

# 18. Rebound, Pivot, Pass

## **Purpose:**

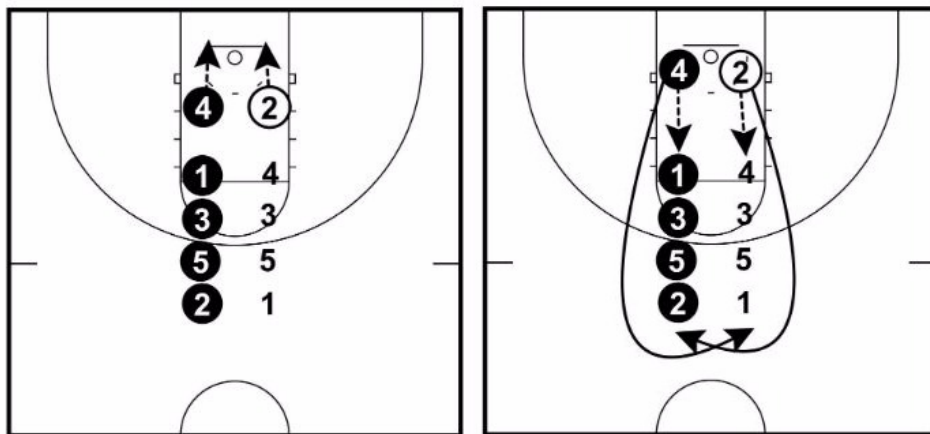
The purpose of this rebounding drill is to teach all players how to rebound in a controlled drill that lets them focus 100% on their rebounding technique. Great drill for all youth teams.

## **Setup:**

- \* Split your team into two groups with one basketball per group.
- \* Each group forms a straight line on opposite sides of the backboard.

## **Execution:**

- \* The first player in line with a basketball begins the drill by passing off the backboard to themselves.
- \* Player then jumps up as high as possible and secures the basketball with two hands.
- \* As they're on the descent of their jump, the player must secure the basketball by gripping it tightly under their chin with their elbows out.
- \* Upon landing, the player front pivots with their outside (closest to sideline) foot as the pivot foot.
- \* The player then passes to the group they were just in before joining the end of the opposite line.



**Coaching Points:**

- \* It's important that players are getting maximum elevation on their jumps to secure the rebound.
- \* On the landing, knees should be slightly bent and the player should have a wide stance.
- \* When pivoting, players shouldn't raise up out of their low stance until after the pass.