

16. The Rebound Game

Purpose:

This drill is designed to teach your players the proper way of boxing out while on the defensive end.

Setup:

* Divide your squad into groups of three and have two of those groups come to the paint area. One group is the defense, the other, offense.

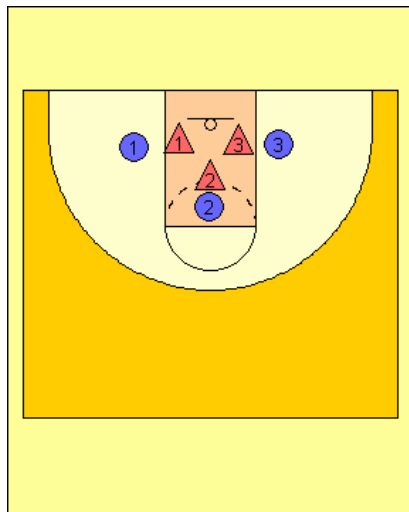
* Two coaches or players not in the drill will stand at either elbow. One of the coaches/players will have a ball.

Execution:

* On the whistle, the defensive players will block the offensive players out. The coaches/players will pass the ball between each other until eventually one takes a shot.

* If the defense secures the rebound, they earn a point. Then the defense rotates out, the offense rotates to defense, and new group comes in on offense.

* If the offense gets the rebound, the teams will not rotate, the defense needs to secure a rebound before they can sit out.



Coaching Points:

* Continually tell your players to...

- Get in good blocking out position.

- Be aggressive – go to the floor to get the ball if they have to.