



REBOUNDING

Overall Principles

- #1 Rebounding Team in the Nation
- A good rebounder gets 1 rebound for every 4 minutes of playing time (PG's 1 every 7 minutes).
- More than 50% of all shots in a game will be missed. What will we do with those—2nd chance or transition?
- Pretend that you are the only rebounder we have
- Anticipate that every shot is a miss...every shot is a pass to you.
- Everyone rebounds defensively AND offensively (unless otherwise specified)
- Rebound the ball high with 2 hands above your head, then chin it.
- Be strong
- Rebound when the ball is in the air; don't wait until it hits the rim.
- All shooting drills should be treated as a rebounding drill, as well
- Rebounding takes less natural talent than any other basketball skill.
Remember this truth if you are trying to find your way into the lineup or get more playing time or help your team be better.
- Height is not nearly as important as heart. However, a tall girl with heart and desire is quite a weapon.
- "There are three kinds of players: those who make things happen, those who watch things happen, and those who wonder what happened. Which kind are you?"

REBOUNDING STRENGTH

(Coach Bechler's Last 3 Teams)

	<u>2008-2009</u>	<u>2009-2010</u>	<u>2010-2011</u>
Overall Reb. Margin	+ 11.19 (3 rd)	+ 18.40 (1 st)	+ 9.70 (6 th)
Overall RPG	46.16 (2 nd)	44.93 (6 th)	46.16 (6 th)
Overall Off. Rebs.	16.96 (9 th)	16.33 (10 th)	16.70 (8 th)
Conf. Reb. Margin	+ 12.89 (1 st)	+ 13.38 (1 st)	+ 7.94 (2 nd)
Conf. RPG	44.39 (1 st)	41.00 (2 nd)	44.38 (2 nd)
Conf. Off. Rebs.	15.44 (2 nd)	15.50 (2 nd)	15.44 (3 rd)

Each year, Coach Bechler's teams rebounded at least 44% of their missed Field Goals



REBOUNDING

Defensive Rebounding

- HIT & GET – when the shot goes up, make contact with your man (hit with forearm but don't extend it) and go get the ball
- Rebounding in the lane is slightly different than just "hit and get". You must make contact and try to create additional space to rebound the ball by 'burying her'. In other words, move your opponent back. Keep your elbows extended and your hands up, and move her back with your lower body. Then go get the ball.
- If you are guarding a non-rebounder on the perimeter, give her one second of attention ("check" her out). If she doesn't come, then go and get the ball.
- Defensive Free Throws: Pinch on the check-out of both offensive rebounders. PG is at top of key;

Offensive Rebounding

- We will send 5 to the offensive boards unless we designate someone specifically or a specific opponent. However, the absolute moment the other team gets the ball then you must immediately transition to defense
- Offensive Free Throw Positioning: Both players begin low in their space but right before the shooter shoots, then the player on the right side of the shooter moves up to the top of the space so it's harder to box out. The player on the left side should remain low in their space.
- Offensive Free Throw Movement: Offensive rebounders cross on all offensive free throws. Player on left side of shooter goes low. Player on right side of shooter goes high.
- A good offensive rebounder gets 1 offensive rebound for every 10 minutes of playing time
- Don't run to a back; don't get blocked out
- Limit fouls – go around and not through (or over) your opponent.
- On our team, there is no time for pouting or watching a teammate shoot the ball and miss...we will be busy anticipating a miss and going and getting the offensive rebound. We have our teammates back when it comes to misses.
- General Methods of Offensive Rebounding:
 - a. Spin (baseline or middle)
 - b. Swim (baseline or middle)
 - c. Step back and go around
 - d. Bull Rush