

The following comes from "[Winning Defense](#)" by [Del Harris](#):

- 1. To be an effective rebounder a player must make it a top priority.** A player has to want to be a defender and a rebounder. They go hand in hand and the same dogged determination is required to become successful at each. Success in both begins in the mind, not in the size of the body.
- 2. Make the first contact when a shot goes up in the air.** Hit a body and only then should a player look for and move toward the ball. The best method of blocking out is to step toward the nearest opponent and reverse pivot into him with a low, wide base. The object is to tie up the opponent's lower legs with the tail end. Spread the upper arms out wide with the elbows bent and the hands pointing upward.
- 3. Keep the hand up for better rebounding.** Do not leave the hands down and do not reach back to hold the opponent as so many players do. In position with a reasonably wide, low base with arms spread and the hands up, a rebounder can feel his opponent move. He can move a step or two with him to keep him sealed behind him as he pursues the ball.
- 4. Determine to go after every ball.** If a player goes after twenty balls, he may get four or five. If he goes after four or five, he won't get any. Good rebounders go after more balls than average players do. They aggressively pursue a ball after blocking out, not being content to get only the ones that come their direction.
- 5. Make space for yourself to rebound when the shot goes up.** The forward step into your man followed by a reverse pivot will help give more space between your body position and the goal. It's easy to rebound a ball in front of the body, but very difficult to jump backwards to get one.
- 6. Be relentless.** Good rebounders do not give up on a ball because they get blocked out or seem to be out of position. They work to get themselves into the action by spinning around people or by going to the baseline under the blockout and knifing back up into the lane to battle for the ball. They jump the second and third time for the ball.
- 7. Get to the logical rebound angles.** Go to the weak side for rebounds when possible. Seal off rebounders who have deep inside position. Push them deeper and lock them up so they can get out. Then chase down any long rebounds.
- 8. Guards should consider rebounding a challenge, especially the defensive rebound.** On both ends of the court there are now more long rebounds than in previous years because of the proliferation of three-point shots. Long shots that are missed equal long rebounds. Guards who are alert and tough will claim a lot of these balls.
- 9. Plan for offensive rebounding by taking decent shots.** Shots that come within the framework of the offense should give the offense more of an opportunity to rebound because the shots are expected and a well-constructed offensive attack will take into consideration the positioning of rebounders.
- 10. Study your teammates' shooting habits and learn those of your opponents.** This way, you'll know whose shot rebounds softly and whose come off the board hard.

Posted by BOB STARKEY at [8:14 AM](#) 