



Rebounding Skill Progression

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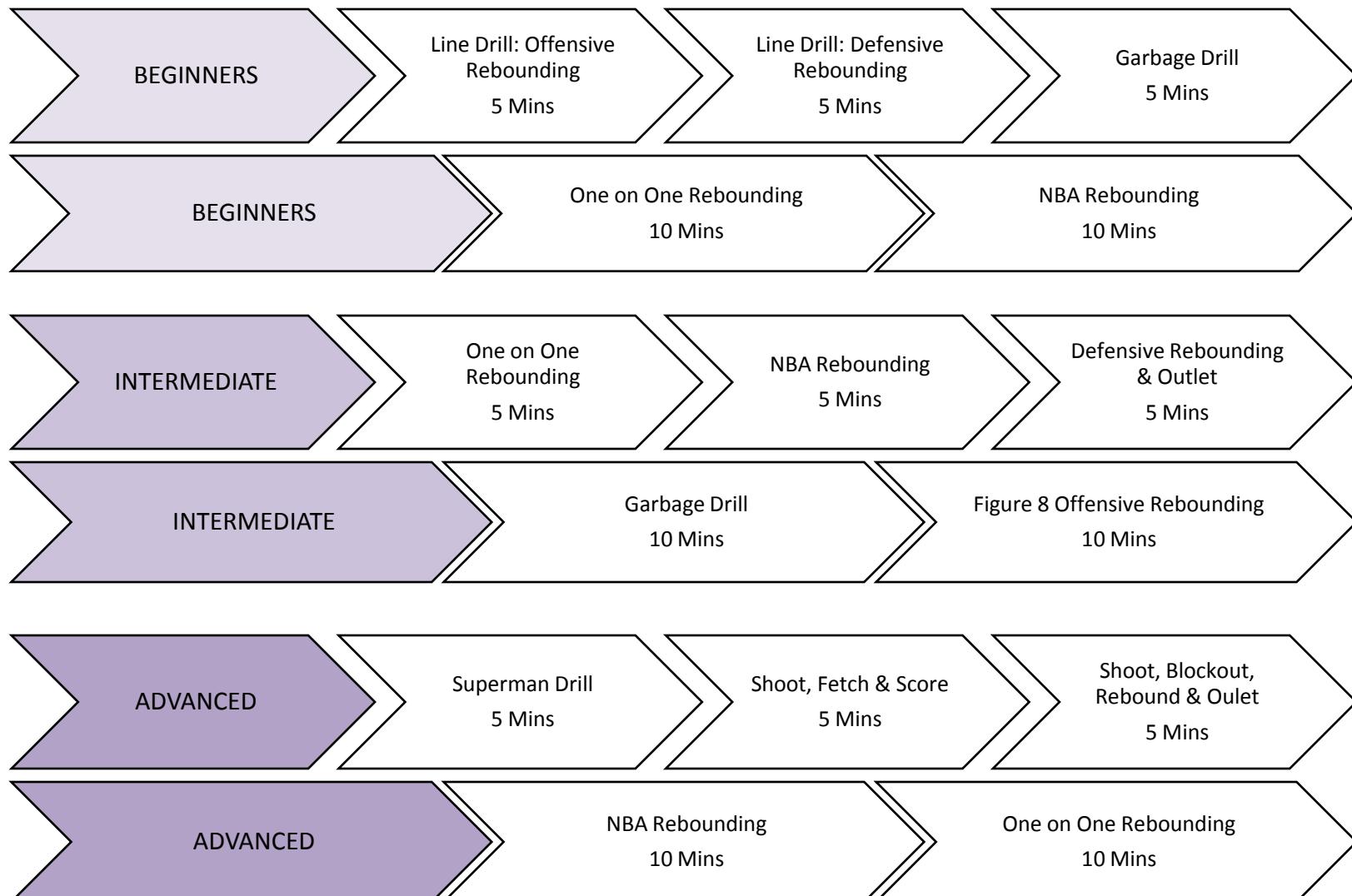
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Rebounding Skill Progressions

Match the following skill progressions to the experience level of your team. If you are working with multiple skill levels, separate the kids into groups and run stations. Each station uses the skill progression that best matches their ability. All drills are explained inside this document, and demonstrated on video inside Module 14 and Module 15 of Total Basketball Skill Development.



REBOUNDING FUNDAMENTALS

When Rebounding:

- Assume every shot is a miss.
- Rebound with two hands and two feet.
- Capture and chin the ball (best way to protect it) – when chinning the ball keep elbows out, fingers pointed up

When Blocking Out:

- Go to player to block out
- Make contact
- Then aggressively go to the ball

GARBAGE DRILL

Purpose:

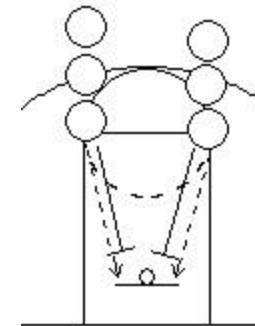
Players create their own rebound, chin the ball and score.

Setup:

Two lines at each elbow

Execution:

1. Coach says "go."
2. Players on each side throw ball against backboard.
3. Go up and get the rebound, chin it.
4. Then jump back up and shoot.
5. Rebounders go to the back of the opposite line.



Players get the rebound and take it back up strong.

Coaching Tips:

- When chinning the ball, watch for elbows out and fingers pointed up.
- Another variation of this drill is to have the players keep the ball up (by bringing it to their forehead) and going straight back up with the shot instead of bringing it down and chinning the ball.

ONE-ON-ONE

Purpose:

Players rebound against another player.

Setup:

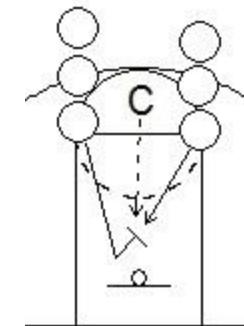
Two lines at elbows. Players at the front of each line go against each other in this drill.

Execution:

1. Coach says "go" and tosses the ball to a player or area.
2. Player gets ball and shoots, if he makes it the game is over.
3. If he misses the players rebound and shoot until one of them makes a basket.
4. There is no dribbling in this drill.
5. The players can use the coach as a passer, however.

Coaching Tips:

- Make sure players are assuming that the shot is going to be missed and going hard to get the rebound.
- All shots should be from the lane area.



Players compete against each other until one of them scores.

NBA REBOUNDING DRILL

Purpose:

Three players rebound and try to score against each other.

Setup:

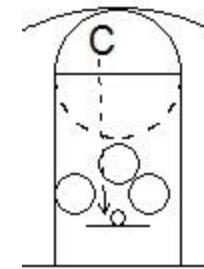
Three players in the lane.

Execution:

1. Coach says "go" and tosses the ball to a player or area.
2. Player gets ball and shoots.
3. Players must rebound and shoot until they score two baskets, then that person rotates out and a new player rotates in.
4. There is no dribbling in this drill.
5. The players can use the coach as a passer, however.

Coaching Tips:

- There is no out-of-bounds and no fouls called in this "No Babies Allowed" drill that's also good for toughening up your post players.



In this drill, the man who gets the ball must work against two players.

FIGURE 8 OFFENSIVE REBOUNDING DRILL

Purpose:

Players rebound the ball off the glass.

Setup:

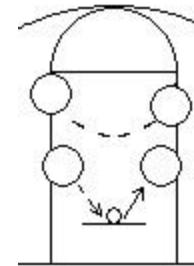
Two lines, one on each side of basket.

Execution:

1. Players pass the ball back and forth to each other off the backboard.
2. To start, each player catches the ball, brings it down and chins it, then goes back up and passes it off the glass to the other side.
3. After passing ball, player keeps hands up and goes to end of the line that he passed to.

Coaching Tips:

- Players should keep their feet parallel to the baseline.
- Drill should move quickly.



Players go up and get the rebound, then pass it off the glass to the other side.

LINE DRILL: OFFENSIVE REBOUNDING

Purpose:

Players work on offensive rebounding fundamentals in a line drill.

Setup:

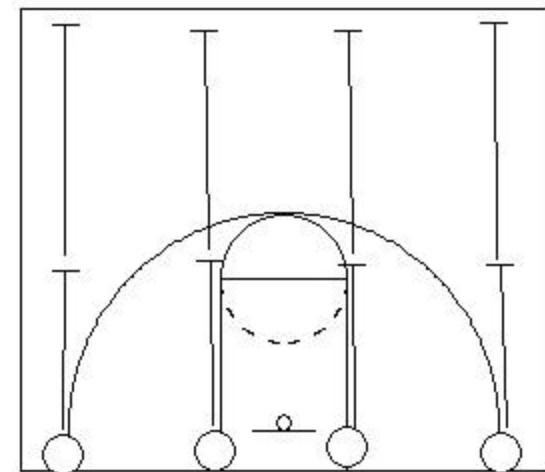
Four lines of players spaced about 12 to 15 feet apart along the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

Execution:

1. Players run to free throw line extended, jump stop, then go up and rebound an imaginary ball.
2. They catch it, chin it and then run to the half court line where they do it again.
3. When first group finishes at free throw line, next group goes.
4. When all players reach half court, they do the same thing back to the baseline.
5. Second time through, players do three quick jumps instead of one big rebound jump.

Coaching Tips:

- Stress “two hands, two feet” when going up for the rebound.



Players do one big rebound jump and then three quick jumps in this line drill.

LINE DRILL: DEFENSIVE REBOUNGING

Purpose:

Players work on defensive rebounding fundamentals in a line drill.

Setup:

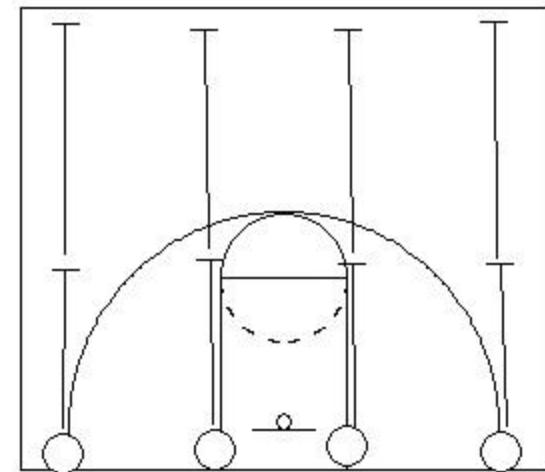
Four lines of players spaced about 12 to 15 feet apart along the baseline (first at 3-point line left corner, second at lane's edge, third at other lane's edge, fourth at three point line right corner).

Execution:

1. Players close out to the free throw line extended, do a quick turn, body up against the imaginary offensive player, then move forward to go and get the defensive rebound.
2. They catch it, chin it and then run to the half court line where they do it again.
3. When first group finishes at free throw line, next group goes.
4. When all players reach half court, they do the same thing back to the baseline.
5. Second time through, players do three quick jumps instead of one big rebound jump.

Coaching Tips:

- Stress go to the man, make contact, then go to the ball.



Players close out, go the (imaginary) man, block out and then go and get the (imaginary) ball in this line drill.

DEFENSIVE REBOUND & OUTLET DRILL

Purpose:

Players practice defensive rebounding and outlet passing.

Setup:

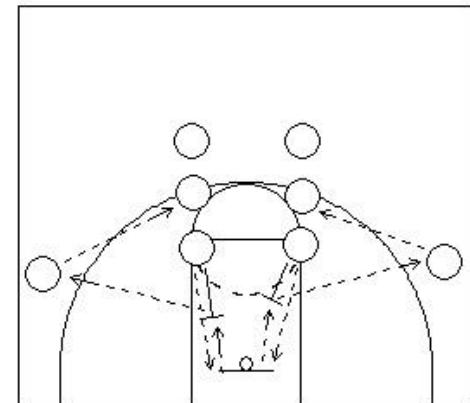
A line of players at each elbow. One player on each wing.

Execution:

1. Players create their own rebound by tossing the ball high off the glass.
2. They go get the rebound, chin the ball and then pass it out to the outlet man on the wing.
3. The wing player passes to the next person in line and the drill repeats with rebounders going to the wing and wing players going to the back of the rebounding lines.

Coaching Tips:

- Look for hard, accurate passes, the ball should never hit the floor.
- Players should be going up getting rebounds with “two hands, two feet”



Players go up and get the rebound and then make the quick outlet pass.

SUPERMAN DRILL

Purpose:

Players practice rebounding the basketball.

Setup:

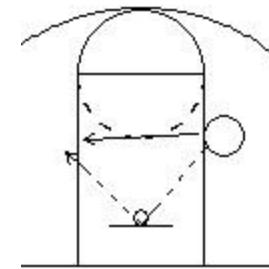
One player with a basketball lines up on the edge of the lane about eight feet from the basket.

Execution:

1. Coach says "go."
2. Player, using his outside arm, throws the ball off the backboard to the other side of the lane.
3. He takes a couple of steps across the lane, jumps up and catches the ball. Landing with a good solid jump stop and chinning the ball.
4. Then he throws it off the backboard the other way and does the same thing again.
5. Drill continues for 5 reps. On fifth rep, player catches the ball and goes up and scores it with a jump hook.

Coaching Tips:

- Player should be getting outside the lane on each rep. Look for quick movements and for good horizontal jumping.



Players learn to fly across the lane like Superman to get the rebound in this drill.

SHOOT, FETCH & SCORE

Purpose:

Players learn to get the offensive rebound, go back up and score.

Setup:

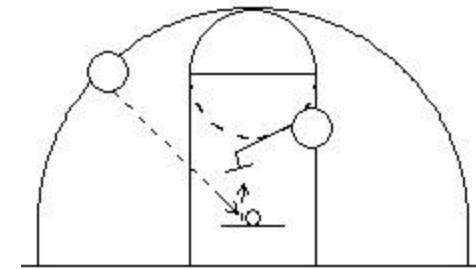
Two players – one outside, one inside.

Execution:

1. Inside player makes cuts like he would during a regular game.
2. Outside player takes shot.
3. Inside player goes and gets the rebound – jumping high, securing the ball with two hands, bringing it down and chinning it.
4. Inside player then goes back up and scores the ball.
5. After the make, he overhead passes the ball back out to the outside player and they run the drill again.

Coaching Tips:

- Make sure outlet pass is an overhead pass.
- Make sure player is using good rebounding fundamentals, jumping off two feet and using two hands to grab the ball, then chinning it with elbows out and fingers pointed up.



Players learn to read the shot and go get the rebound in this two-person drill.

SHOOT, BLOCKOUT, REBOUND & OUTLET

Purpose:

Players learn to get the defensive rebound and make the outlet pass.

Setup:

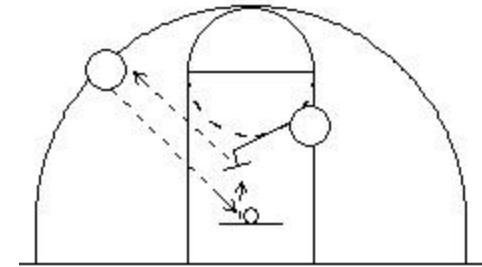
Two players – one outside, one inside.

Execution:

1. Inside player imagines he is guarding a player.
2. Outside player takes shot.
3. Inside player blocks out his imaginary player, and then goes and gets the defensive rebound – jumping high, securing the ball with two hands, bringing it down and chinning it.
4. He then makes the strong outlet pass to the outside player and the drill is run again.

Coaching Tips:

- When inside player makes outlet pass, he should run 3 to 5 steps forward just to get in the habit of running up the floor after making the outlet.
- To make the drill more difficult, add an offensive player so that defensive player has someone to guard and block out. If defensive player gets the rebound, he makes the outlet pass and offensive player tries to stop it. If offensive player gets the rebound, he tries to go back up and score and defensive player tries to stop him.



Player gets the rebound and makes the outlet pass.

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