

"Dead Time" - The Key to Rebounding

"You can over shoot, over dribble, or over pass; but you can never over rebound!"



Most players and coaches have a tendency to look at rebounding in terms of total rebounds, and view rebounding as a single endeavor. In fact, until 1973 rebounds were kept as a single statistic and not broken down into offense and defense. However, offensive and defensive rebounding are entirely two distinct basketball skills. Defensive rebounding relies mainly on positioning and strength while offensive rebounding requires agility and movement. Defensive rebounding also requires a total team effort while offensive rebounding is mainly an individual effort. Therefore, defensive and offensive rebounding skills and techniques must be addressed and perfected separately. However, offensive and defensive rebounding do have four things in common: 1) anticipating a missed shot, 2) determining the rebound location, 3) dead time effort, and 4) determination.

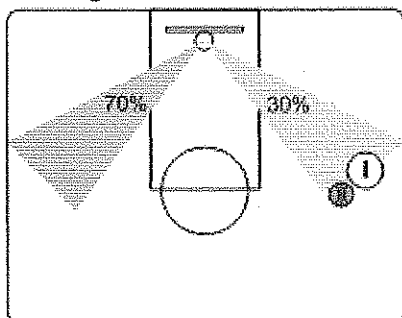
Dead Time

DEAD TIME is the time it takes for the ball to leave a shooter's hand until it gets to a position where it can be rebounded. This normally takes 2 to 3 seconds. What players do, or do not do, during this Dead Time period will determine their success or failure in rebounding. Dead Time is when the great players excel. Instead of watching the flight of the ball, much like a great outfielder, they anticipate a missed shot and immediately move to the area where the ball is most likely to rebound and establish inside position.

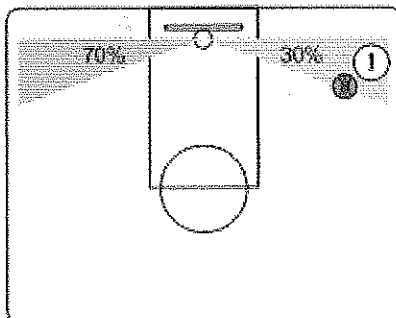
Rebound Location

Before you can rebound the ball, offensively or defensively, you need to know where to rebound it. Rebound location is dependent on three factors: 1) The angle from the basket, 2) the shot distance, and 3) the shooter's touch. Basically, the majority of the time, the rebound will occur on the side opposite the shooter.

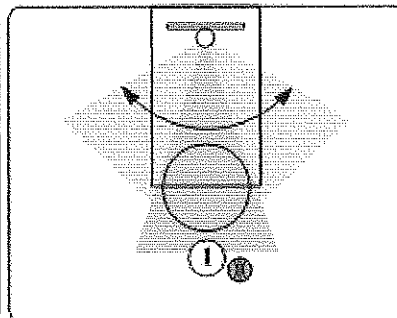
Shot Angle:



On a shot from the wing the ball will bounce to the opposite side approximately 70% of the time. A minority of shots will bounce directly back toward the shooter or hit the edge of the rim and deflect straight down.



Low angle shots from along the base line because of the backboard have a much narrower range. However, the percentages are about the same as a shot from the wing.



Shots taken from the top of the circle area are much more difficult to read since they involve a much wider range. In addition to being short or long, rebounders must determine if the shot is traveling directly to or is to the left or right of the basket.

Shot Distance:

Normally, the longer the shot, the further away from the basket it will bounce. The shooter's touch will also have an impact on the distance of a rebound. A shot with high arc and back spin will hit in paint while line drive type shots will rebound further away from the basket. Be alert for "Air Balls" and be the first to get to them.

Shooter's Touch:

Know the shooter's "shooting touch." A shooter with a soft touch and good back spin shot is most likely to rebound close to the basket. Shooters that shoot the ball hard or with little arch will rebound much further way from basket. However, rebounders must also analyze the path of the ball, and determine if the shot is long or short, headed straight toward the rim or is off to the left or right side of the basket. A shot that is short is most likely to rebound directly down or back towards the shooter.

Rebounding in Traffic.

Being in the right place at the right time is not enough when it comes to rebounding. To be highly successful, players must want, and be very determined, to get the ball. This mental aspect of rebounding is just as important as the actual physical techniques. Desire and determination is also what allows players with lesser physical abilities to out perform players with greater talent.