

Two Players Defend and Rebound

Coach Pat Summitt

Purpose

To teach communication on defense and refine defensive players' reactions to the ball when offense takes a shot.

Organization

All players, one ball, two lines of players on opposite wing positions.

Procedure

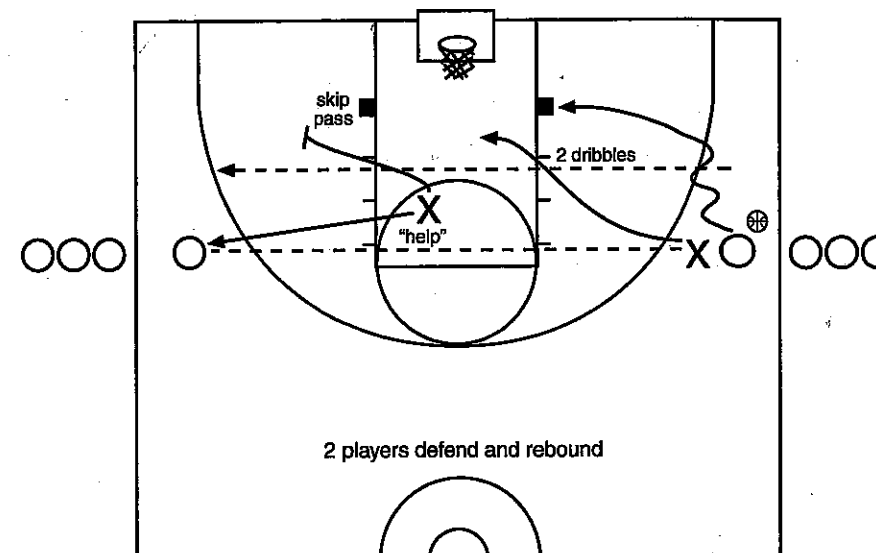
1. Start on either wing; offense has the ball (see diagram 1).
2. The defensive player opposite the ball calls for help.
3. The defensive player on the ball side tries to keep the ball on the sideline.
4. The offensive player can take only two dribbles, then passes across to a teammate who tries to score.
5. Defenders contest the shot, block out offensive players, and follow the shot (see diagram 2).

Coaching Points

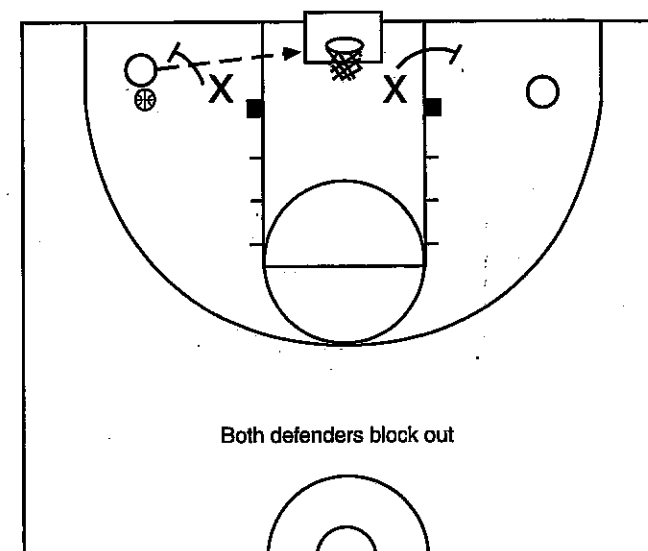
- Start with the ball in the wing player's hand. Look to drive to the baseline.
- Allow the crosscourt pass.
- Stress both offensive and defensive rebounding.

Variation

- You can increase the competitiveness by starting with a pass to the wing having the defender in denial position. Don't allow the crosscourt pass, but still challenge the defense to try it.



1



2

Two on Two

Coach Yvonne Kauffman

Purpose

To work on defense against the screen and roll and on defensive *rebounding*.

Organization

One ball, two players (one at either side of the foul line), two lines of players behind the baseline.

Procedure

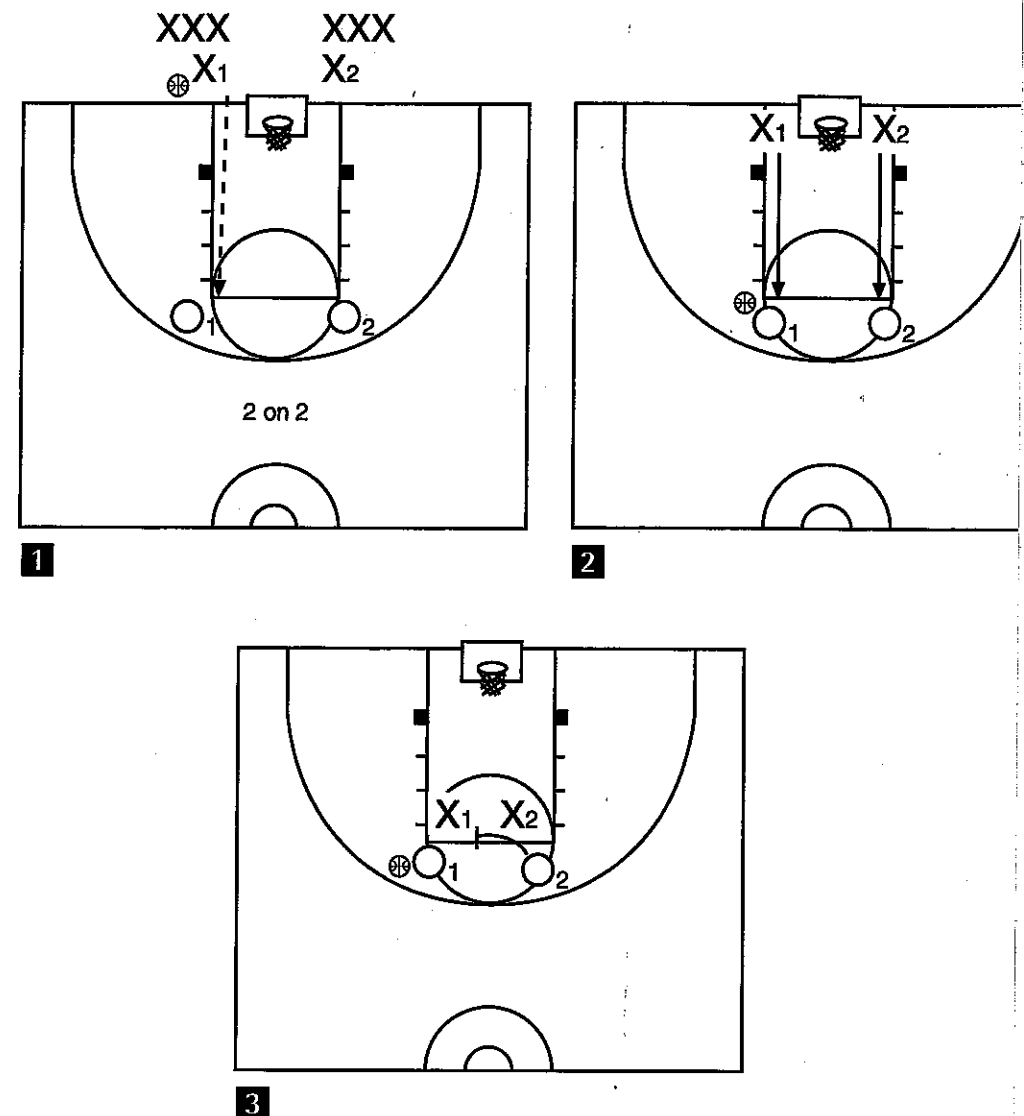
1. X_1 rolls the ball out to either O_1 or O_2 (see diagram 1).
2. X_1 and X_2 close out and play defense on O_1 and O_2 (see diagram 2).
3. O_1 and O_2 try to screen and roll (see diagram 3).
4. X_1 and X_2 play defense while offense tries to score.
5. Play out the point until defense steals the ball, gets the rebound, or offense scores.
6. If defense gets the ball, they go to offense and offense goes behind the defensive line on the baseline.

Coaching Points

- Teach players how you want them to defend the screen and roll.
- Emphasize the box out on the shot.

Variation

- O_1 and O_2 stay on offense. If offense scores, X_1 and X_2 must sprint to the other end and back.



Three on Three Block Out Transition

Carol Hammerle

Purpose

To focus on blocking out, rebounding, and transition of defense to offense.

Organization

Three offensive players, three defensive players, and a coach with a ball. Play begins at half court with a block out; then add full court for transition work for both defense and offense.

Procedure

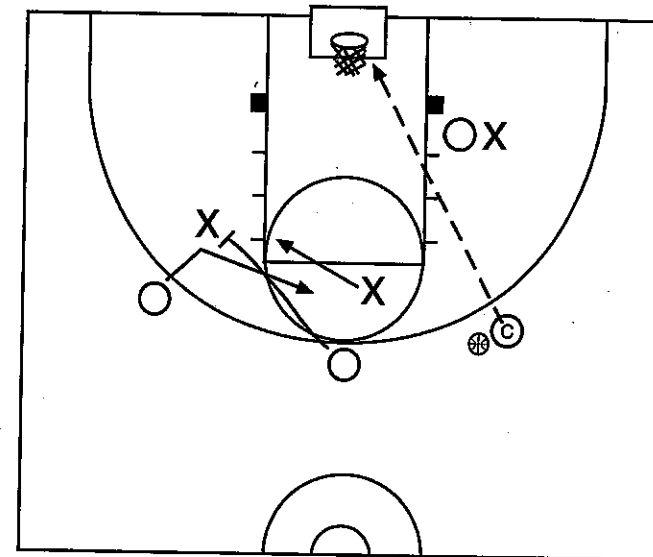
1. Offensive players begin setting screens for one another.
2. Defensive players adjust their positions to offensive movement and ball location.
3. The coach shoots and defense executes a block out.
4. Once defense obtains a rebound, they become the offense, going to the opposite basket.
5. The offense converting to defense must transition and get back.
6. The drill ends with a basket scored or the defense making a stop and converting to offense.

Coaching Points

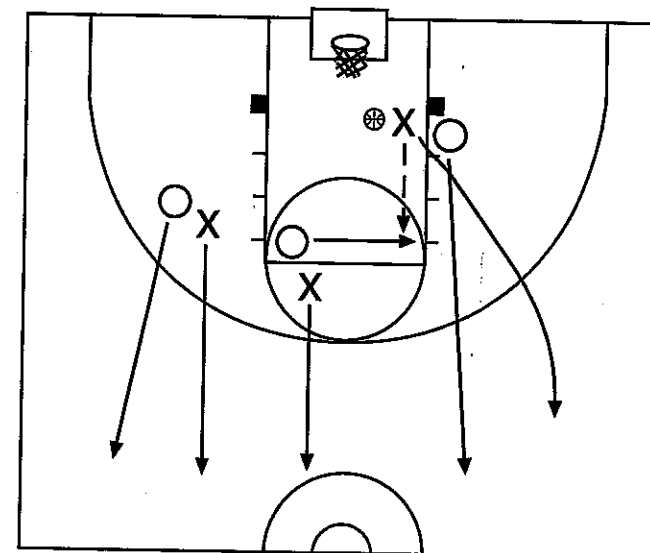
- Initially, defensive players need *vision* and *communication* to know a shot has been taken.
- Defense must complete play with rebounding before going on offense.
- Teach defensive transition principles, including defending the basket, stopping the ball, and rotating to another player.
- Three on three is the ultimate test of defense. All defensive concepts are used in a three-on-three full-court situation.

Variation

- Start the drill three on three with an offensive player shooting the ball instead of a coach.



1



2

Four-Player Shell Protection

Coach Amy Ruley

Purpose

To teach defensive team rebounding, focusing on closing out, contesting shots, and blocking out. The defensive team must grab three consecutive team rebounds.

Organization

One coach with the ball underneath the basket, four offensive players spread out in different shooting areas, four defensive players facing their players in a defensive stance.

Procedure

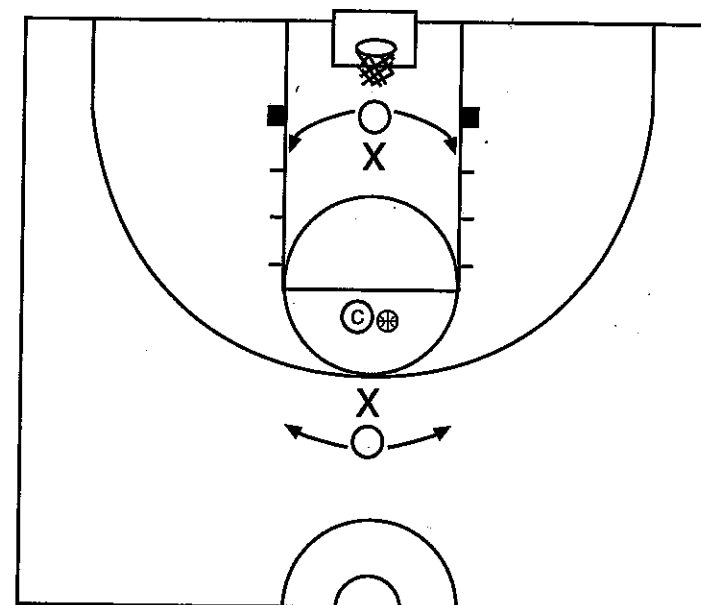
1. The coach bounces the ball on the floor and passes to an offensive player. The defensive team slaps the floor, shouts "Defense," then sprints to a closeout stance to contest the shooter or nonshooter.
2. The offensive rebounds are live. The defensive team rebounds the outlet to a guard on the same side of the floor.
3. The defensive team stays until their team achieves three consecutive rebounds. Rotation is offense to defense, defense out, with a new team entering on offense.

Coaching Points

- See the player and see the ball.
- Block out using a reverse or the forward pivot, depending on player positioning.
- Anticipate the location of the rebound.
- Be physical—make contact to hold your position.
- Focus on protection first, possession second.

Variations

- The shooter may use a dribble.
- Defensive rebounds are live; make the conversion into a fast break.
- Four on four live (cross screens, down screens, screen on the ball).



Help-Side Rebounding

Coach June Olkowski

Purpose

To make contact on block out from a help-side position.

Organization

Four players (two offense and two defense), one ball. Two lines feed from the baseline, with the coach under the basket.

Procedure

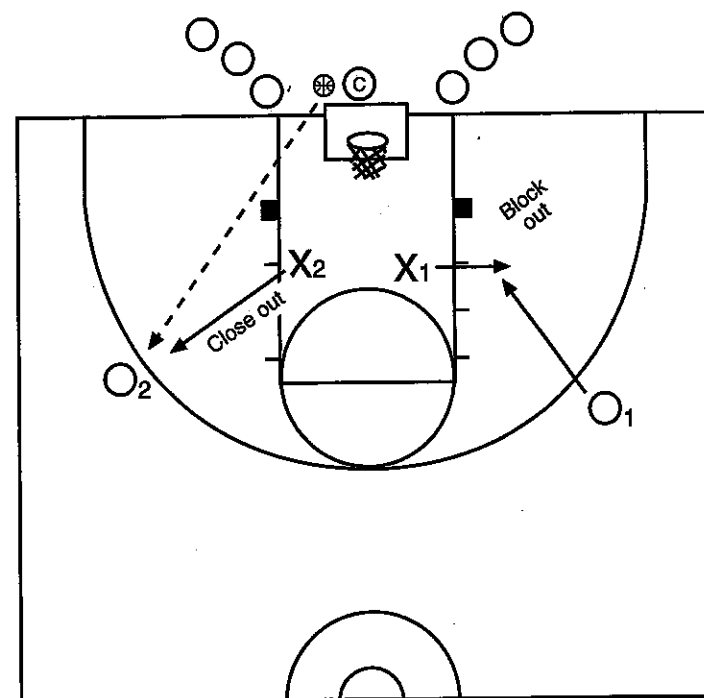
1. Offense is facing the coach ready to receive the ball.
2. The defensive players have their backs to the coach at the baseline ready to react.
3. The coach rolls the ball to either wing; the closest defense closes out on the shooter.
4. The opposite defense blocks out for a weak-side rebound.
5. Rotate defense to offense, and move offense out.

Coaching Points

- Close out in a low stance to the ball with hands up.
- Help-side defense, step to the player and make contact.

Variation

- One on one, two on two, three on three.



Sky and Fly

Coach Gary Blair

Purpose

To teach good rebounding habits and sound technique; to reinforce proper timing and execution of a rebound.

Organization

One line on each side of the board, two balls in each line. You can vary this depending on the number of players and baskets.

Procedure

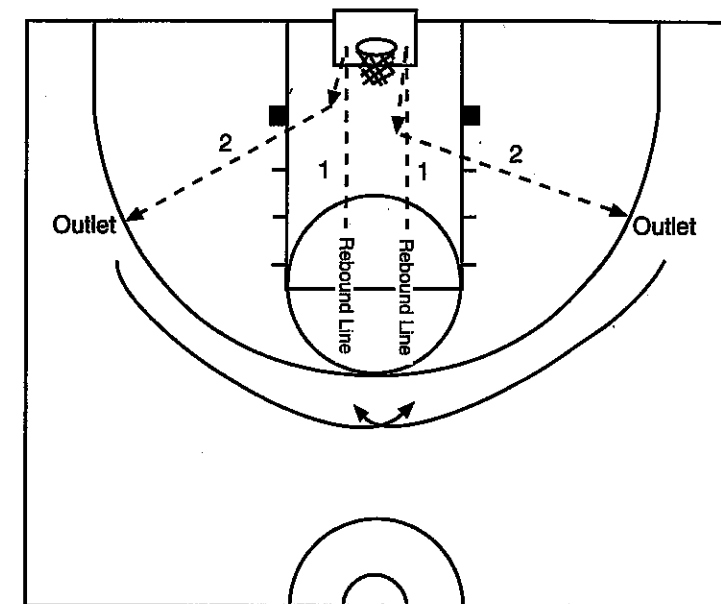
1. The first rebounder on each side tosses the ball off the glass and times the jump to catch the ball with both hands at the top of the jump.
2. The first rebounder on each side pivots and passes to the player at the outlet on her side of the floor.
3. The rebounder follows her pass to the outlet. The outlet player goes to the back of the opposite rebound line.
4. The next person in line becomes a rebounder for a continuous drill.
5. Repeat until everyone has grabbed 10 boards.

Coaching Points

- Demand proper technique *every time*, otherwise it is wasted time.
- "Z" the ball after grabbing the rebound with both hands to chinned position. This keeps the ball moving and discourages others from reaching in.

Variations

- Start with the rebounder facing away from the backboard, and have the next player in line toss the ball off the glass, to force her to turn and find the ball.
- Allow the outlet passer to take the dribble to the other end for a shot. This adds conditioning and shooting to maximize the drill.



Triangle Rebounding Drill

Coach June Olkowski

Purpose

To show players how to rebound out of help position.

Organization

Three offensive players, three defensive players, half court.

Procedure

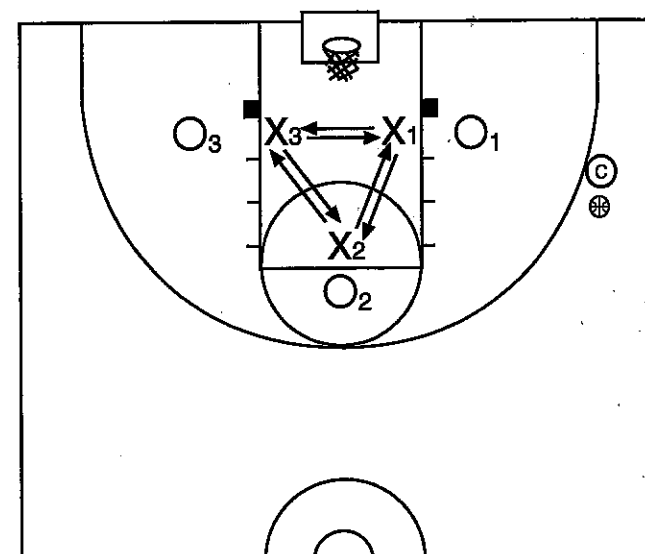
1. Align the offense on ball-side block, high post, and weak-side block. Add defense.
2. Have the defense slide (clockwise or counterclockwise) to the next offensive player. Defensive assignments will change (post defense, one pass away, and help).
3. The coach shoots the ball; defense and offense react. The drill ends with a score or a rebound.

Coaching Points

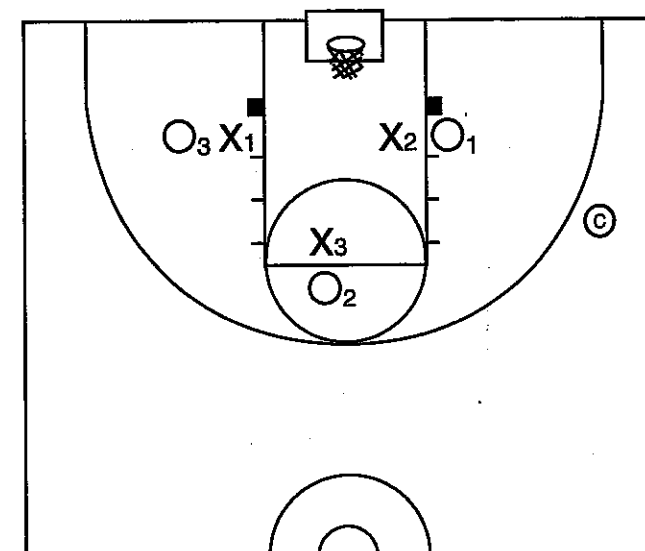
- Work on rebounding in gamelike situations, as well as post defense, denial, and weak-side help.
- Defense must communicate.

Variations

- Pass to any offensive player.
- Have defense go in transition on the rebound to work on the outlet pass.



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2

Weak-Side Crash

Coach Gary Blair

Purpose

To teach players to crash weak-side boards from game-situation positions.
To teach players to read and react to shots so they can create more rebounding opportunities.

Organization

Use a rebound ring to create realistic misses. Two lines form on the sideline where the coach is attempting a shot with two defensive players on the lines.

Procedure

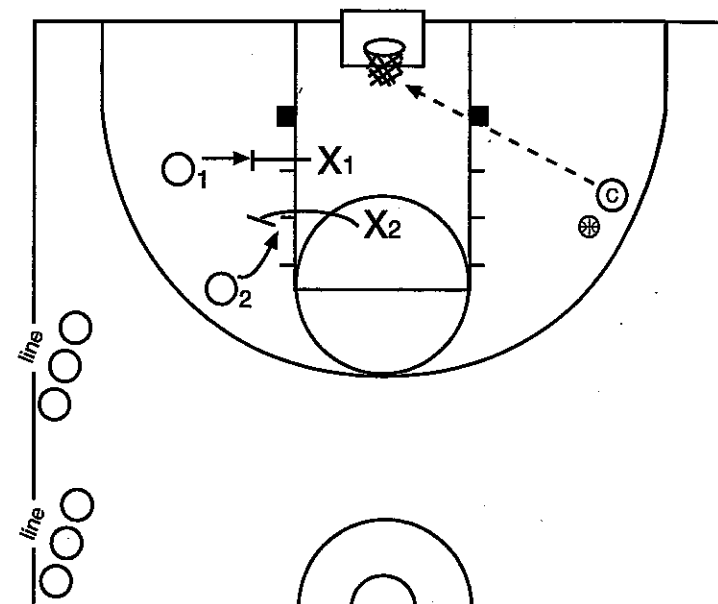
1. The coach sets up 15 to 18 feet away on the wing area with the ball.
2. Two offensive players set up four to five steps outside the lane, opposite the coach.
3. Two defensive players assume good help-side defensive positions.
4. When the coach is satisfied with the position, offense takes the shot.
5. Defense must find their players and keep them from getting pushed out of position.
6. If defense gets the rebound, they rotate to offense. Offense goes to the back of the line. If offense gets the rebound, they score. Defense must sprint to the other end, then to the back of the line.

Coaching Points

- Teach players to work from the off-ball defensive positions they would be in during a game.
- Teach defensive players to find their blockout responsibility, initiate the contact, then go to the ball.

Variations

- The coach can change the shot distances and angles to vary the rebounds.
- Substitute springs with push-ups, jumps, or bleacher sprints.
- Make it competitive by keeping score.



Two-on-Two Weak-Side Rebounding

Coach Patrick Knapp

Purpose

To work on defending and boxing out against a screen and cut offense.

Organization

Two offensive players (one at the baseline and one at the wing), two defensive players (one at the baseline and one at the wing), two coaches or managers at the top of the circle on opposite sides, and one ball.

Procedure

1. Line up in a two-on-two weak-side downscreen position.
2. The coach or manager is opposite the guard and the wing.
3. The ball starts in the offensive guard's hands.
4. Upon passing to the coach, the players should go into a downscreen movement (see diagram 1).
5. Proper offensive and defensive screening rules apply.
6. The coach can shoot the ball or pass to the manager, who shoots from the wing or corner (diagram 2).

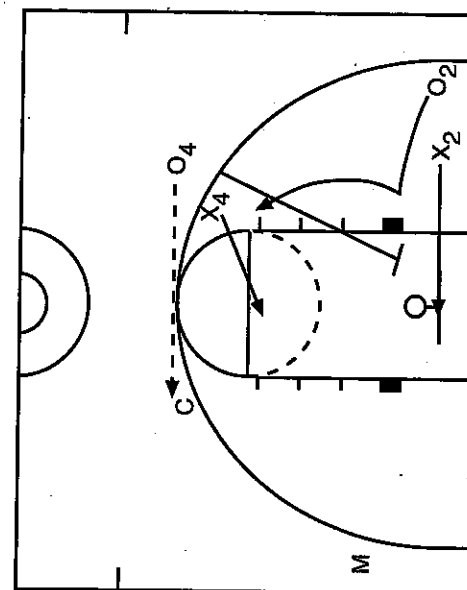
Coaching Points

- The defense should talk, see the ball, and play the help side.
- The defense should make contact, force the offense one way, and pivot the other.
- The offense should cut and spin to the hoop and rebound with reckless abandon.

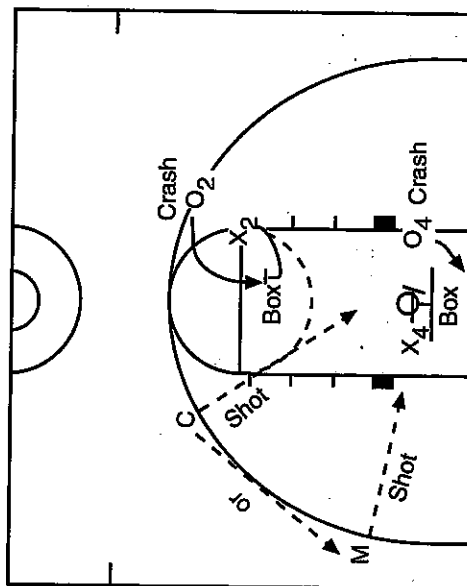
Variations

Play live. If the coach or manager sees an open player, he or she should pass it. Here are some other variations:

- Three possessions then switch, or the defense can stay on until they stop or rebound.
- Make the defense sprint or do a push-up for every offensive rebound.
- Teach offensive rebounding steps, cuts, and spins.



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2

Three-Player Weave— Weak-Side Box Out

Coach Nancy Fahey

Purpose

To reinforce backside rebounding responsibilities (can be used as a warm-up).

Organization

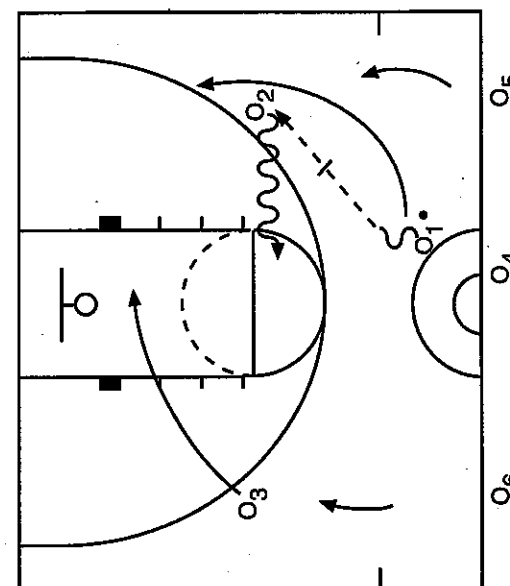
Three lines at half-court.

Procedure

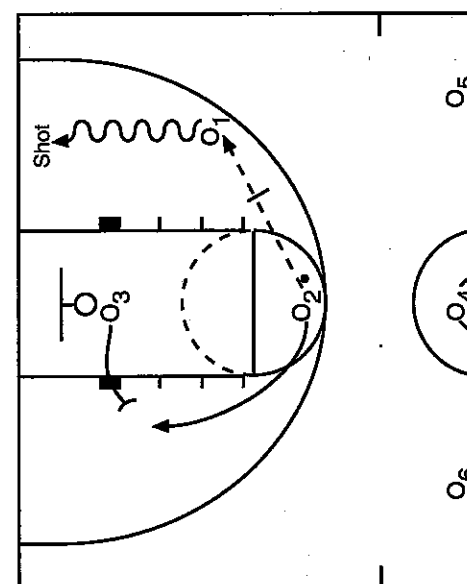
1. O_1 passes to O_2 , who dribbles hard to the extended free throw line as O_1 circles behind her. O_3 sprints to the middle of the lane in a defensive position (see diagram 1).
2. O_2 passes back to O_1 , who is now at the wing, then reverses to the opposite wing area (see diagram 2).
3. O_1 executes a front crossover dribble to the baseline and pulls up for a jumper (diagram 2).
4. O_3 must turn and find O_2 on the backside and box her out.
5. The drill repeats with three different players.

Coaching Points

- The defensive player's first look on the shot is to box out O_2 . She must step toward O_2 , not toward the basket.
- Most rebounds come off the opposite side of the basket from the shot; therefore it is important that the weak-side rebounder has a good angle to rebound the basketball.



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Three-on-Three, Three-on-Four

Coach Theresa Grentz

Purpose

To work on shell defense positioning, boxing out and rebounding, transition, execution, and transition defense.

Organization

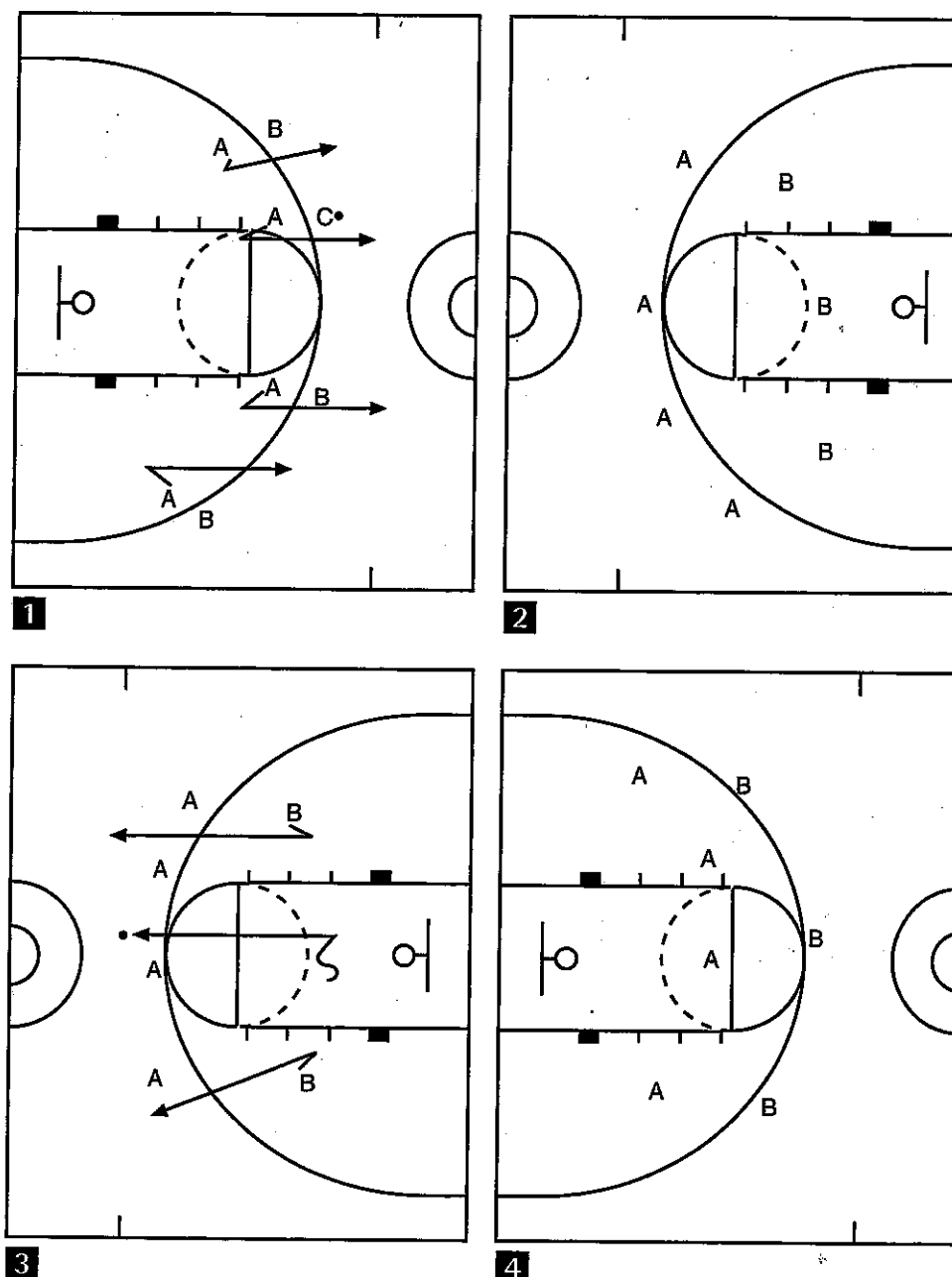
Four defensive players (team A), three offensive players (team B), one ball, and one coach.

Procedure

1. The coach has the ball.
2. Team B passes and moves, keeping the floor spread and forcing team A to play defense.
3. Only the coach can shoot the ball (you can decide if the offense can score another way, such as only off a layup).
4. Once the shot is taken, team A boxes out and rebounds the ball (if the shot is made, team A takes the ball out of bounds).
5. Team A outlets the ball and transitions down to the other end with team B now on defense (four-on-three situation; see diagram 1).
6. Team A is working on scoring when they have a numerical advantage (in diagram 2).
7. On the shot, team B is now boxing out and rebounding. Outlet the ball and transition back to the original end of the court. Team A is again on defense (see diagram 3).
8. Team B is working on scoring when they have a numerical disadvantage (see diagram 4).
9. Upon scoring, stop play and reset the drill.
10. You can bring on a new team or switch offense to defense.

Coaching Points

- Emphasize boxing out and rebounding.
- Transition offense with a numerical advantage.
- Transition defense with a numerical disadvantage



Circle Box Out

Coach Nancy Fahey

Purpose

To help simulate zone rebounding responsibilities.

Organization

Three stationary offensive players and three moving defensive players (see the diagram).

Procedure

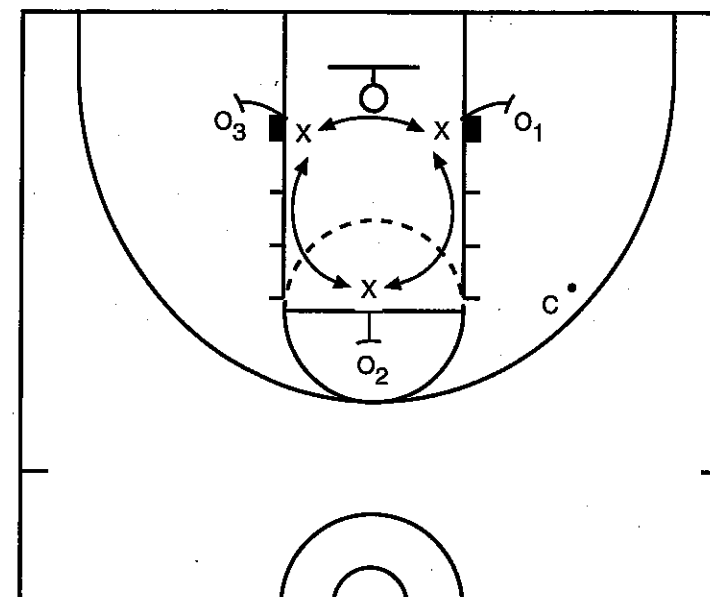
1. On a signal from the coach, the defense rotates positions clockwise. Every time they move they must call out by name who they are guarding.
2. The coach shoots the ball when the defensive players are between the offensive players and the basket. The defense must communicate with each other and box out all three offensive players.

Coaching Points

- You should not allow the defense to doubleteam offensive players.
- The offense should crash the boards.
- All defensive players should move while in their defensive stance.

Variation

As the defensive players are circling clockwise, the coach will yell "switch." The defense then changes directions and rotates counterclockwise. Again, the coach shoots the ball when the defense is between the offensive players and the basket.



Sixer's Rebounding Drill

Coach Debbie Ryan

Purpose

To rebound out of player-to-player situations (i.e., helping positioning on the ball and denying the next pass positions).

Organization

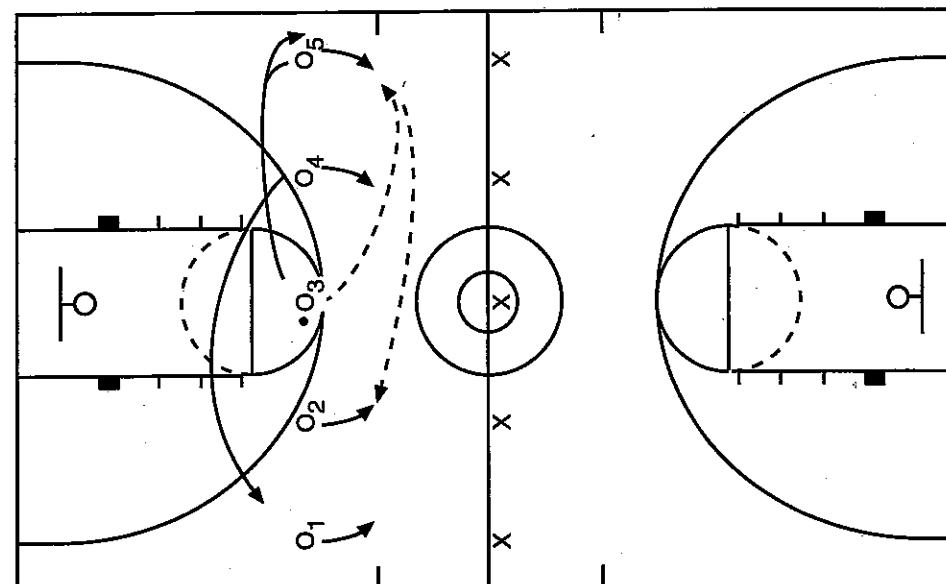
Five offensive players on the baseline, five defensive players at half-court, and two coaches in the far corners of the court near the baseline.

Procedure

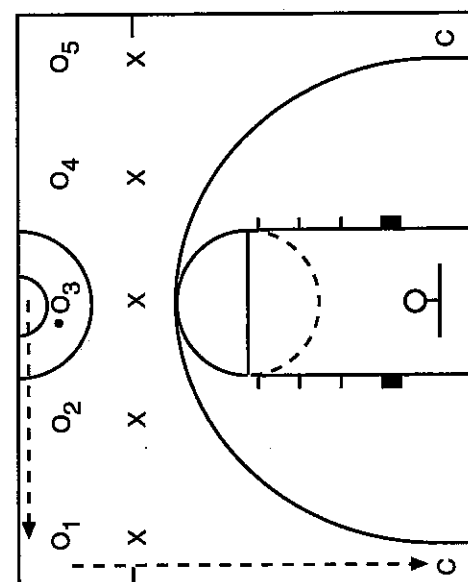
1. The five offensive players weave (passing the ball) to half-court (diagram 1).
2. The five defensive players await their turn at the half-court line.
3. When the offensive players get to half-court, the ball is passed long to a coach in either corner (diagram 2).
4. The defense must react to where the ball is relative to the player they've just picked up.
5. The coach shoots immediately, and the defense must box out a rebound ball to either coach in the corner (diagram 3).

Coaching Points

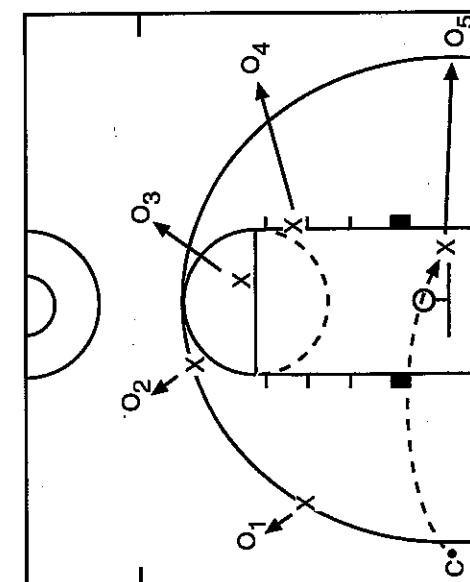
- As the five-person weave occurs, the defense works on communicating and matching up.
- As the ball is passed, the defense must get into proper positions.
- The defense should maintain a box out and throw good strong outlet passes.



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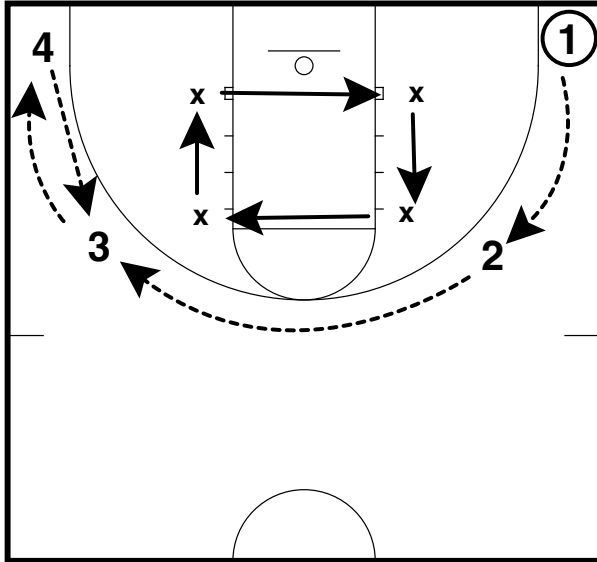
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Drill: 4-Out 4-In Rebounding

Submitted by Dan Davis, Auburn University, Montgomery

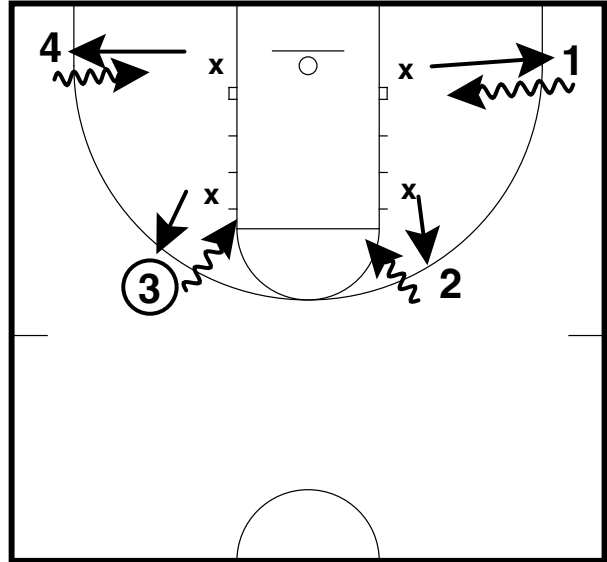
The following rebounding drill is a drill we do every day. It pinpoints both offensive and defensive rebounding, focusing on movement and communication. What we like best is it's a physical drill that forces a relentless and toughness approach to rebounding the ball. Also, it is a competitive drill with a consequence for the losers.

Frame 1



The offense stays stationary and passes the ball around the perimeter.

Frame 2



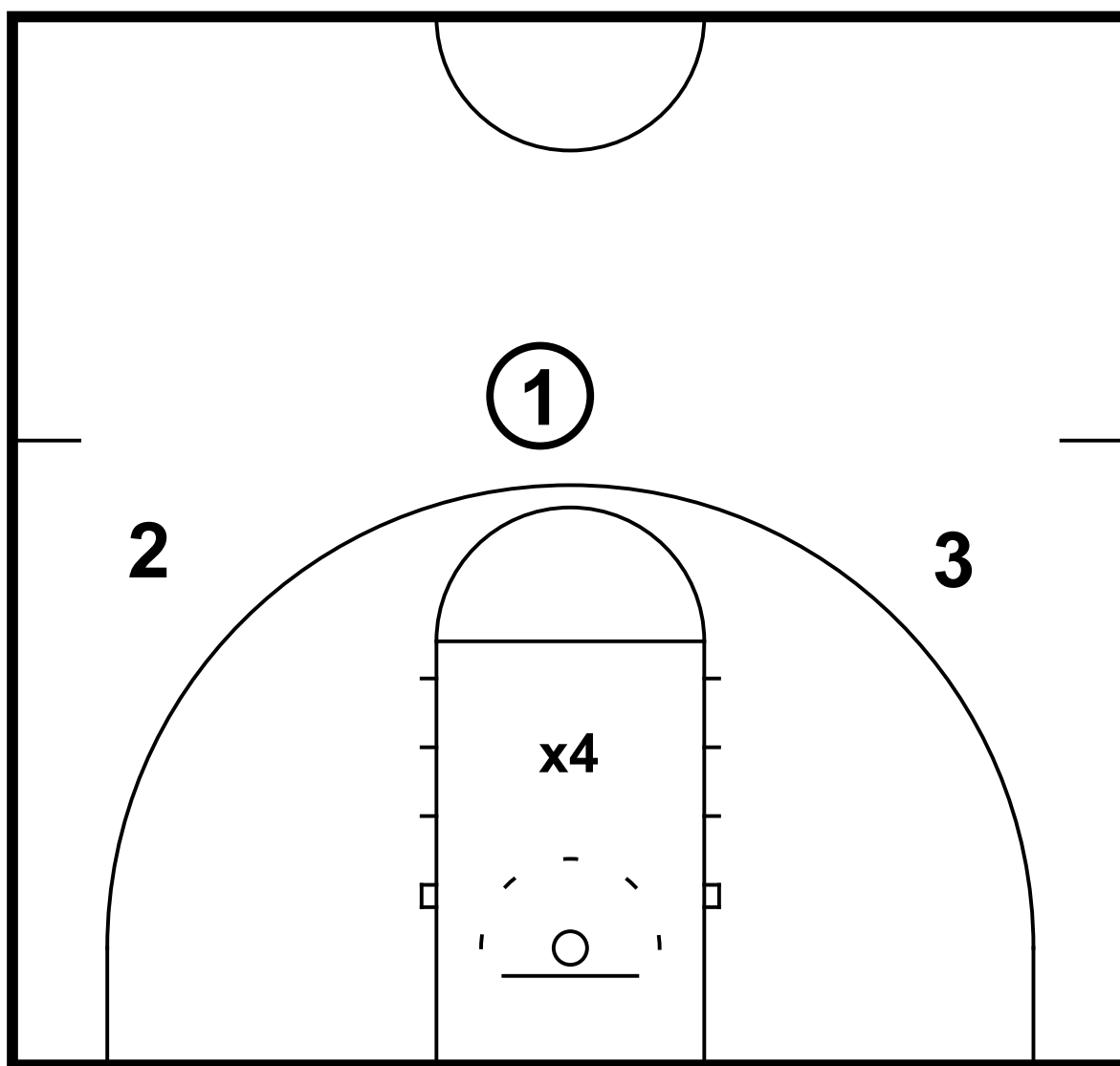
The defense moves around the perimeter constantly communicating and calling out who they have.

Wheaton College (Mass.)

15-16

Submitted by Melissa Hodgdon, Head Coach

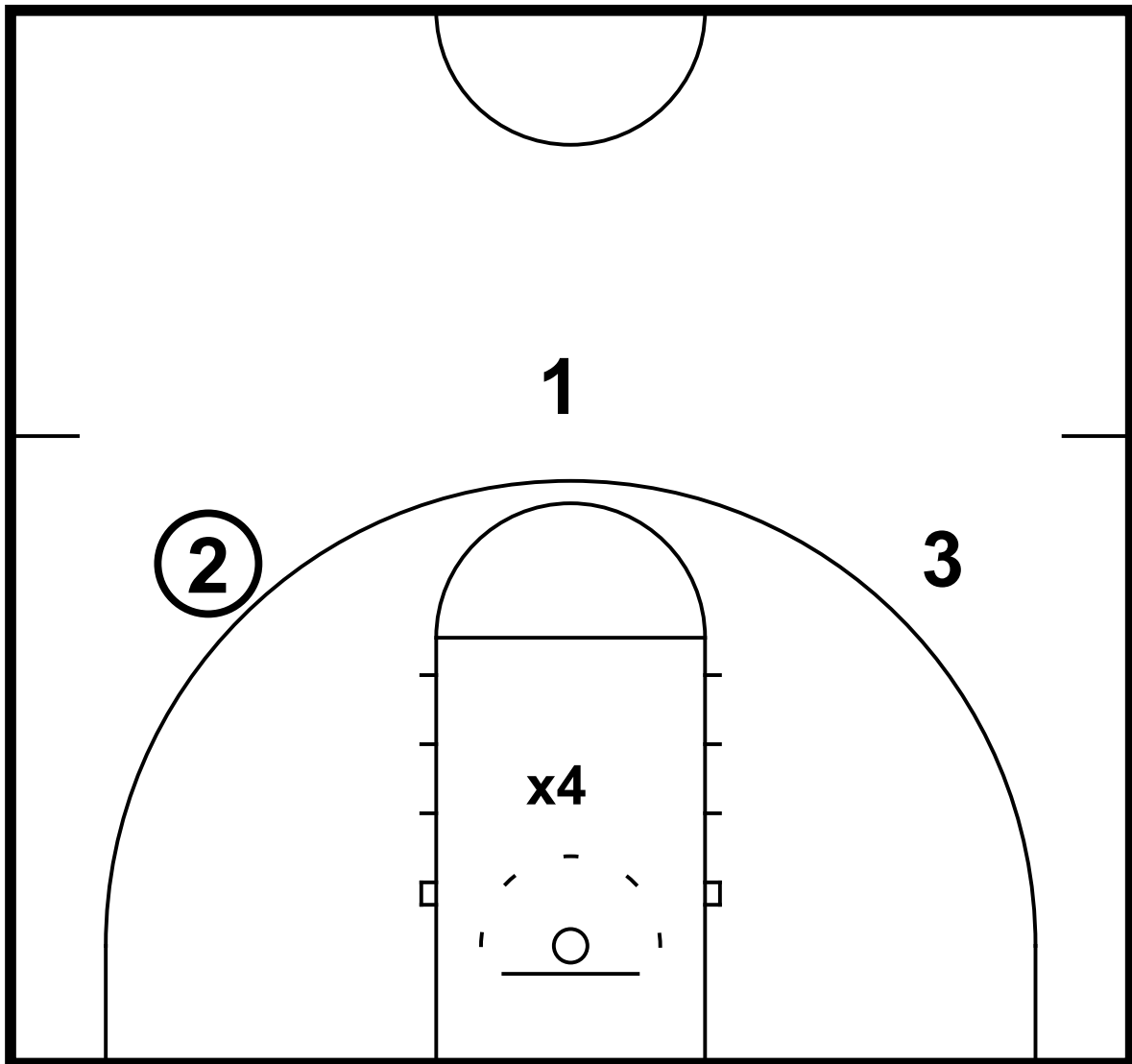
Contain Contest Contact Rebound Drill drill



1 passes to either wing. That wing catches in triple threat. x4 becomes help defender and is guarding 3.

15-16

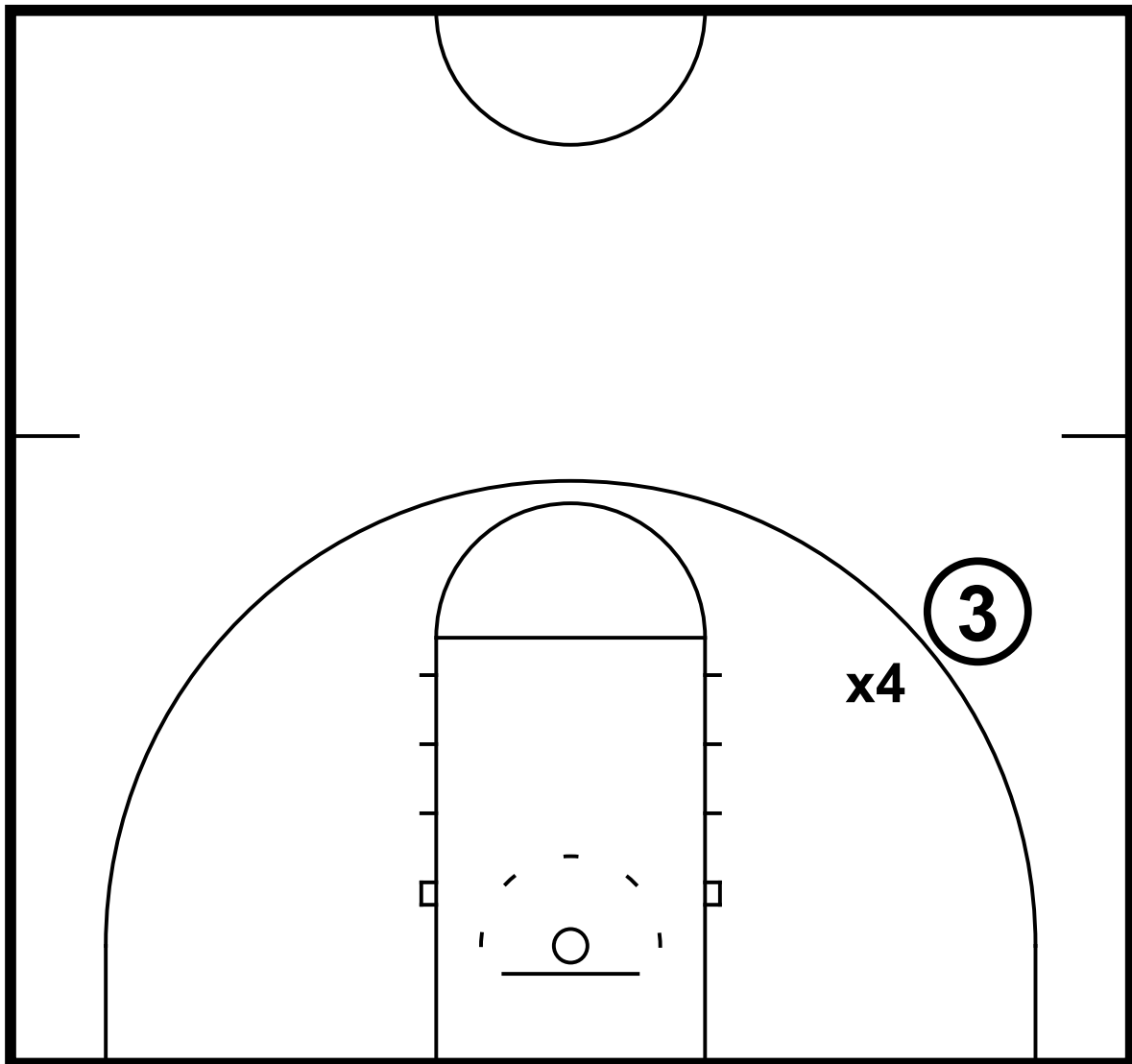
Contain Contest Contact Rebound Drill drill



If 2 drives then x4 takes charge(option in drill). If 2 skips to 3 then x4 closes out. If she has a hand down 3 is instructed to shoot. If she has a handup in her closeout then 3 tries to shot fake drive, or just straight drive right middle or baseline side to rim.

15-16

Contain Contest Contact Rebound Drill drill



3 and x4 play it one on one. x4 has to contain, contest and finish with a contact rebound to get out of middle. Once she finishes everyone rotates spots.