

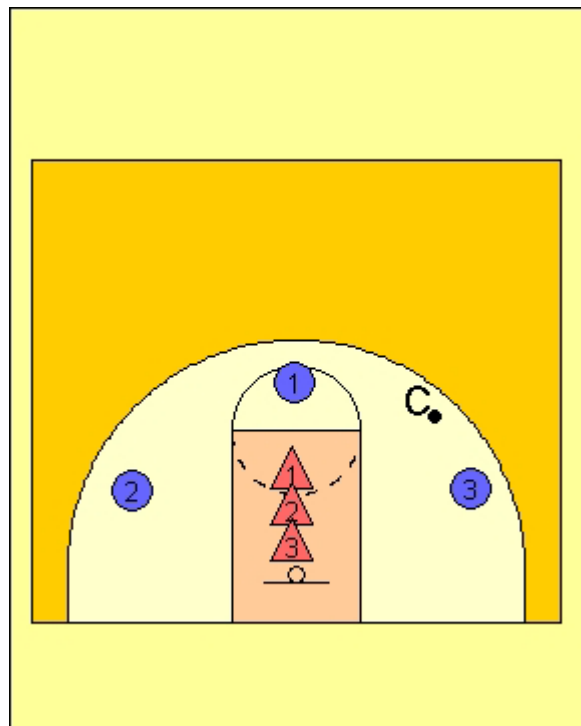
Rebounding Drill: Reaction Rebounding

Drill Purpose (All Ages)

This rebounding drill has an interesting twist that nicely simulates game situations. This drill will help your players find the opponent and get them blocked out!

Instructions

1. Position three offensive players as shown in the diagram.
2. Position three defensive players in the lane. Assign numbers to each defensive player.
3. A coach should have the ball somewhere on the court.
4. The coach passes the ball to one of the perimeter players and calls out a number (1, 2, or 3).
5. The player in the lane, that had their number called, goes to close out/block out the shooter. The other 2 players have to identify who they block out. This forces the other two to quickly react and get to one of the other perimeter players. They should then get the ball and secure the rebound.
6. It takes a couple of times for the kids to get it. But once they do, you'll find they learn to communicate, identify, and quickly scramble to get everyone blocked out. This is a good simulation of what happens in a game.
7. I'm sure you'll find that this twist really helps your players learn how to find their opponent and consistently put a body on them.
8. Repeat the drill as necessary and give everyone a chance to rebound several times.



Points of Emphasis

Continually tell your players...

- Put a body on someone and block them out!
- Make sure you communicate and get everyone blocked out.
- Stay low when blocking out.
- Use proper form when blocking out -- find your defender then back pivot into them.
- Always keep your elbows out after securing the rebound. Make a good outlet pass to the coach.

Motivation / Teaching Tips

Tip #1 - You can make the drill competitive by tracking the number of rebounds the offense and defense gets. Award the winner or make the losing team run.