

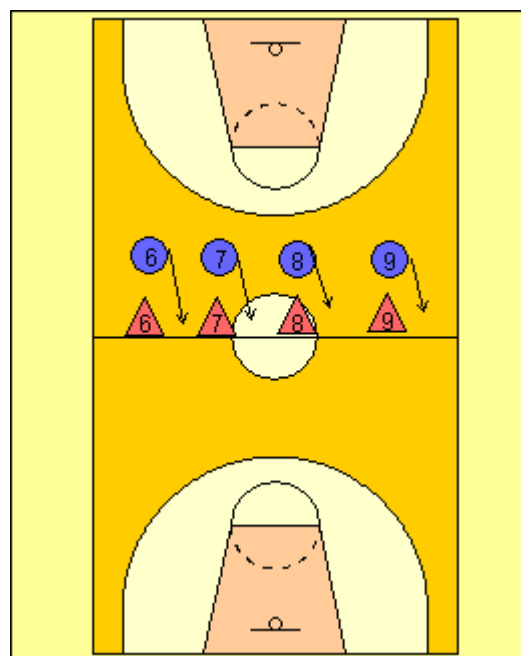
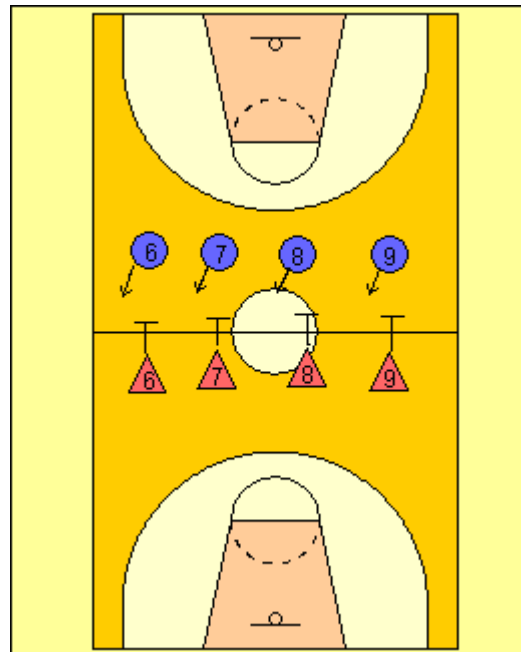
Rebounding Drill: Reverse Pivot Technique

Drill Purpose (All Ages)

This drill is intended to build muscle memory applicable to establishing and beating box outs. In other words, it will help you get MORE offensive rebounds! It should be done as a form drill at three-quarters speed. This drill builds the muscle memory and economy of motion that are required when jostling for rebounding position.

Instructions

1. Four offensive and four defensive players line up on opposite sides of the half-court line facing one another about six feet apart. On the coach's whistle, the defenders do a form box out while the offensive players make a jab-step to the right. The defenders should respond to the jab step by shifting the box out in that direction.
2. The offensive players then lift the left foot slightly and position it so that they maintain balance while performing a reverse pivot on it to establish a side by side position with the defenders. The reverse pivot should be explosive and executed with a low center of gravity. The right arm should be used to reinforce the pivot motion and should be raised to shoulder level at the end of the pivot. The defender and the offensive players should end up side by side facing the same direction.
3. The drill should be repeated using mirror principles in the opposite direction: The left foot will be the jab-step foot, the right foot will be raised slightly and positioned to accommodate an explosive reverse pivot, and the left arm should reinforce the pivot motion. Repeat the drill until all players have performed five reverse pivots in both directions.
4. The coach blows a third whistle to signal that the repetition is over.



Points of Emphasis

- The jab-step needs to be convincing; weight on the leg and leaning while maintaining enough balance to rock back into the reverse pivot.
- The reverse pivot needs to be explosive, executed from a low center of gravity, and wide.
- Focus on proper form and footwork.