

WAYZATA BASKETBALL REBOUNDING STRATEGY

Rebounding is often considered something that only those who have size, height, or great athletic ability can excel at. Although these things can help you greatly in this area, rebounding ultimately comes down to positioning, anticipation, desire, and the ability to go and get the basketball. Anyone who wants to be a great rebounder can be if they concentrate on those skills and these keys.

Rebounding can make or break a game; it needs to be a part of all drills throughout practice!! Stress finishing the play!!

Rebounding Keys

- Locate your person
- Make contact - put a forearm on player
-The player that makes contact first usually gets the ball!
- Maintain contact while turning your body
- Get your butt on your player, keeping your arms spread wide and high
- Use short choppy steps to begin moving your person away from the hoop
- Locate the ball and go and get it
- When you get a rebound, keep the ball high with your elbows out
- Locate a guard to outlet the basketball or dribble outside of paint

Drills

1. 1on 1

- Place ball on ground
- Offensive player starts 5-7 feet from the ball with the defensive player in between, facing the offensive player
- On whistle defensive player must make contact, box out and keep his man from getting the ball for as long as he can

2. Outlet Drill

- 1 line at the free throw line
- 1 line on either wing
- First person in free throw line is on defense, second person on offense
- Put up a shot, defensive man must make contact, box out and get ball
- Once he gets the ball he must keep it high with elbows out and outlet the ball to the first person in line on the wing
- Wing needs to yell “outlet” so the rebounder knows where he is (can be done with or without a defender on the wing)

3. 4 on 3

- 4 offensive players spread around perimeter (younger players 15-17 feet, older guys on the 3 point line)
- 3 defensive players
- Offense passes the ball around the perimeter, cannot dribble, screen, or move
- Defense must communicate and scramble to constantly get matched up with the ball
- Offense must make at least 4 passes before shooting
- When shot is released defense must box out and get ball, every offensive player crashes the glass
- Defense must get 2 stops in a row to go on offense
- A made shot or offensive rebound puts the defense back to zero

4. 1 on 1 on 1

- 3 players all going against one another, every man for himself
- All 3 players in the lane, a few feet in front of the rim
- Players should fight for position by being physical, but not being cheap (ex. pushing in the back)
- Coach or player not in drill shoots, all 3 players fight for the rebound, once rebound is secured throw pass back to the shooter
- Each rebound is worth one point

- Drill is one minute long, losing players have sprint or push-ups
(This can also be done as a team competition – 3 teams – once a player grabs a rebound he goes to the back of the line and the first team to have all guys go is the winner)

5. 5 on 5, 4 on 4 or 3 on 3-War

- 2 or 3 teams
- Offensive players start on perimeter
- Defensive players start in the correct defensive position, help side defenders in the lane, players one pass away on the ball line, etc
- Coach or player not in drill shoots
- Defense must make contact with offensive player before getting a rebound, if no contact is made no points are awarded
- Defense gets a point for each rebound they get, remain on defense
- If offense gets a rebound they receive 2 points and go to defense
- If there is more than 2 teams, the team who gets the rebound always stays in, the team sitting out comes in on offense
- Play to 6 points, losing teams run

6. 5 on 5

- Offense spread out in either a 5 Out, 3 out 2 in, or 4 out 1 in formation
- Offense passes, screens, cuts normally but does not look to score
- Defense must move with the ball, pressure the ball, be in help side, etc. defense does not go for steals
- On whistle whoever has the ball shoots
- Defense gets 1 point for a defensive rebound, stays on defense
- Offense cannot score, can only receive a change of possession for an offensive rebound (made shots are a do-over)
- Play to a certain amount of points or a period of time

7. 3 on 3 Rebound Transition

- Coach shoots ball with defense having inside position and offense outside the arch
- If offense gets the rebound they try and score (O board)
- If defense gets the rebound they are pushing the ball hard to the other end trying to score in transition while the original offense must transition to defense
- Transition D: Sprint and Communicate

