

## Wilmington College Lady Quakers Rebounding Margins and Rankings

\* Do for US

Year	Margin	Conference Ranking	National Ranking
99-00	9.2	1 <sup>st</sup>	13 <sup>th</sup>
00-01	12.1	1 <sup>st</sup>	1 <sup>st</sup>
01-02	15.2	1 <sup>st</sup>	2 <sup>nd</sup>
02-03	15.9	1 <sup>st</sup>	1 <sup>st</sup>
03-04	10.1	1 <sup>st</sup>	7 <sup>th</sup>
04-05	10.8	1 <sup>st</sup>	3 <sup>rd</sup>
05-06	10.8	1 <sup>st</sup>	5 <sup>th</sup>
06-07	7.9	1 <sup>st</sup>	24 <sup>th</sup>
07-08	4.3	3 <sup>rd</sup>	80 <sup>th</sup>

### Reasons for our Rebounding Success (in order of importance)

1. Rebounding mindset
2. System of play
3. Recruit and play people who rebound
4. Every drill is a rebounding drill
5. Technique
6. Rebounding Drills



#### 1. Rebounding Mindset

We constantly stress the importance of rebounding the basketball. We strongly believe rebounding is the single most important thing that we do to help us win games. It must become a strong part of our identity. We strongly believe that if our players buy in to this attitude we will have a great basketball team.

#### Examples of a great rebounding mindset:

- On a great team everybody does the dirty work.
- I can shoot too much, dribble too much or pass too much, but I can never rebound too much.
- If you like to shoot, there is no such thing as a bad second shot.
- Assume every shot will be missed & feel that every missed shot is a pass to me.
- The game begins when the ball is shot. Everything that occurs before the shot is not as nearly as important as what happens after the shot.
- Rebounding takes less natural talent than any other basketball skill. Remember this, if you are trying to find your way into the lineup.

How we stress rebounding will become evident as we discuss points 2 – 6 below. An example would be, at the first practice after every game, we run a certain distance for every offensive rebound we gave up in the previous game.

O.Rebs given up (and turnovers)

## 2. System of Play

### Defensively

- play a contain MTM defense
- control dribble penetration
- do not deny passing lanes
- do not front post players
- stay between your man and the basket
- goal is to hold a team to one 'not real good shot' per possession.

We feel this system is what leaves us in the best position to rebound the basketball. The drawback is we do not generate many points from our defense.

### Transition

- run on all makes, misses and steals
- get quick shots before the defense is fully set

This 'pressure offense' forces teams to worry about our transition more than they worry about going to the offensive boards. Consequently, getting defensive rebounds becomes easier. In transition, if the defense is not fully set when we shoot, it becomes much easier to get offensive rebounds.

### Four to the Offensive Boards

- We send a minimum of four people to the offensive boards on every shot.

Perimeter players are the key to having a great offensive rebounding team. If we play a team that refuses to run, we will send all 5 to the boards.

We Send 5  
unless  
otherwise  
noted.

## 3. Recruit and play people who rebound.

If rebounding is the single most important thing we do, then it makes sense that we must play our best rebounders. Everyone wants players who play hard. Rebounders play hard, and will consequently help you in all of the other hustle areas. The best shooter I ever coached hardly played her first two years. She was unhappy, and I told her there were plenty of places she could go and play if she just wanted to be a shooter. She transferred and played immediately.

The two years we led the country in rebounding, we played no one who was over 5'11". Our best rebounder was a 5'8" post player, who graduated as one of the ten leading rebounders in NCAA III history. Height is not nearly as important as heart.

#### 4. Every drill is a rebounding drill.

We do very few drills designed specifically to rebound. **But we constantly harp on rebounding (offensively and defensively) in every drill that we do.** Whatever we are doing, there is at least one coach who is coaching rebounding. It is her job to make sure that we are 'finishing' the drill with a defensive rebound or a putback of an offensive rebound. She is much more concerned with the mindset of our players to rebound than she is with their technique. There can be consequences for not rebounding in drills. 'You get what you expect and inspect.' That is why we inspect rebounding in every drill.

#### 5. Technique

##### Defensive rebounding.

###### **On the perimeter –**

1. Go make contact with your player. 'Hit her'. Make contact with your forearm but do not extend it. If your player goes middle, use a front pivot. If she goes baseline, use a back pivot.
2. Second, if you have lost sight of the ball while contacting your player (which you should try not to do), find the ball.
3. Go get the ball.

###### **In the lane –**

1. Make contact and try to create additional space to rebound the ball. In other words, move your opponent back. Keep your elbows extended and your hands up, and move her back with your lower body.
2. Find the ball.
3. Go get the ball.

##### **Other thoughts on defensive rebounding:**

If you are guarding a non-rebounder on the perimeter – give her one second of attention. If she does not come, then go and pursue the ball. Play the percentages and go to where the ball is most likely to go (opposite or middle)

##### **You must always think "Get man first – get ball second".**

If you have a Rodman, let her be Rodman. In other words, if you have someone who has a tremendous knack for getting the ball, do not tie her down by insisting that she stay with a block-out. Let her get the ball for you.

Against a great offensive rebounder, our philosophy may change to "I don't care if you ever get a rebound, just don't let her get one." In this case you would make contact, and keep contact until someone else has secured the ball.

## Offensive Rebounding.

Go every time. It doesn't matter how. Don't get 'velcroed' (stuck to someone's back.) Create space for yourself and take it away from your opponent. Rebound with two hands.

1. Spin baseline.
  2. Spin middle.
  3. Swim stroke
  4. Step back and go around.
  5. If opponent is close to basket, box in. Keep your hands high, and move her in with the lower half of your body.
- Ball Rush*

If you can't get to the ball, keep it alive with one hand.

Play the angles: i.e. Shots from the corner will rebound to corners. Long shots rebound long. Go opposite.

**Again to emphasize, our mindset to rebound is much more important than any technique that we teach.**

## 6. Drills.

Another way to improve the mindset of rebounding is to create some specific rebounding drills. What you emphasize is what they will do.

The '**half-court offensive rebounding**' drill is the one drill we have used every year, but usually just once a year. In this drill a coach has the ball at the three point line and shoots it. One offensive player is at mid-court and must rebound the shot before it hits the floor. She cannot release until the ball is released by the coach. 90% of the time the rebounder has gotten the rebound successfully. I think it really shows a perimeter player how far she can be away from the basket and still get an offensive rebound if she goes hard.

Other rebounding drills are listed below. They are grouped into:

- a. 2 minute drills (1 on 1). Use early in season to teach specific skills or as a day before the game point of emphasis.
- b. 4 minute drills (2 on 2 or 3 on 3). Drills that should be used throughout the season.