

WBCA 2009 Assistant Coaches Round Table

Fred Applin

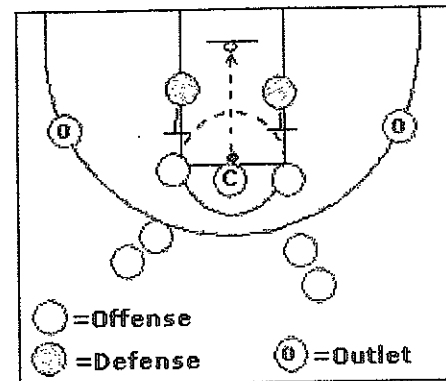
The University of Washington

REBOUNDING DRILLS

Basketball Drills - Rebounding 2-on-2 Drills

This rebounding drill stresses the basics of boxing out, being aggressive, and making the outlet pass, and "finishing" on the offensive glass.

Setup: See the diagram... two rows, one on each side of the free throw lane. The first player in each line becomes a defender and moves down by the blocks and will box-out the next player in line. The next players in each line are offensive players. Have a player at each wing for the outlet pass. The coach, or manager, shoots the ball from the free-throw line.



The Drill: The coach shoots. The defenders box-out, rebound, makes the outlet pass and the next group takes over. The two defenders rotate to the outlet positions, and the outlet players go to the back of the offensive lines.

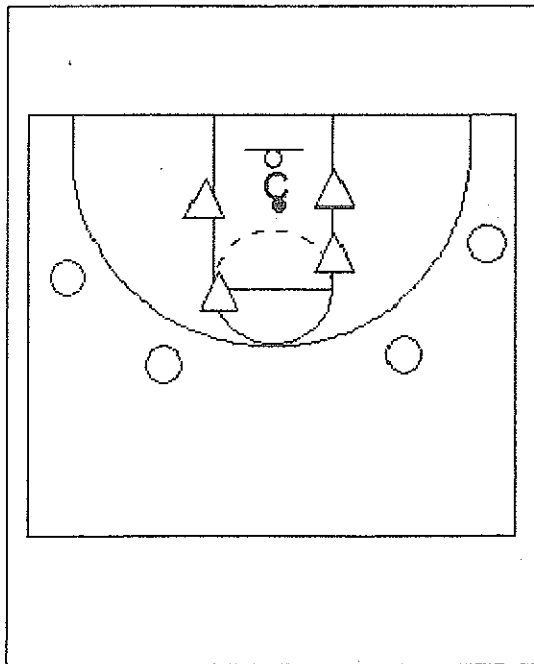
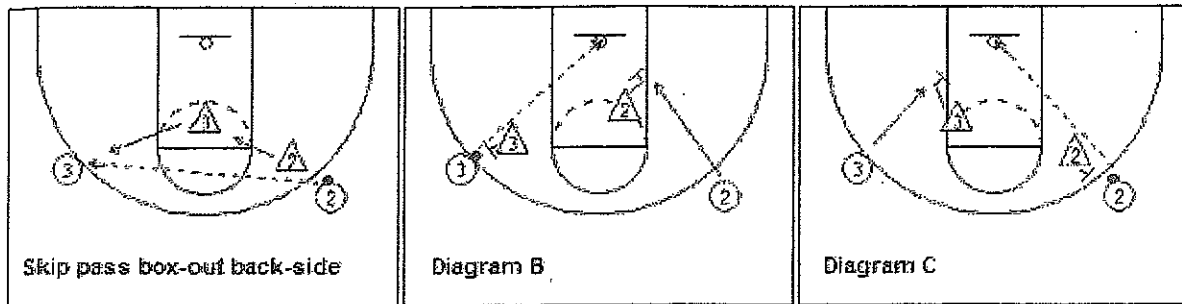
Offensive players should be aggressive, try to get the offensive rebound, and power it back up to the hoop. Play until either the defense rebounds and outlet passes, or the offense rebounds and scores (limit offensive possessions to 6 seconds to keep the drill moving). Then rotate to the next group. Offensive players now are defenders. Make sure all players hustle, are aggressive and are using good rebounding technique... with proper boxing out, attacking the ball, and making a good outlet pass. If the defense fails to secure the rebound, both players run a lap. Offensive players should be aggressive and power the ball back up to the hoop, scoring quickly (within 6 seconds). If the offense scores, they have "immunity" for when they go on defense. If, when they are on defense, they successfully get the rebound, they keep their "immunity" for the next time. If they fail to get the rebound, they lose the immunity, but don't have to run that lap. An offensive rebound with failure to score is nothing, no immunity.

One Man Option:

You can also run this drill with just one line, one defender and one outlet receiver.

### Wing Skip-Pass and Box-Out Back-Side Drill

This is a helpside, close-out and box-out drill. Start with the ball on either wing, with the opposite wing defender in helpside. When the ball is skip-passed, the helpside defender closes-out. X2 sprints to helpside. O3 shoots and O2 goes for the back-side rebound. X2 must find and box-out O2 and rebound. X3 must box-out the shooter (without fouling). Rotate offense to defense after several shots, using both sides.



### 4 on 4 Close Out

**Purpose:** To teach team closeouts and rebounding. A good closeout is the key to blocking out any offensive player.

**Drill:** 4 offensive players line up outside the 3-point line and face the basket. They should be at least five feet apart and line up from one side of the line to the other, as shown.

The coach with a basketball begins under the basket and will pass the ball to one of the 4 offensive players. The defense will react by sprinting out to the offensive player they are guarding. The proper

method of closing out should be utilized. The offensive player who receives the ball only has the option to shoot. When the shot goes up, all defensive players must block out the offensive players.

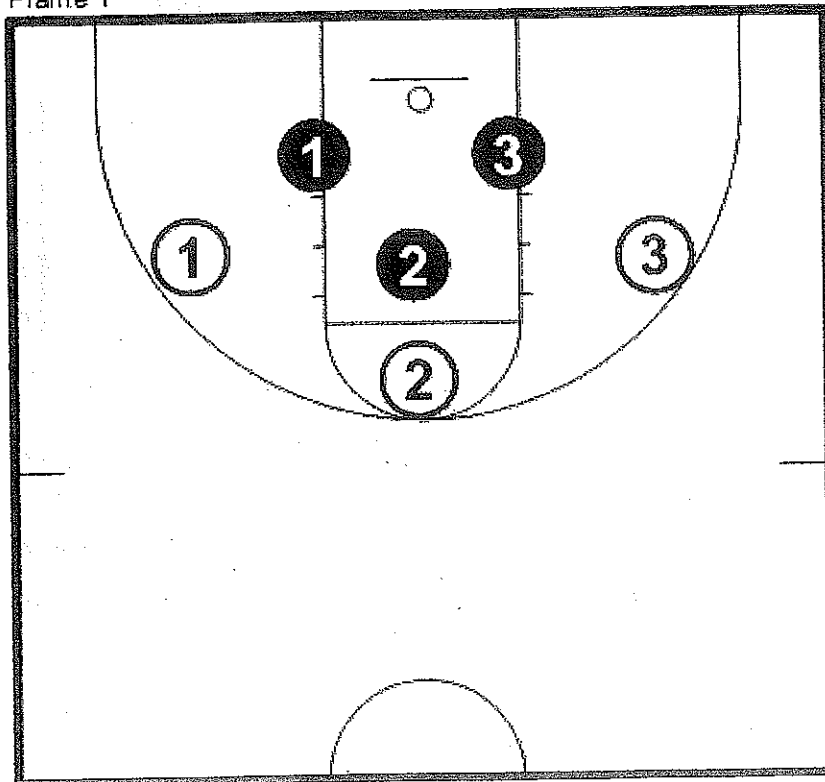
**Coaching Points:** You can make this drill competitive by playing to certain number of rebounds -- if you get the defensive rebound, you stay on defense; if you get an offensive rebound, you switch.

### 3 on 3 War Rebound:

Making the drill competitive to teach kids that winning is fun and losing sucks. In this game the team gets 1 pt. for each defensive rebound and 2pts. for each offensive rebound. Split the team into two teams (Maroon and White), and they divide themselves into groups of 3. The Maroon team starts out on the two blocks and the dots (where the old dotted lines used to go through the lane, now it is approx. where the volleyball line runs through the paint) and they are the defensive rebounders. The Off. has one player on each wing (1 step inside the 3 pt. line) and a player between the top of the key and the foul line. The coach (or manager) shoots the basketball (makes are played as misses) and the def. players must call shot; leave the lane and find a jersey; initiate contact with an arm bar; and then get a "butt in the gut." We tell our kids to "Hit, Find, Fetch" the basketball. Tell offensive players "don't run into a back" and try to "get low and get even" with the defensive rebounder. Play continues until the coach whistles it dead when a rebound is secured (no out of bounds). Points are awarded depending on who rebounds the ball. This continues for 3 shots/block outs and then the off. and def. switch places. Scores are accumulated until everyone has participated in the drill. Losers always Run. Kids hate getting beat in this drill and they compete extremely hard.

## 3 on 3 War Rebound

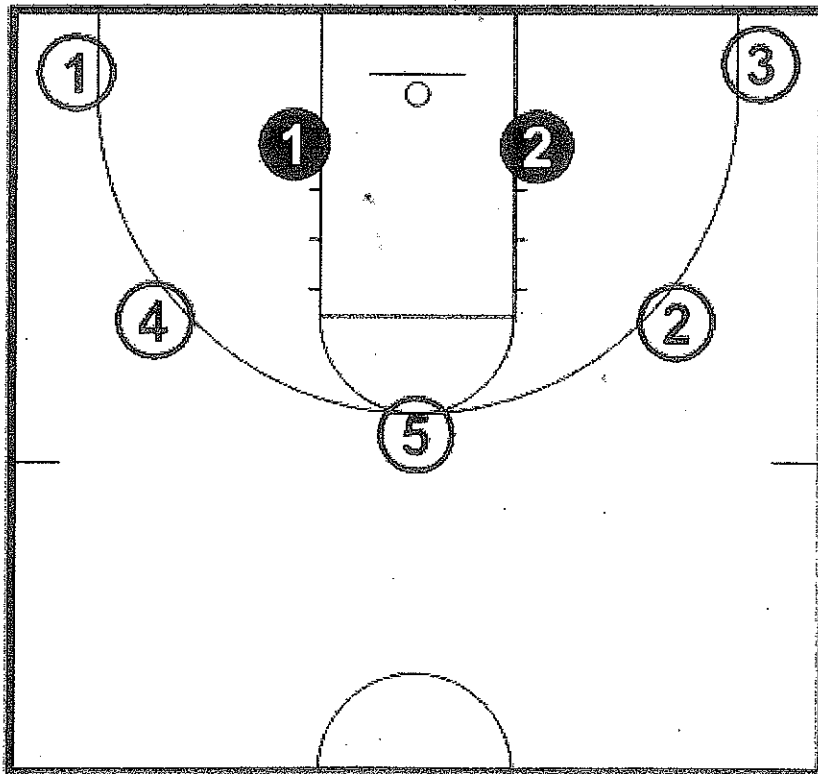
Frame 1



3 on 3 Rebound

Rebound By Numbers: This is a zone rebounding drill from the late and great Skip Prosser.

5 offensive rebounders are positioned around the arc (corner, wing, top, wing, corner) and each location is given a number (1,2,3,4,5). We put two defensive rebounders on the blocks. The coach (or manager) shoots a basketball (makes are counted as misses) and as the shot is going up the coach calls out two numbers (such as 2 and 4!). This signals the player on the right wing (#2) and the player on the left wing (#4) to try to offensive rebound. The defensive rebounders must leave the lane, find the jerseys, block out, and secure the rebound. Players rotate (either direction) after each shot. (A possible rotation would be from 1-2-3-4-5-block (def. rebounder) - block (def. rebounder) - end of line - with players rotating into the #1 slot). With a little creativity you could also make this competitive as well.



Rebound by Numbers