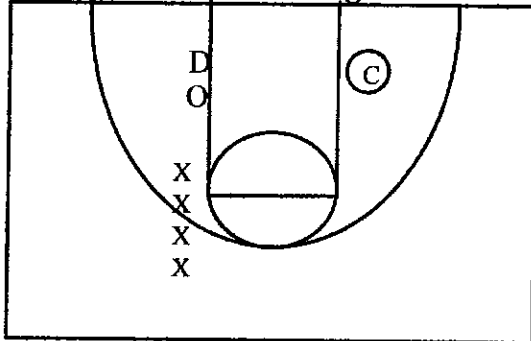


# **Rebounding Drills**

# Rebounding Drills

## 1 v. 1 Rebounding Drill

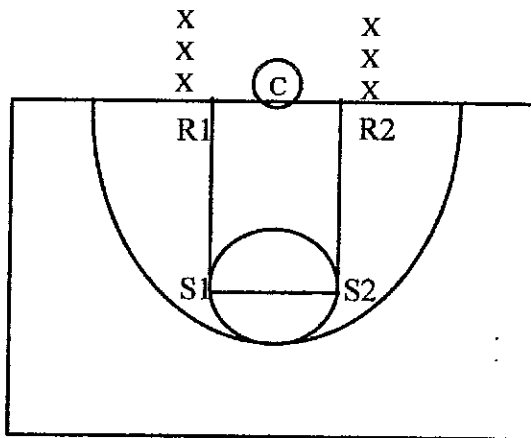


- Player on defense plays deny on offensive player.
- Coach shoots the ball off the glass
- Defense turns to box out the offensive player.
- Offensive goes to defense, defense goes to the end of the line.

### KEYS:

- Defense must make contact with offensive player.
- Rebounder should explode to meet the ball as it comes off the glass.

## 2-Line Rebounding Drill

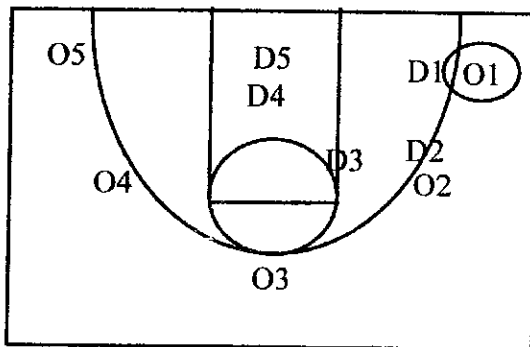


- Coach rolls ball to either shooter. (ex. S1)
- R1 sprints out, challenges the shot (hand up but no shot blocking), and yells, "shot" on the release.
- After S1 shoots, R1 boxes out
- Simultaneously, R2 sprints out and gets in deny defensive position on S2. When R2 hears, "shot", s/he turns and boxes out S2.
- Rebounders become shooters, shooters to end of line.

### KEYS:

- Rebounder must yell, "shot".
- Rebounders must make contact with the offensive players.

## 5 v. 5 Rebounding Drill



- Offense sets up around the arc (or closer for younger players).
- Defense sets up in proper defensive positioning (on ball, deny, 2 pass away)
- Defense closes their eyes, coach indicates how many passes before offense shoots.
- Offense passes the ball around the perimeter. Defense makes adjusts.
- On shot, defense yells, "shot" and boxes out.
- Offense tries to get the rebound.
- Defense get 5 chances and run a sprint for each offensive rebound allowed.
- Switch offense and defense.

### KEYS:

- Rebounders must make contact when they box out.
- Defense must communicate (ball, help, shot)