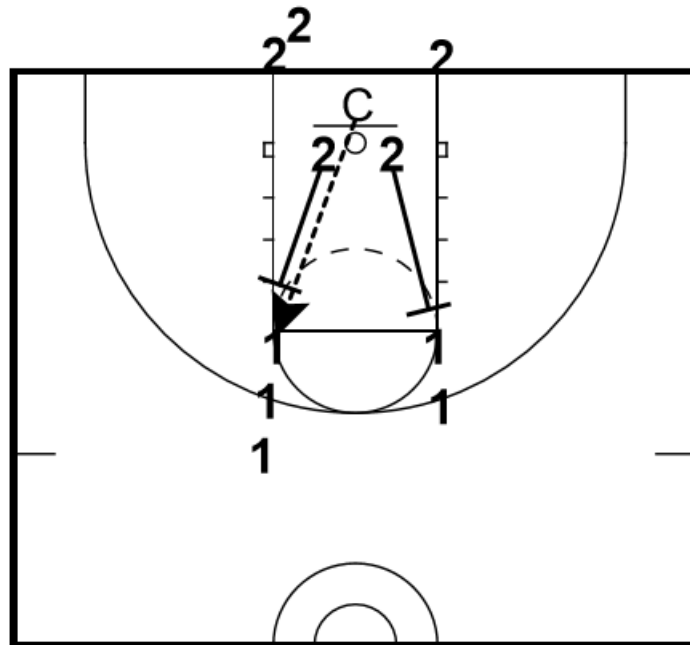


Rebounding

Morningside

All Grades

Morningside
Rebounding



C (Coach) starts with the ball
2's should have backs to coach
C makes pass to either of the 1's saying 'ball' so the 2's can react
1 that receives pass takes shot
2's box out 1's
1's try to get rebound

For younger grades you can place another coach or player at the nail to take the shot so players can focus more on rebounding and boxing out.

End of drill variations:

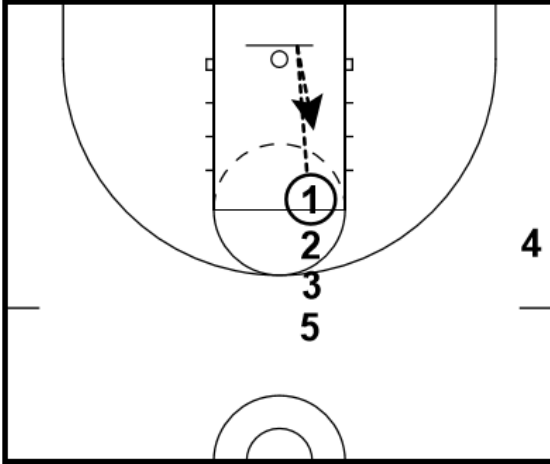
- Younger grades
 - Drill over on first rebound after shot
 - Players switch lines
- Older grades
 - Get 1 point if you make the initial shot off coaches pass
 - 2 points for a rebound
 - Drill not over until a team scores (1st shot does not count)
 - Players go two times from baseline and from elbows

Rodman Rebounding

All Grades

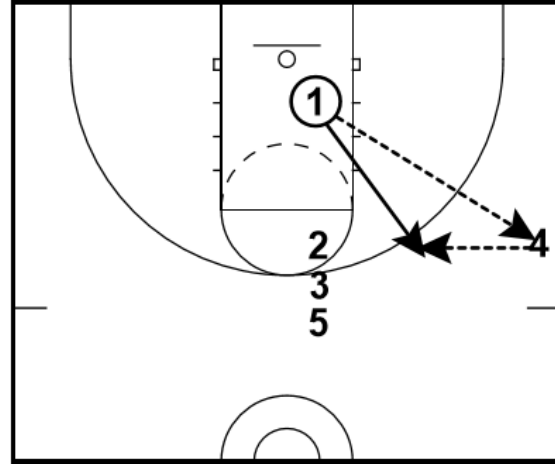
Point of this drill is practicing grabbing rebounds at their highest point with two hands.

Rodman Rebounding
Rebounding



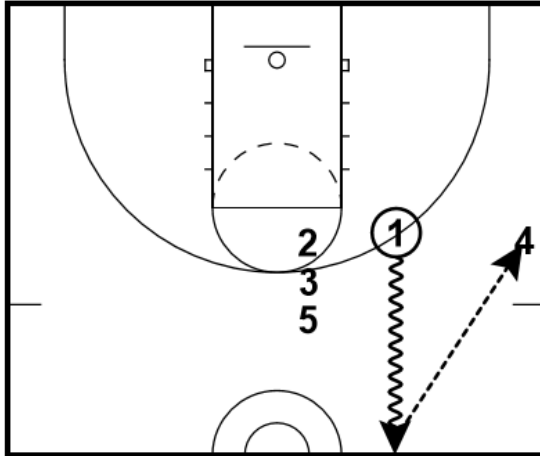
*Can have lines on both sides
1 throws ball off backboard
Gets own rebound at highest point with 2 hands and chins it

Rodman Rebounding
Rebounding



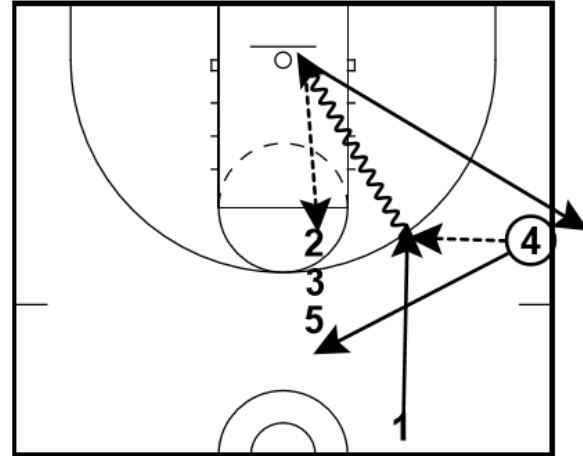
1 does front pivot and makes overhead pass to 4
4 calls for the outlet
1 starts to sprint floor
4 makes chest pass to 1

Rodman Rebounding
Rebounding



1 dribbles to half court does jump stop and does reverse pivot
1 makes chest pass to 4

Rodman Rebounding
Rebounding



1 makes chest pass to 4
4 does right hand lay-up
4 goes to end of rebound line
1 gets own rebound and gives to 2
1 becomes next outlet

