

REBOUNDING DRILLS

****SUPERMAN****

--Rebounder starts on one of the blocks and throws the ball high off the glass and catches it on the other side. He continues to go back and forth for a set amount of time. Emphasize correct rebounding form. Good conditioning drill.

****RING AROUND THE ROCK****

--Place the basketball in the middle of the center circle or free throw circle. Have three pairs of offense and defense line up evenly around the circle. The defense faces the offensive man who is on the "outside" of the defense. On the whistle the defense must box the offense out. If the offense gets the ball, they get a point. If the defense keeps the offense from getting the ball for 3 seconds they get a point. Do 5 reps. then switch offense and defense. After 5 reps, the losing team must run or do pushups.

****2-LINE SELF REBOUNDING****

--Throw ball up and rebound then turn and outlet it to outlet man.

****SHELL REBOUNDING****

--3-on-3 or 4-on-4, depending on the amount of players you have. You need 3 different teams. Offense spaces themselves out around the 3-pt. line and stays put. The ball is passed around, when coach yells "shot" the player with the ball shoots and the defense boxes out. Whoever gets the rebound is on offense. If the offense gets the ball then the defense must do pushups and the sitting out team now comes in to play defense.

****2-STEP BOX-OUT****

--Players pair up and spread out. When coach yells shot, the defense must pivot properly and box out. The offense is allowed only 2 steps in either direction. This is a basic, early season fundamental drill.

****SHOOTER BOX-OUT****

--The outlet man starts with the ball and passes it to the shooter who is at the elbow or 3-pt. line. Upon the pass, the defender sprints out from the baseline and closes out to play defense. He gets a hand up and then boxes out the shooter. He must yell shot. If the defender fails to make contact, then he does pushups. At first the offense just follows thru on his shot and does not go after it. Eventually, he will try to rebound his own shot. Players must rebound every shot (make, miss, or airball). When the defensive player gets the rebound he must turn and outlet the ball. Rotation is defense to offense to outlet to out.

****REBOUND GRAB BALL****

--One player hods the ball high overhead; the other player grabs the ball and pulls it away like a rebound. The rebounder then pivots away holding the ball in a passing position. Alternate holding ball. Grab 5 each.

**** WATCHING THE BALL ****

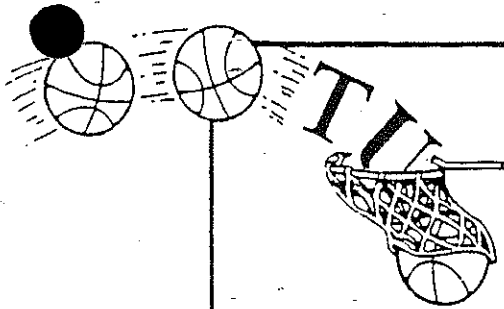
- The players form a semi-circle 8 feet from the basket.
- They yell the instant they know where the ball will rebound (short, left, right, center, far).
- Coach should shoot a variety of shots (10-15)
- It's okay for players to change positions.

**** BLOCKING BOXING OUT ****

--The offense charges down the outside of the lane toward the basket. Neither make tricky moves around nor charge thru the defense. Do it initially at half-speed. When the coach yells "shot", the defense stops directly in front of the offense, causing a collision. Block the offense with one forearm. Pivot around whichever way is easier, so that you can stay in contact with the offense. Keep the offense on your arms and back. Don't allow the defense to run and tread backwards. The defense looks at the ball during this lesson, not at the offense (the ball is at the free throw line).

**** BIG EAST DRILL ****

- All players stand in the paint.
- The coach is at the top of the key.
- When the coach shoots, all the players try to get the rebound.
- Whoever gets the rebound tries to score. If he misses everyone is still after the rebound. Whoever scores is "out" of the drill.



Rebounding Drills

① Jungle

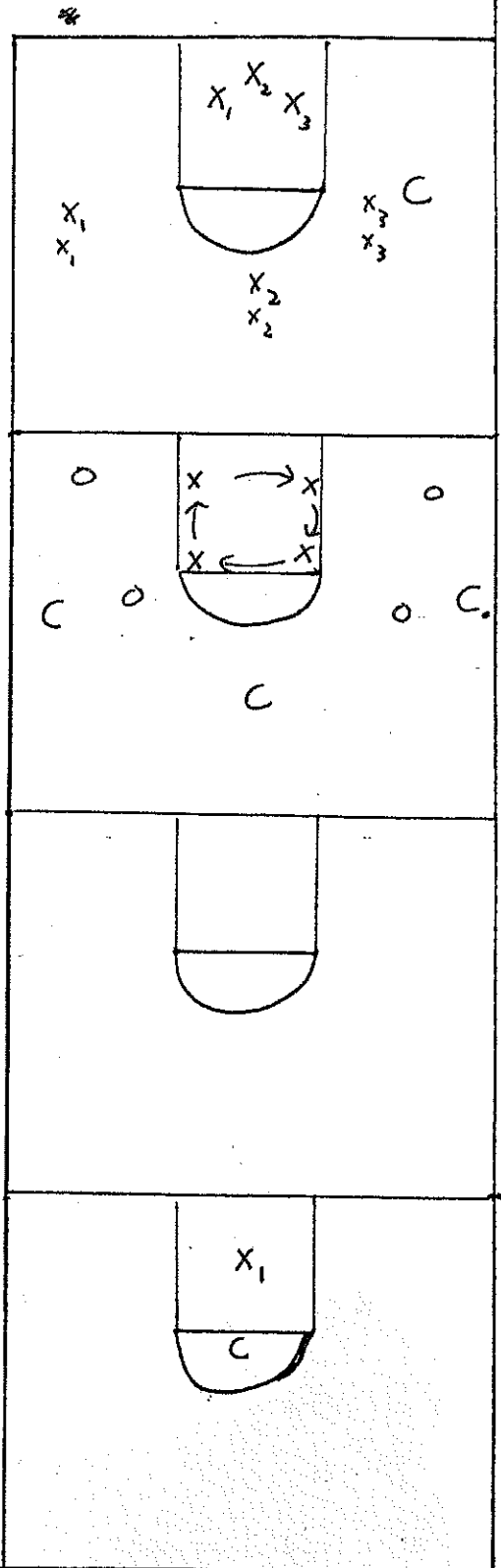
- Coach shoots ball drill starts w/ 3 in, once player scores they are out + next player in their line is in
- Only rule is: No Rules

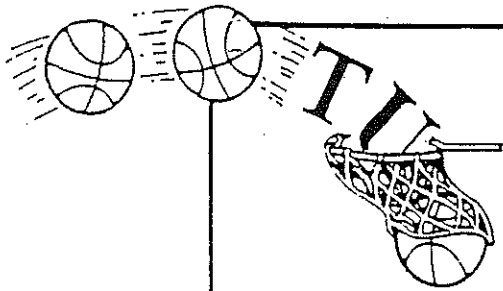
② Rotation

- Offense stays still until shot when the rebound
- Xs rotate in a circle, each rotation talking and being in proper position. On shot they must block and rebound

③ Offensive Rebounding

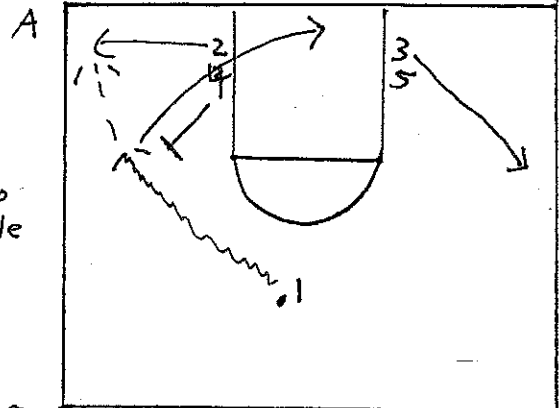
X₁ faces coach on release of shot he must locate the ball, rebound it, and score



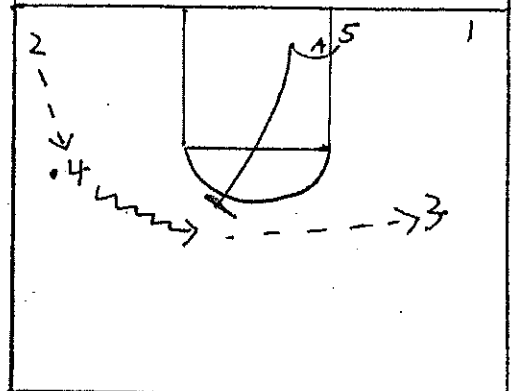


"Hit"

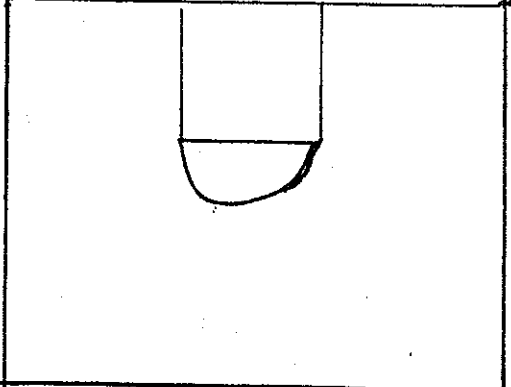
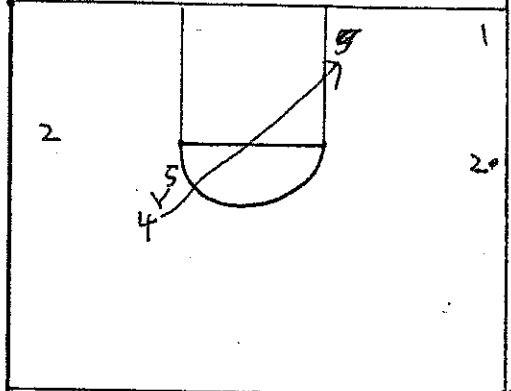
- A.
- 1 determines side
 - 2 pops corner
 - on pass to corner 4 backscreens 1 who post @ block & the goes to opposite corner.
 - 4 steps out to reverse the ball



- on catch by 4; 5 ducks in to get seal. (B)
- 4 dribbles over & reverses to 3
- 5 the backscreens 4 to strongside block

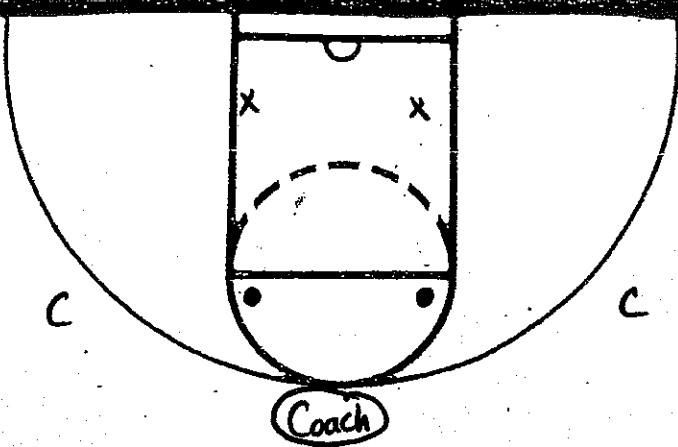


- result is strong-side Δ
 w/ P6, best post player, and best shooter



Rebounding Drills

Pg 1

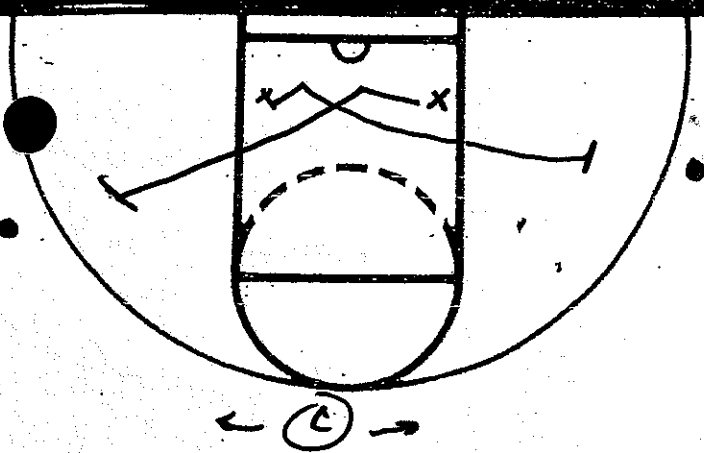


STANDARD 2v2 rebounding

- +1 for defensive reb
- 1 for offensive reb

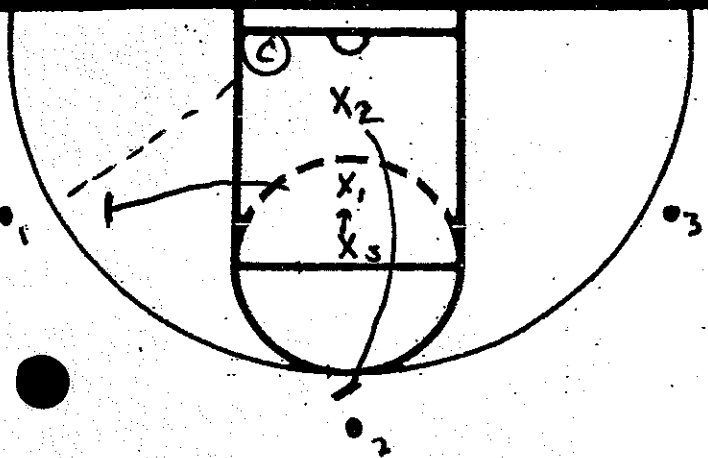
+3 wins

Ball rotates between coaches for shot
 Defenders must start at box and find to make contact, use coaches as outlet



Cross Boxout drill

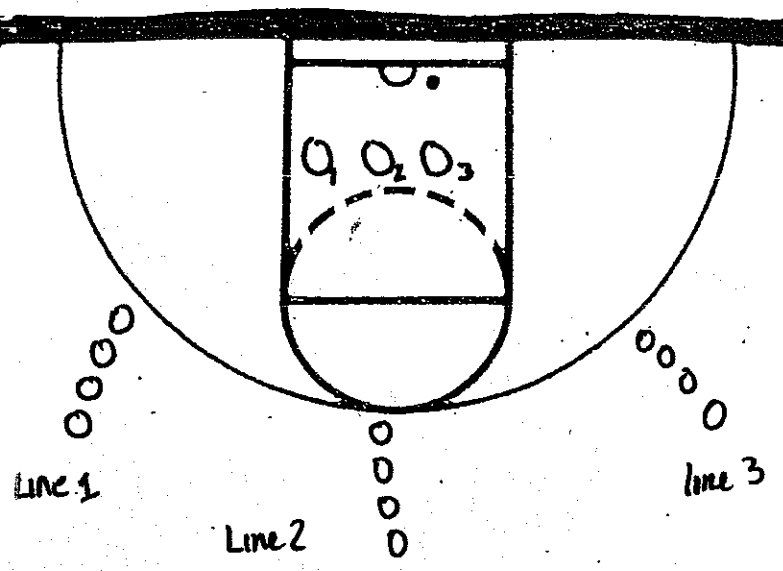
- Same point system as above
- Emphasis: rebounding out of area
- Coach moves spots to change angle of shot
- offensive players
- Defensive stop progress turn and find ball must rebound above rim (do not let hit floor)



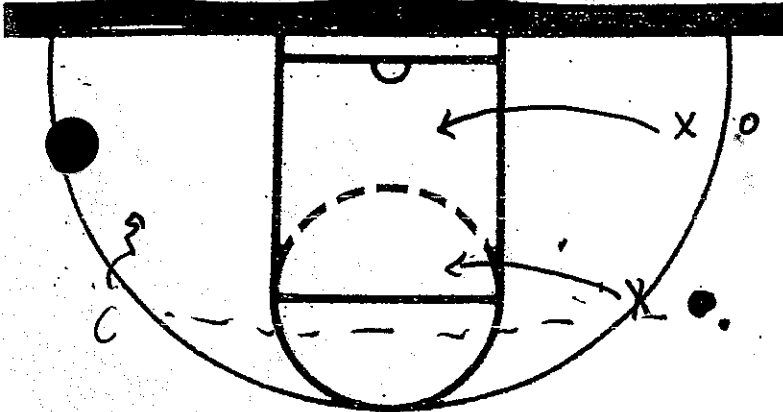
3 vs 3 rebounding

- Assign numbers in advance
- Coach stands on baseline makes pass
- X₁ must close out and contest shot
- X₂ denies
- X₃ stays in help
- All three must rebound off shot
- Rotations change on pass
- Can rotate offensive players as well

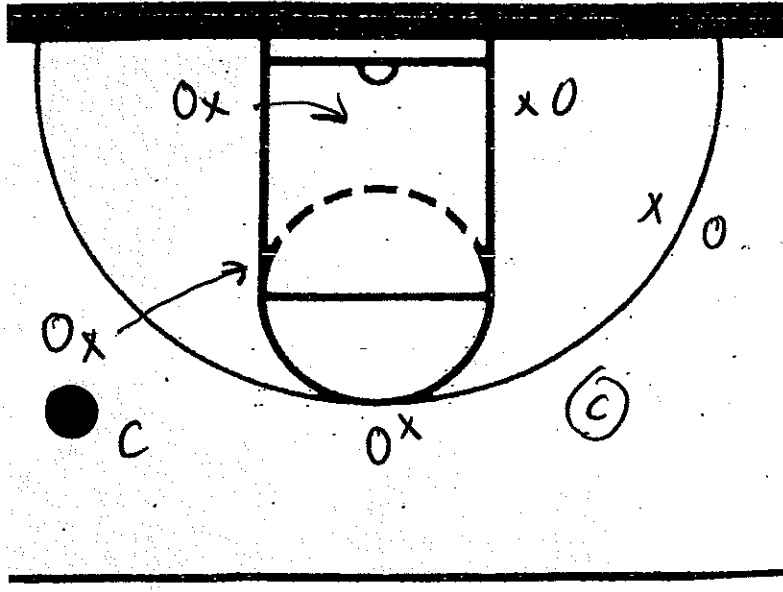
Rebounding drills cont.



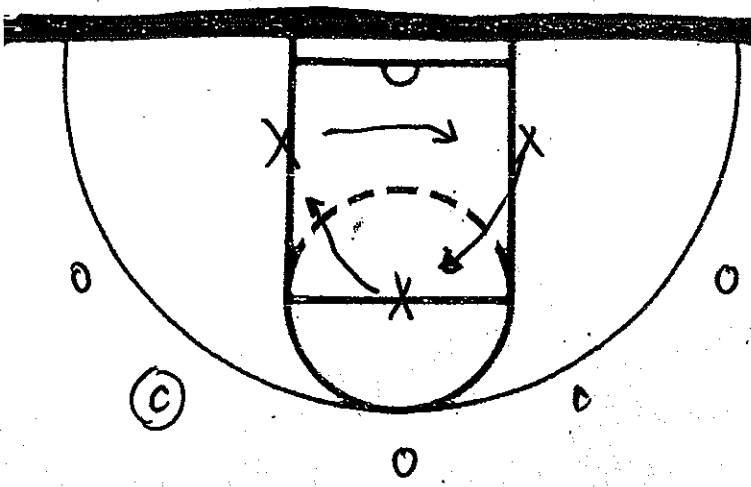
Offensive Rebounding (Constant progression)
 1 on 1 on 1 - 5 minutes on clock
 Ball is thrown off backboard to start
 offensive stays until scores
 O3 scores then next guy in line 3 follow into paint
 Must shoot from paint
Emphasis - offensive rebounding, Finishing around rim w/contact, offensive moves, getting ball above rim



Weakside Rebounding
 offensive player starts w/ ball
 On rotation, sprint to help
 stop drive if applicable
 shot, must find offensive player
 and rebound
 three steps to get out



WAR
 5 on 5
 Each defensive player must get
 5 rebounds before drill is done
 work on shell principles such as
 stopping drive or denial
 offense goes to defense



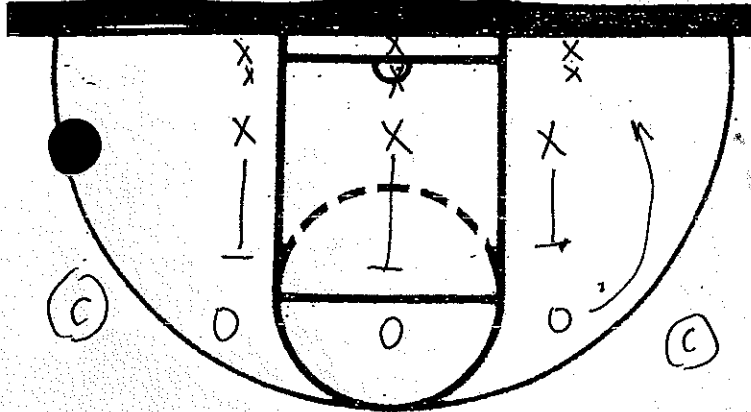
3 man Rebounding

Must rotate around the lane until shot goes up

Rebound closes person to right of defender

3 steps in flow to get out

Increase off # if not working hard



3 vs 3

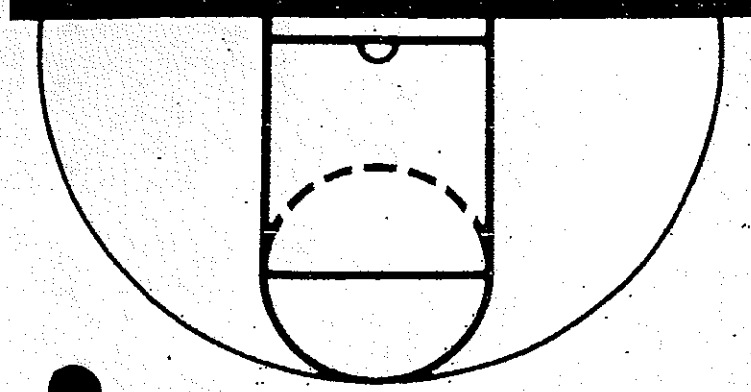
Defense must get stop to get out (3 times)

defense goes to offense on stop

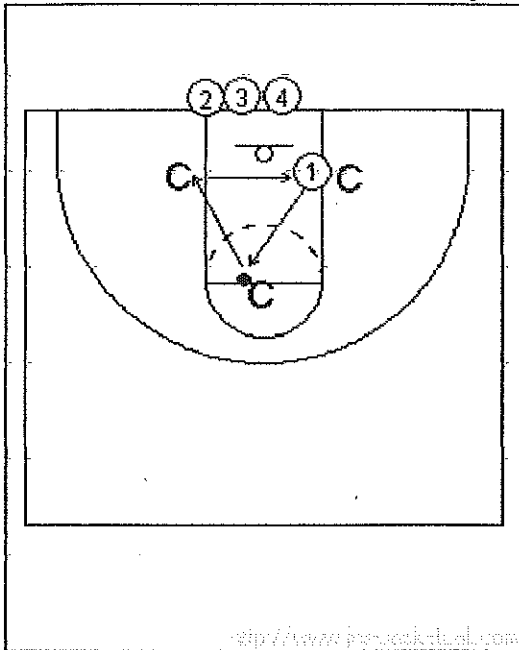
offense out of drill if off reb

Progressive

offense goes to defense unless get reb



Playname : Ricochet



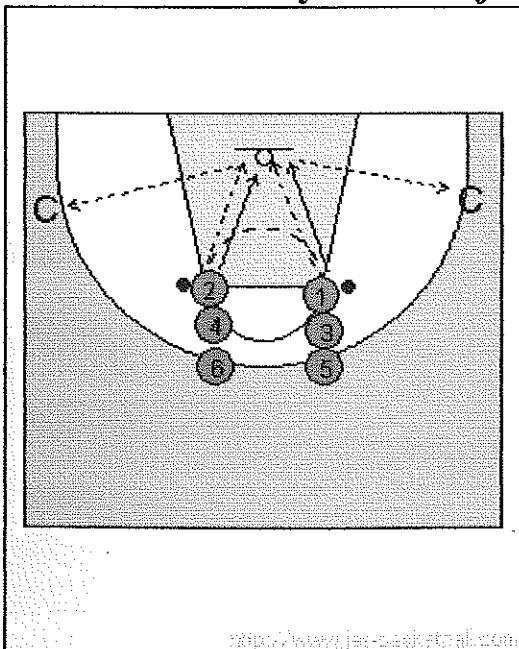
This Drill teaches Focus, Concentration, Attacking a Rebound, Agility and Conditioning.

Coaches set up just outside the paint and on the free throw line. Ball starts at FT line. The coaches pass the ball in a triangle as the player runs from coach to coach to touch the ball. When the ball gets to the 3rd coach he throws it off the backboard to the opposite coach as the player rebounds landing outside the lane. The player then reverses the ball and the drill continues until it gets back to the 3rd coach again. I usually run this drill 7-10 complete cycles then draw in a new player from the line. If you have enough assistants you can break up at different baskets

1

Rebounding

Playname : St Johns 2 handed rebounding



St John's - 2 Handed Rebounding

- 2 lines at each basket
- One player at a time
- 10 feet from the basket, throw the ball off the backboard

Points of Emphasis:

- a.) Attack the ball with 2 hands
- b.) Rebound ball above head (rip down)
- c.) Land with a wide base (feet apart)
- d.) Chin ball and outlet to coach

1

REBOUNDING DRILL #1: 1-2-3 REBOUND

3 people line up in the paint. The first one is #1, the second is #2 and the third is #3. Put one person on the top of the arch and one outside the 3-point line down in the corner and another in the same position on the other side of the 3-point line. Someone should call 1, 2, or 3 and then pass to any of the lines. When they shoot, the number of the person they called should go box them out. If the shooting team rebounds it, they can keep playing.

REBOUNDING DRILL #2: 1 ON 1 REBOUNDING WITH OUTLET PASS

One line is behind top of the key. Two players are in each outlet spot, free-throw line extended. One defensive player is in the lane. Player number 2 in the line takes a shot on the basket. The first player in the line tries to grab the offensive rebound while the player in the lane tries to box him out. After taking the rebound the defensive rebounder passes an outlet pass to the same side the rebound was taken. The outlet player passes the ball to the second player in the line who now takes a shot and the drill moves on. After going to offensive rebound, players rotate to the same outlet spots as the outlet pass was made to. The players from the outlet spots rotate behind the line after making the pass to the second man in the line.

If offensive player does not get the rebound he should press the rebounder when he's making the outlet pass.

The number of rebounds each player has to collect can depend on the player's size and strength.

REBOUNDING DRILL #3: 2 MAN REBOUNDING DRILL AND CONTINUATION

Two players begin on either end of the foul line (the elbows). Standing opposite them on the baseline are another two players. One of the players on the baseline has a ball and passes out from under the basket to either player on the foul line. The player on the foul line will catch and shoot the ball.

As soon as the player on the baseline passes out he will run out his opposite player on the foul line. He knows that he will shoot the ball immediately so he is aiming to get to the player and prevent him from rebounding the ball (ie block him out). As soon as the shot is taken the players on the foul line will contest the rebound.

If the players who started on the baseline have done their job they should have blocked out the two players on the foul line and rebounded the ball. If they have done this they then pivot away from the basket and make a quick outlet pass to a coach standing there - with the emphasis on a quick pivot and pass to initiate any fast break opportunities. If they have not done their job and the players on the foul line get possession they simply try to score in a two on two situation.

REBOUNDING DRILL #4: 2 ON 1 REBOUNDING

Coach has ball at free throw line with three players facing the bucket. Coach shoots the ball and all three players fight for the rebound. The player that secures the rebound goes up to score and the other two players fight for the rebound. The ball is always live, there is no out of bounds, there is no fouls. If the ball goes in the bucket, it is still live and whoever secures the ball goes back up to shoot the shot. These three players battle for the rebounds until one of the three players gets 3 buckets. Then you replace him with a new player and start again.

REBOUNDING DRILL #5: 3 ON 2 BLOCKOUT

The Coach stands under basket with ball in hand while 3 players on offense stand at wings and top of key. 2 defensive players stand facing offense on the blocks.

Coach passes the ball to one of the offensive players. The two defensive players are not allowed to look at coach. They have to box out the two non shooters. Shooter does not go for the rebound.

REBOUNDING DRILL #6: AROUND THE WORLD REBOUNDING

Five or six players line up around the 3-Point arc. One player is in the middle (In the lane area) with a basketball.

The man in the middle passes the ball to the first player around the arc and closes out on him in a good defensive stance.

The offensive player has 2-3 dribbles to take the ball to the basket, shoot a pull-up jumper, or shoot a 3-point shot.

Once the shot is taken, the defensive player blocks out and attempts to hustle after the rebound. The offensive player also goes for the rebound (if offense gets it they put back). The one on one goes on until the defensive player gets the rebound, even if the offensive player makes the basket. Good offensive rebounders can often get from 5-10 rebounds. There are no fouls or out of bounds, so it gets very rough. The defensive player is finished when they go through each player. Then the next player will go with the defensive player going to the end of the line around the arc.

REBOUNDING DRILL #7: BOX OUT DRILL

At half court, designate a set number of players (I use 5) as defense and an equal number as offense. Set the ball at the center of the jump ball circle. With the defense on the inside of the circle, match the players up according to position.

With the players matched up facing each other, the coach blows the whistle. Offense (on the outside) attempts to get the ball, defense attempts to box out the offense. This drill can get a little physical but it teaches players the amount of contact that is necessary to be a good rebounding team. Try the rebounding drill and I'm sure you will see a change in your teams intensity level.

REBOUNDING DRILL #8: BOX OUT

Place 1 player at foul line, one player approximately in the center of the paint and two players at low post. Player at foul line passes the ball to one of the low post players. The player in the center of the paint first defends the ball until shot goes up, he then gets back to box out the other player at the low post and make the rebound. If he does not get the rebound he defends the ball until the shot goes up again. He again boxes out and goes for the rebound.

REBOUNDING DRILL #9: CIRCLE BOX OUT

Have players gather in circle each with a specific number eg. 1...2...3...Put a player in middle with ball at their feet.

When calling out a number the player's who's number is called attacks middle attempting to touch ball without touching ball through defenders legs.

Player in middle blocks out player attempting to touch ball by boxing out with arms outstretched and back stressing good position and blocking out.

As soon as first player either touches ball or is blocked out call another number having defender move to prevent next player from touching ball.

Make sure defender picks up direction of defender without turning and facing them.

REBOUNDING DRILL #10: DANTLEY DRILL

This rebounding drill will increase your jumping ability and strength for putbacks, as well as your concentration.

Start underneath and to the right side of the hoop. Begin by tossing the ball off the backboard. Timing it correctly, the player jumps up, grabs the rebound, and pins it against the backboard. Then, the player jumps up again, taps the ball against the backboard once, and scores the lay-up. Continue for seven consecutive lay-ups, and then switch to the other side of the hoop.

REBOUNDING DRILL #11: DUMMY DRILL

This rebounding drill is designed to emphasize that a shooter follow his shot and take it to the basket with an aggressive shot attempt. Player A starts on the wing and makes a flash cut to the ball which is at the top of the key with player B. Player B then passes the ball to player A, who sets himself for a jumpshot. If A makes the jumper, A will go again until A misses. When A misses A will rebound the miss and take it strong to the basket where the coach, who has a football dummy shield will strike the player with a moderate amount of force. If A misses the put-back A will resume with the play until A makes the basket.

REBOUNDING DRILL #12: GATOR REBOUNDING DRILL

We have 4 lines-2 under the basket and one line on each sideline free throw line extended. The 2 players under the basket step out to the free throw line facing the coach or manager who is the shooter. On the shot, they must block-out and get the rebound. The player getting the rebound throws the outlet pass to one of the players on the sideline running the break. The player not getting the rebound must get back and defend 2 on 1.

REBOUNDING DRILL #13: HE-MAN DRILL

This is a drill that teaches aggressive rebounding and shooting the shot after the ball is rebounded. Also a good lesson for squaring up to the basket and giving head and shoulder fakes.

Divide players up according to size and/or position. Each group of players should have an individual basket and a coach or manager with each group. The drill starts off with everyone underneath the basket getting ready for good box out position. The coach or manager then shoots the ball and as the shot goes up, it's every man for themselves to try and get the rebound. When a player grabs the rebound, all other players then become defenders and surround the rebounder.

The rebounder's job is to take the ball back up, under control and score. The defenders job is to distract and even foul the shooter so as not to score. If the rebounder/shooter scores they are awarded a point. This continues until one of the players gets three points: When a player gets 3 points, he then chooses the 'punishment' that the rest of the group must get, (ex. push-ups, sit-ups, sprints, etc.).

REBOUNDING DRILL #14: KILL DRILL

3 team members in lane under the basket, coach on the free throw line. Other team members out of bounds under the basket. Coach tosses ball high on board and three players in the lane try to rebound. Each player must have two put backs before they can leave the drill. After a player puts in her second shot, she leaves the lane and a player from the base line enters and opposes the remaining two players. Go until all players have participated at least once. No dribbling or traveling. No INTENTIONAL fouling!

REBOUNDING DRILL #15: MCHALE DRILL

Have the player stand underneath and to the right of the basket. Begin by tossing the ball off the backboard. As the ball comes down, jump up and tip the ball back off the glass with your right hand. At the same time, use your left hand and try to grab the rim (or as high as you can go). After ten tips/grabs score the basket, and then proceed to the other side of the hoop and repeat, using the opposite hands.

REBOUNDING DRILL #16: NBA DRILL

You have 8 guys in the paint. 4 on offense 4 on defense. The defensive guys are on the inside and the offensive guys are on the outside. You have two guys outside the three-point line waiting to get the ball. The drill starts by one of the guys outside three point line shoots a three. The guys on defense yell shot and box out the guys on offence and to get the ball.

After you get the rebound if you are on offense you try to score. If you are on defense you pass it to one of the outlet guys. If the offence scores they get 2 points. If the defense gets the ball to one of the outlet guys they get 1 point. We usually play to 10 the losing team runs a jay hawk.

REBOUNDING DRILL #17: PRESSURE OUTLET PASS

Have four rebounders under one basket. Have two other players positioned on either side of the basket ready for an outlet pass. Coach will take shot and create rebound, four players under basket will box-out and rebound.

Player who gets rebound should immediately get out of pressure from other three rebounders by either smart dribbling—then passing, pivoting—and then passing, or a straight pass to one of the outlet players. The other three players who do not get the rebound should swarm the successful rebounder and make it difficult with out fouling.

REBOUNDING DRILL #18: SUPERMAN DRILL

START AT THE LOW BLOCK. THE PLAYER TOSSES THE BALL TOWARDS THE LEFT SIDE OF THE PAINT, BOUNCING OFF THE BACKBOARD. THROW IT HIGH OFF THE GLASS AND IN AN ANGLE FOR BEST RESULTS. WHEN HE THROWS IT OFF THE BACKBOARD HE SPRINTS AND LEAPS IN THE AIR CATCHING THE BALL IN THE AIR BUT ALSO LANDS ON THE OTHER SIDE OF THE PAINT BUT BOTH FEET MUST LAND OUTSIDE THE PAINT. REPEAT GOING BACK THE OTHER DIRECTION. KEEP DOING IT WITHOUT STOPPING GOING BACK AND FORTH.

REBOUNDING DRILL #19: HUSTLE WITH MUSCLE

- 4 offense start at the opposite free throw line
- 4 defense at opposite hoop, right inside the 3 pt arc, with their backs to the offense
- 4 defense cannot look at the offense until the whistle

The 4 offense take off in a dead sprint towards the defense, who cannot see them. Just as the offense crosses half court or later, the coach blows the whistle. The offense comes flying into the defender as hard as they can, literally throwing elbows and force at the defender. The defender must find his man and fight back, to get a box off whoever recovers the ball has the most 'hustle with the muscle'.

REBOUNDING DRILL #20: REBOUNDING MADNESS

For this example we will use 8 players. 4 offensive and 4 defensive. The coach will start the drill by placing the ball on the free throw line. He then asks his four offensive players to face the ball, standing about 8 feet from the ball. Then he asks his 4 defensive players to match up evenly size wise and face that offensive man with his back to the ball.

Instruct the defensive players that once the whistle is blown that they are to prevent the offense from getting the ball using blocking-out methods. The offense is to try to touch the ball without fouling the defensive man. After 5 seconds reset and run again until the coach is pleased with the effort.

REBOUNDING DRILL #21: REBOUND LINE

Make two lines on opposite ends of the court at the free throw line. One person starts it off by throwing it off the backboard and then runs to the other line. Next person in line grabs the ball in mid air and throws it off the backboard to the next person. This continues for 2-3 min. without the ball hitting the ground.

Basketball Rebounding Drill #6
Three Player Figure Eight Drill

Position three players in the low post. Player 1 is right in front of the basket. Player 2 is to the left of Player 1 halfway between the side of the lane and out-of-bounds line. Player 3 is positioned the same as Player 2 but to the right of Player 1. Player 1 bounces the ball high off the board, grabs rebound, passes to Player 2 and takes Player 2's position. Player 2 dribbles to the front of the hoop, bounces the ball high off the board, grabs rebound, passes to Player 3 and takes Player 3's position. Player 3 repeats the same basketball drill and passes to Player 1.

Basketball Rebounding Drill #7
Offensive Basketball Rebounding Drill

Player 1 is positioned in the left low post just outside the lane. Player 2 is in the same position but to the right of the basket. Player 3 is at top of foul line circle with the ball. Player 4 & 5 create a line behind Player 3. Player 3 takes a quick set or jump shot. Players 1, 2 & 3 all keep grabbing rebounds until one of them makes a shot. Then they pass out to 4 (who has replaced 3 at the original starting point). Player 1 goes to the end of the line behind 5, 2 replaces 1 in left low post and Player 3 takes 2's spot in right low post. Keep this basketball rebounding drill going continuously as the players keep rotating positions.

Basketball Rebounding Drill #8
Across the Board

Form a line of players to left of the basket on the lane with starting point about halfway to foul line. Player 1 goes under the basket on the right side and Player 2 stands under the basket on the left side. Player 1 passes the ball high off the backboard to Player 2 who rebounds it high and passes it back to 1 before reaching the floor. They keep this up until each player has rebounded the ball at least five times. Player 1 goes to end of line, Player 2 takes 1's place and Player 3 fills Player 2's place. Players 2 & 3 now do the basketball rebounding drill together.

Basketball Rebounding Drill #9
Check the Shooter

This drill uses six players, three on offense and three on defense. One defender and one offensive player are paired at each wing and the other pair are at the top of the key. They work the ball from various spots on the floor. The defender stays in the normal defensive position on the shooter, but allows the shooter to take a set shot or dribble a bit and then take a jumper, checks the shooter and moves in for the rebound. The players eventual switch positions and do the basketball rebounding drill again.

Basketball Rebounding Drill #10
Offensive Tipper

Form a line at the foul line. Player 1 stands under the basket. Player 2 takes a quick shot from foul line and Player 1 rebounds the shot. Player 2 keeps shooting until missing. Player 1 then passes the ball to the next player in line, moves to the end of the line and Player 2 takes position under the basket. Keep repeating this basketball rebounding drill as the players keep exchanging positions.

Rebounding Fundamentals

Basketball Rebounding Drill #11
Time It Across the Board

Five player basketball drill. Starting positions: Player 1 to the left of and under the basket, Player 2 to the right of and under the basket, Player 3 just behind 2 to the right of the lane, Player 4 just behind 1 to the left of the lane and Player 5 behind 4 to the left of the lane almost to foul line.

Player 1 begins the basketball drill by bouncing the ball high off the board over to Player 2 and then moves over to the end of the 2,3 line. Player 2 times it to rebound the ball at the height of the jump and bounces it back across the board to Player 4 who as replaced Player 1. Keep this up as each player goes to the end of the opposite line after each rebound.

Basketball Rebounding Drill #12
Compete for Ball & Pass

Basketball rebounding drill for four players. Players 1, 2, & 3 are under the basket and fight for the rebound as Player 4 takes shots from various spots on the floor. The two players who don't get the rebound try to tie up the player with the ball and prevent a successful pass back out to Player 4. The first player to grab five rebounds and complete a pass to Player 4 gets to exchange places with 4 and become the shooter.

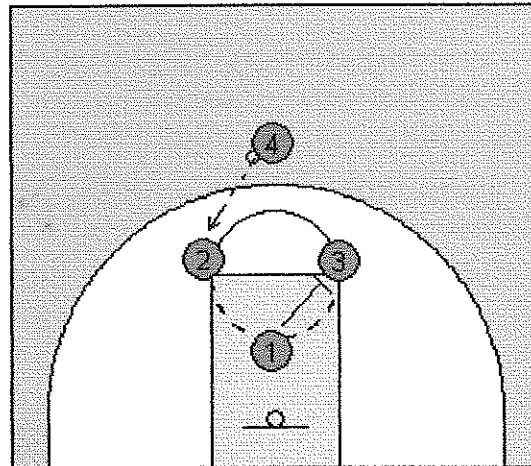
Basketball Rebounding Drill #2 - Two Man Boxout

Drill Purpose

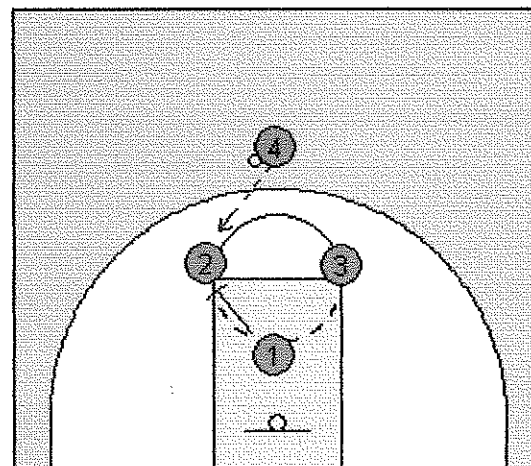
This drill helps players improve both their blocking out away from the ball and blocking out on the shooter.

Instructions

1. Player 1 starts out on the dotted line inside the free-throw lane.
2. Player 2 & 3 are positioned on opposite elbows.
3. Player 4 is positioned at the top of the key.
4. Player 4 has the ball and passes it to player 2 and player 2 shoots.
5. Player 1 goes to the opposite elbow and boxes out Player 3. (Away from ball blockout)



6. Player 1, then gets the rebound and passes it to Player 2 and Player 2 shoots.
7. Player 1, then goes and boxes out the Shooter. (Shooter Blockout)
8. Player 1 must get two consecutive rebounds before he is relieved from the position.

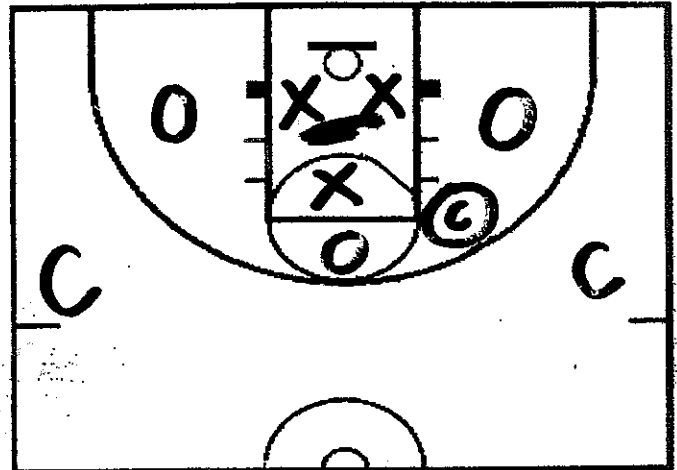




3-ON-3 FULL COURT REBOUNDING

RULES:

- 1.) ANY BALL REBOUNDED IN THE PAINT CAN BE SCORED RIGHT AWAY
- 2.) IF THE BALL IS REBOUNDED OUTSIDE THE PAINT, IT MUST BE OUTLETED TO A COACH. THE OFFENSE WILL THEN RUN A PRE-DETERMINED ACTION.

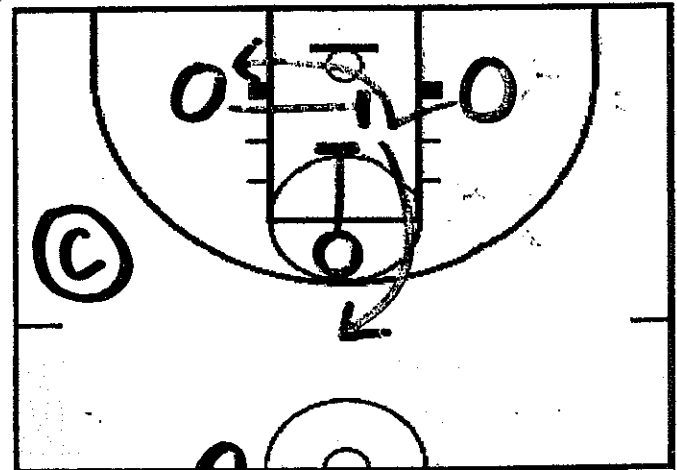


EXAMPLES:

- SCREEN THE SCRENER
- SIDELINE BALL SCREEN
- DIAGONAL SCREEN THE SCRENER

NOTE:

- ON A MADE SHOT, THE DEFENSIVE TEAM BREAKS OUT 3-ON-0 FULL COURT, AND A NEW TEAM OF 3 COMES ON THE FLOOR



SCORING SYSTEM:

<u>OFFENSIVE REBOUND</u>	+2
<u>DEFENSIVE REBOUND</u>	+1
<u>TURNOVER</u>	-2
<u>2 PT. SHOT</u>	+2
<u>3 PT. SHOT</u>	+3

