



New Berlin Athletic Association
P.O. BOX 51123 New Berlin, WI53151-0123

REBOUNDING

BASKETBALL DRILLS

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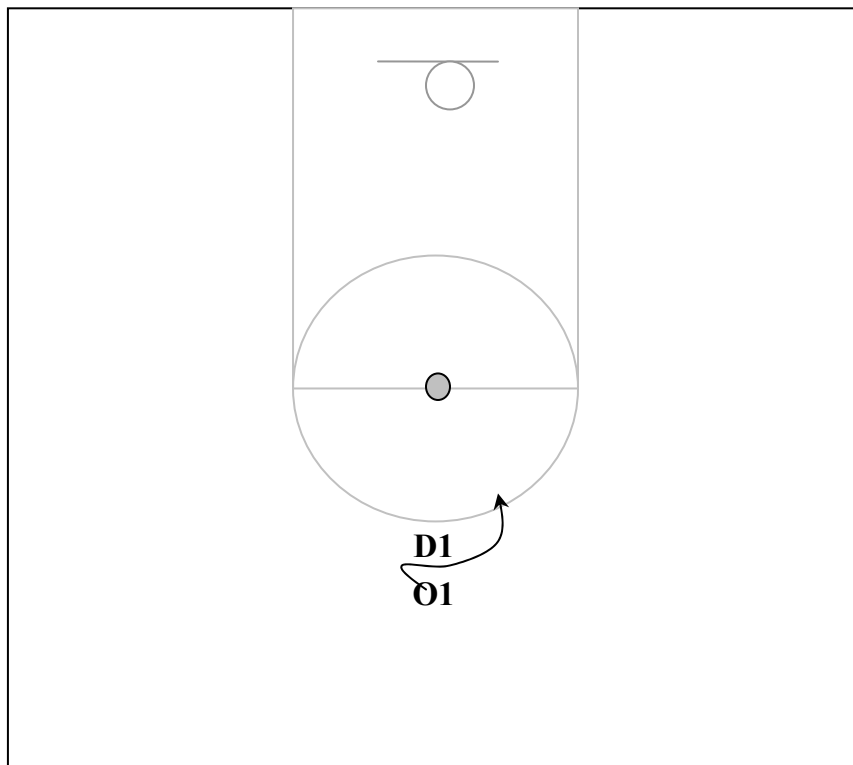
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5 REBOUNDING

5.1 Butt-in-the-Gut

Level: Beginner

This drill is to teach defensive box-out positioning for rebounding. Place a ball on the ground at the free throw line. A defensive player D1 starts with his back to the basketball (heels on the circle) and with his face toward the offensive player, O1, who is facing the basketball. Have them start about one arm-length apart. When the coach calls “Go” the defensive player turns his back to the offensive player (either front pivot or reverse pivot, whichever is more comfortable) and puts his “butt-in-the-gut” of the offensive player in order to box-out. It is important to emphasize making contact with the defensive player. The offensive player tries to get around the defensive player and make progress toward the basketball. The defensive player must feel where the offensive player is moving and adjust accordingly in order to maintain the box-out. The coach begins counting after calling “Go.” The offensive player “wins” if he touches the ball before the count of five, otherwise the defensive player wins.



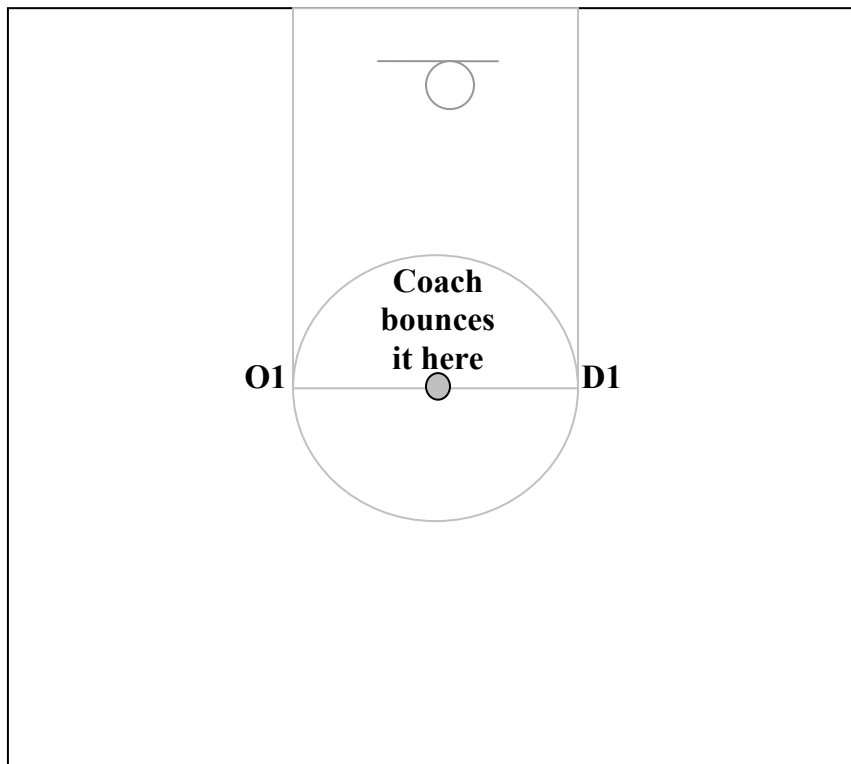
REBOUNDING

5.2 High Bounce

Level: Beginner

Have a single player, O1, start on one side of the circle. The coach stands at the center of free throw line and starts the drill by throwing the ball down hard in order to make it bounce high, straight up. As soon as the ball hits the ground, the player moves into the middle of the circle, and times her leap in order to catch the ball with two hands at its highest point. This drill gives players practice at timing their leap to jump for the rebound and catch the ball while airborne. It is difficult for many young players. Often, they want to let the ball come to them.

A slightly more advanced version of this drill is to have two players compete for the rebound. No boxing out, just jumping high. Start with one player on each side of the circle. They may advance toward the center as soon as the ball is bounced by the coach.



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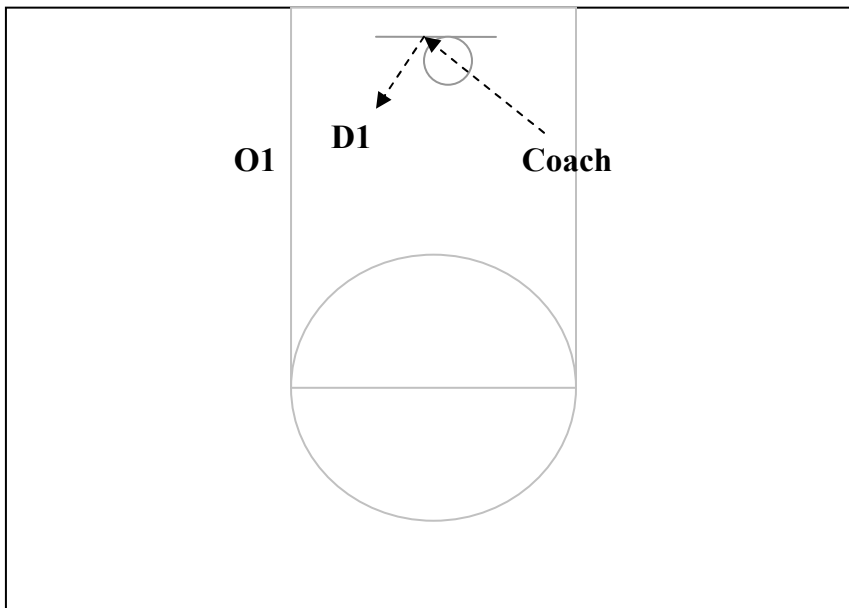
5.3 Rebound off the Board

Level: Beginner

Have the player stand in defensive “help” position about 4-5 feet away from the basket. The defender should see both the player they are guarding and the ball. The coach puts up a missed shot that goes over the rim and off the backboard. When the coach goes into the shooting motion, the defensive player should turn to face the basket. The main point of this drill is to get the player to jump for the rebound, and catch the ball while airborne. Timing the leap to get a rebound off the board is more difficult than timing a bounce off the floor (as in drill 5.2). Emphasize jumping to get the ball at its highest point. Make it an easy catch, don’t have the ball hit the rim.

Point of emphasis

→ catch the ball while airborne.



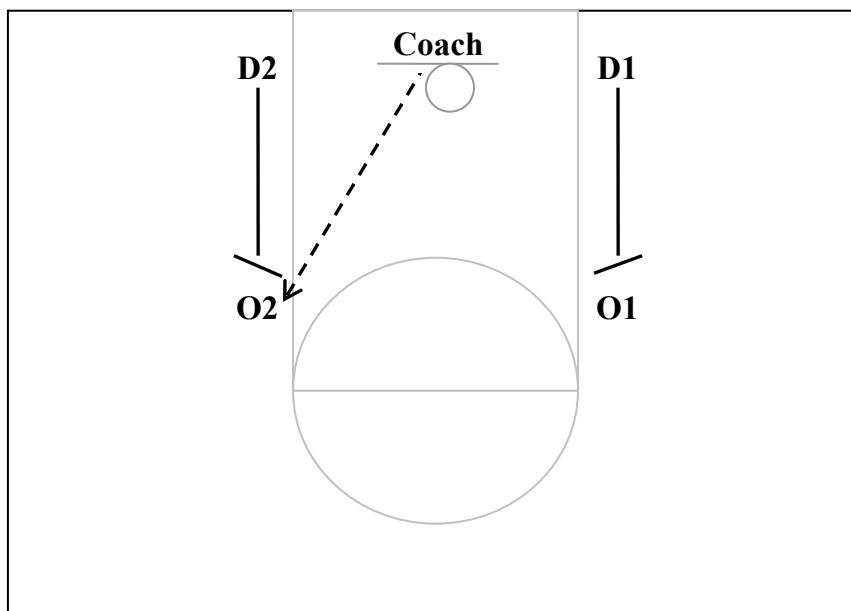
As players improve, it is a good idea to have them get in the habit of making box-out contact with the offensive player when the coach goes into the shooting motion. Then, go airborne for the rebound.

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5.4 Close-out / Box-out Drill

Level: Intermediate

Have two offensive players stand about 12 feet from the basket in a “catch-and-shoot” ready position. The drill starts when the coach passes the ball to one of the offensive players. When the coach makes the pass the defenders must “close-out” on the offensive players. The offensive player puts up a shot immediately after making the catch. The defender on the shooter tries to get a hand in the face of the shooter, then boxes out. The off-ball defender boxes out on the other offensive player. If the offense gets the rebound they try to score. If the defense gets the rebound the drill ends.



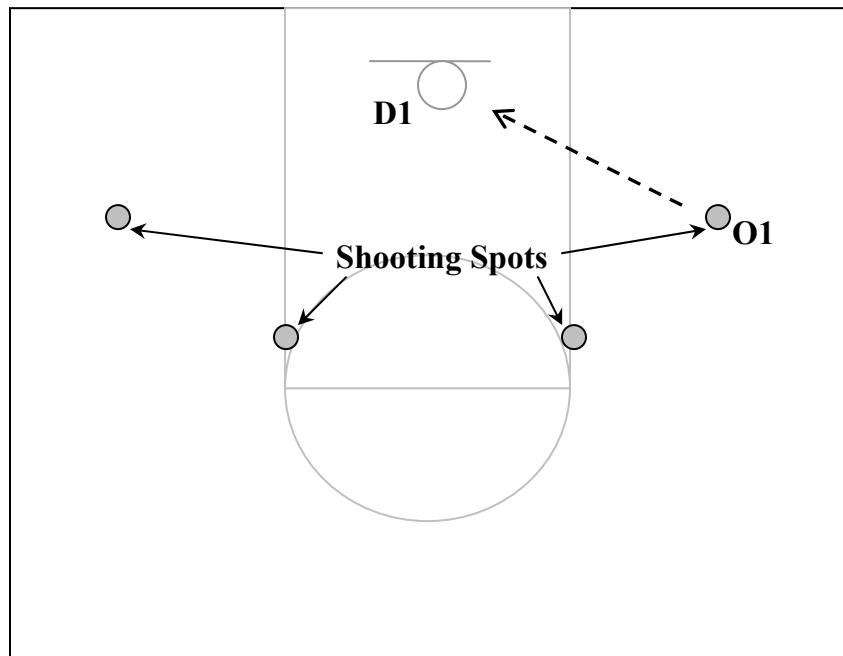
A slightly more advanced version of this drill is to allow the offensive player to pump fake and dribble to the basket before shooting. This forces the defender to stay under control when closing out.

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5.5 Anticipate the Rebound Angle

Level: Intermediate

Set up four cones or markers from which players will shoot at various spots on the court. One offensive player, O1, takes three shots at each cone or marker. The offensive player scores one point for each made shot. The defensive player is the rebounder. He scores one point for each missed shot rebound he secures without allowing the ball to touch the ground. He scores two points if he can secure the missed shot rebound while airborne (*both* feet off the ground). Each player takes their turn shooting and rebounding. The purpose of this drill is to teach the rebounder that a missed shot taken from the right side of the court is more likely to land on the left (or opposite) side of the basket, and visa versa.



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5.6 Offensive Put-Back

Level: Intermediate

Have two defensive players stand with both feet outside of the lane. One offensive player stands in the middle of the lane. The coach puts up a missed shot that produces an easy rebound and put-back opportunity for the offensive player. The two defenders try to block the put-back shot or distract the shooter. The defensive players may cross into the lane when the offensive player's hands first touch the ball. The point of this drill is to teach the offensive player to get the shot up quickly before the defense reacts. Often young players will bring the ball below their waist, or dribble it after rebounding, which allows the defense to close in and contest the shot. Main point – “Catch it high, keep it high.”

