

Circle Rebounding

Coach June Olkowski

Purpose

To make and maintain contact during block out, so offense cannot touch the ball.

Organization

Two offensive and two defensive players, one ball, a towel, a coach shooting the ball.

Procedure

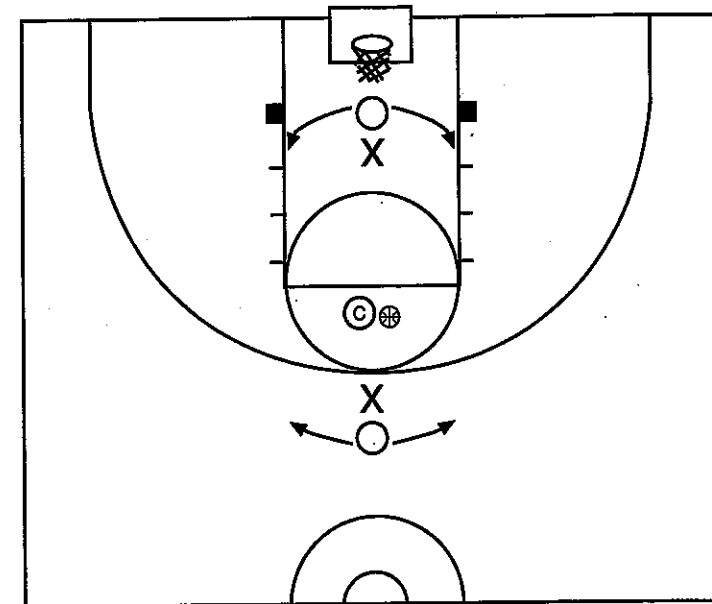
1. Start with two defensive players; a defender with one ball is on the floor.
2. On command of the shot, defense makes contact and turns to block out, and offense pursues the ball.
3. Maintain contact for specified time (e.g., two or three seconds). The drills end when defense successfully keeps offense away from ball or offense touches the ball. Reward accordingly.

Coaching Points

- Have defense hold a towel above her head so contact with offense is with the lower body.
- If offense is quicker than defense, it's OK to face guard.

Variations

- Add more players.
- Offense may move around.
- Whoever grabs the ball can go to a scorer.



Game Time

Coach Gary Blair

Purpose

To simulate a game situation of half-court rebounding, while encouraging offense to crash the boards. It is great for conditioning.

Organization

A coach with the ball, three lines underneath the goal, three offensive players on the court, three defensive players. A rebound ring creates realistic misses. You can use cones to mark where the players are to sprint.

Procedure

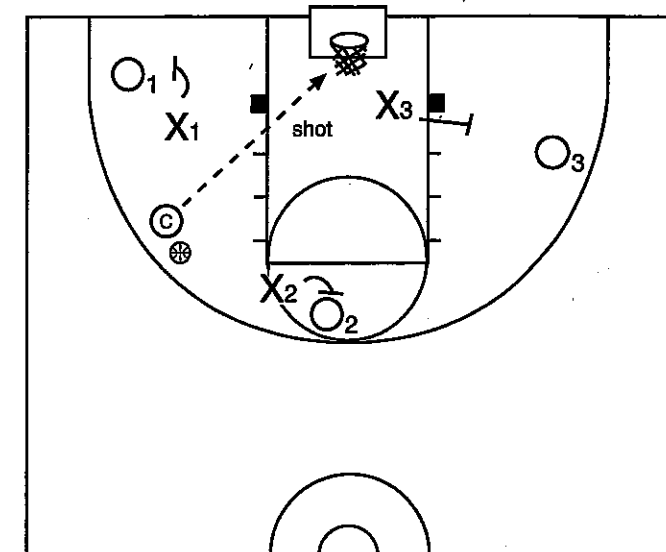
1. Offense assumes their position on the court relative to where the coach is with the ball.
2. Defense matches up with offense and assumes the defensive position that the coach desires (see diagram 1).
3. When the coach is satisfied with defense's positioning, the he takes the shot.
4. Defense calls, "shot," then they find, feel, and fly. Offense crashes the boards (see diagram 2).
5. If defense controls, they outlet and go three on zero to other end. Then they sprint around the court to the back of the lines.
6. If offense controls, they power it back in. Defense must sprint to the other end, then around the court to the back of the lines.

Coaching Points

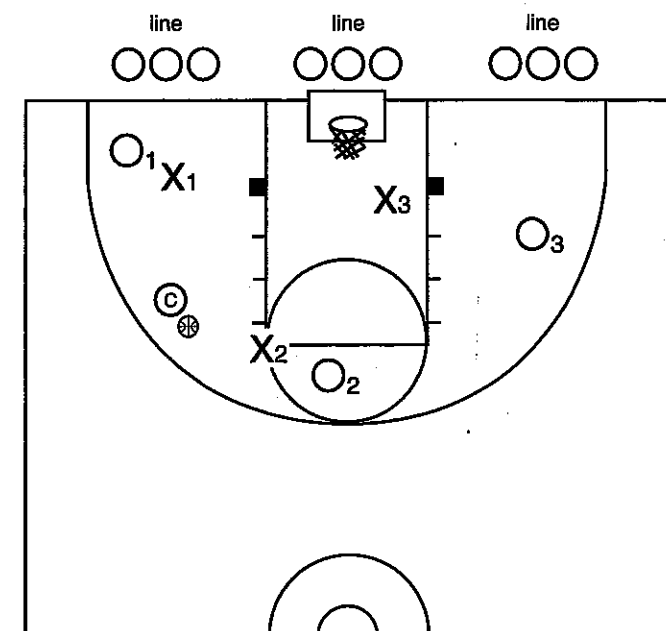
- Demand that defense be in your desired positions before offense takes the shot.
- *Find* your player. *Feel* the contact. *Fly* to the ball.
- Teach players to read and react to the shot. Long shots equal long rebounds. Misses 60 percent of the time go to the weak side. Play the percentages.

Variations

- The coach moves to various spots to change the rebound angles.
- Make it competitive by keeping score.



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Hamburger Drill

Coach Marnie Daiko

Purpose

To teach hustle, aggressive, hard-nosed rebounding.

Organization

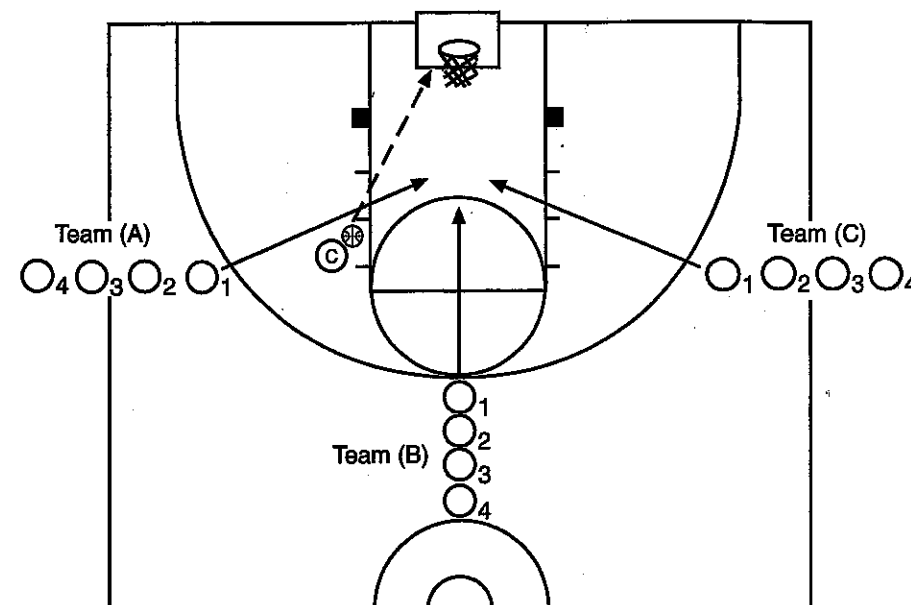
Three teams of three or four players in lines at the top of the key, right and left wings.

Procedure

1. Teams A, B, and C will send out their number one players (the player who is first in line). They will all meet in the key. The coach will shoot the ball. On a miss or make all players fight to get the ball. Whoever comes up with the ball is the offensive player and looks to score, using not more than five dribbles. The other two players are playing defense on the ball (the player who has the ball).
2. If the player scores, all fight to get the ball out of the net. Whoever comes up with the ball passes to her team to reset the drill. This player is now the offensive post player and looks to receive a pass from her teammate.
3. On any missed shot, the ball is still alive and all three players battle for the rebound. After rebounding, the player with the ball looks for an automatic put back or has five dribbles to score.
4. Once any player scores two baskets she is out of the drill. She goes to the end of her team's line, and the next player in that line comes into the drill.
5. The first team in which each player scores two baskets wins the drill. With four players on four teams, each team needs eight baskets to win.

Coaching Points

- Discourage fouling.
- Encourage aggressive rebounding.



O-D-O Drill (Offense-Defense-Out)

Coach Amy Ruley

Purpose

To teach defending from a help position, the defender will close out and block out shooters and nonshooters consecutively for a one-minute period (alternating between diagrams 1 and 2).

Organization

Two balls for coach, two lines for offensive shooters and nonshooters, and one defender.

Procedure

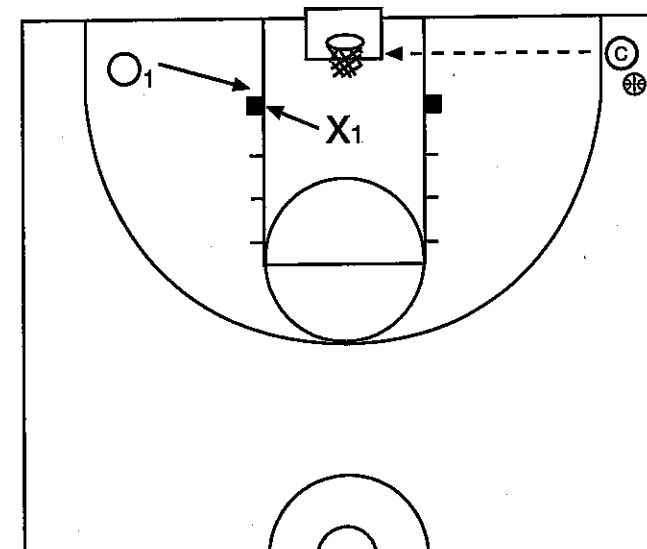
1. The coach shoots the ball as the defender is in a help position. The offensive player crashes the boards while the defender takes one or two hard steps to meet the player to block out (see diagram 1).
2. The coach skip passes to an offensive player as the defender is in a help position. The defender sprints and closes out at arm's length from her player. The defender contests the shot and blocks out (see diagram 2).

Coaching Points

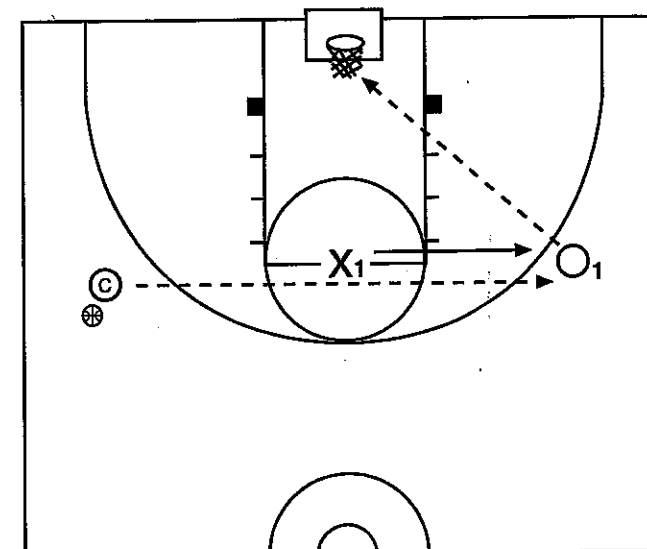
- Close out (defensive stance, high hands, low hips).
- Contest shot (keep a hand in the player's face; stay low when adding shot fakes).
- Block out (make contact). Use forward or reverse pivot depending on the player's position.
- Communicate. Shout "Shot!"
- Balance (keep a low center of gravity, with hands up; be ready to jump and go after the ball).

Variations

- Add offensive player movement with and without the ball.
- Add another defender—down screens, cross screens.
- One on one or two on two live.



1



2

Triangle Box Outs

Coach Wendy Larry

Purpose

To practice rotation on box outs when there is a front in the post.

Organization

Six players per basket: one coach, one ball, three players on both offense and defense. One offensive player is at the ball-side post. One offensive player is at the top of the key. The last offensive player is at the off-ball wing. Defense matches up, fronting the post.

Procedure

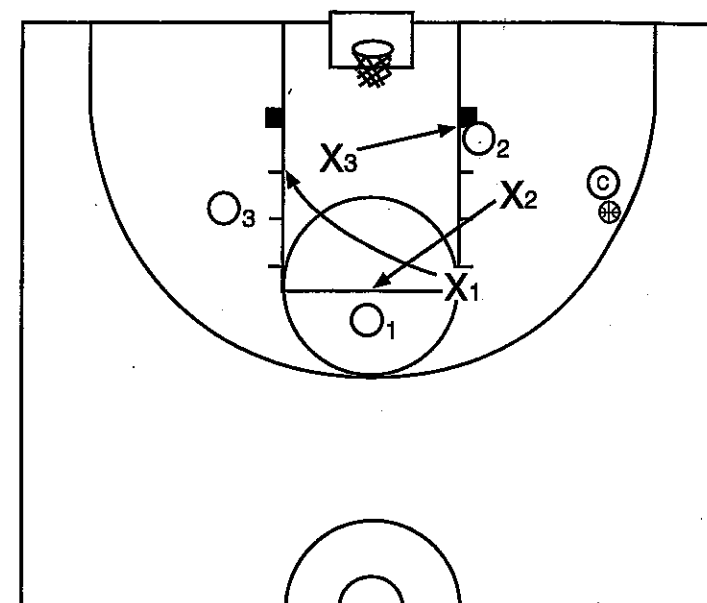
1. The coach will bounce the ball once. Every time the coach bounces the ball, there is a rotation.
2. To rotate, the off-ball defender rotates to the post defender's spot. The post defender moves to the top of the key, and the defender at the top of the key moves to the off-ball defense. Offense does not move.
3. The coach bounces the ball three times maximum, then shoots. Because there is no on-ball defense, coach will yell, "shot."
4. When there is a shot, there is a rotation, but instead of getting in defensive positions, defenders are boxing out the offensive player they are rotating to. Offense crashes the boards hard.

Coaching Points

- The defense must get three rebounds in a row to change to offense.
- The defense must be in good help-defense position—no cheating!
- Teamwork is key. If one person forgets to rotate, someone will be wide open for a rebound and put back.

Variations

- Add another offensive and defensive player.
- Change the number of rebounds necessary for defense to change to offense.



Five-on-Two Block-Out Drill

Coach David Smith

Purpose

To teach players to find someone to block out, go to that player and make contact, find the ball, release, and go get the ball.

Organization

Seven players, any combination of two coaches and/or managers, one ball, and one basket.

Procedure

1. Put five individual players around the three-point circle. Two defenders will be in the middle of the free throw lane. They will be facing away from the basket. A coach will be under the basket, and another coach or manager will be on the perimeter with a basketball.
2. The coach under the basket will designate two players on the perimeter (by pointing at them).
3. When the coach has designated the offensive players, the coach or manager shoots the ball. The two designated offensive players go for the rebound, and the defense must locate the designated offensive players, move to them, and block them out. The defender holds her block out until she locates the ball, then releases and goes to get the rebound (see diagram 1).
4. Once the rebound has been secured either by the defense or offense, the ball is returned to the coach on the perimeter. The offensive players go back to their original positions, the defense returns to the middle of the lane, and the drill is repeated with the same or a different combination of offensive players being designated.

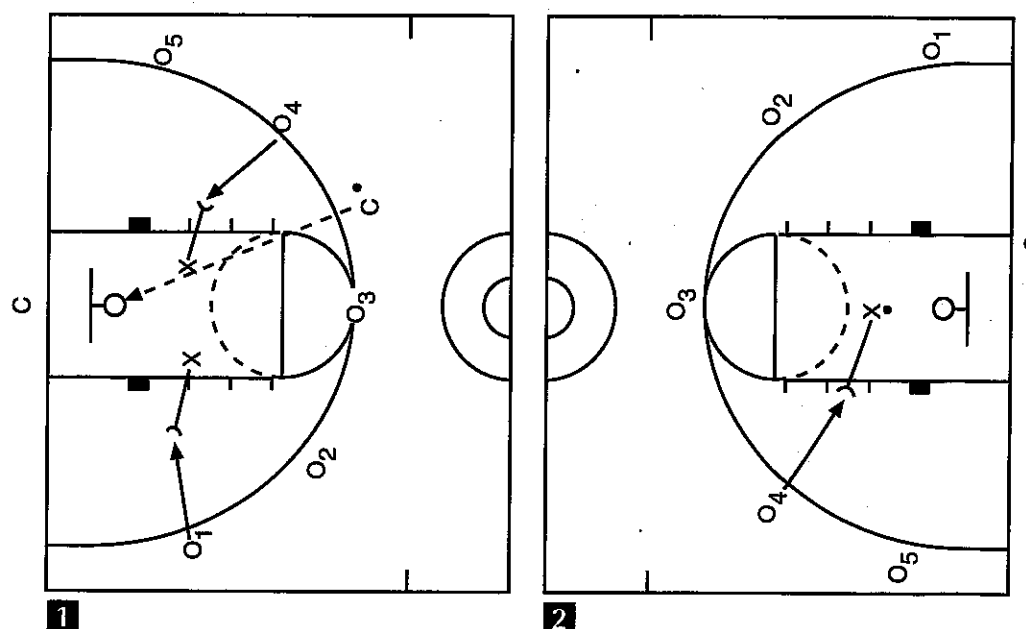
Coaching Points

- Emphasize that the initial defensive contact with the offensive players must be outside the lane.
- Emphasize proper block-out technique.
- When the defense knows where the ball is going to end up after a missed shot, they must release and go get the ball.
- The defense must communicate who they are going to block out so that both don't go to the same offensive player.
- When the coach is satisfied with the efforts of the defense, they will change positions with two of the offensive players on the perimeter.

Variations

If you are working with young players and just beginning to teach blocking out or you don't have someone to shoot the ball, you can make these adjustments to the drill:

- Have only one defender in the middle (diagram 2).
- Place a ball on the floor behind the defense.
- Designate only one offensive player to go for the ball and be blocked out.
- After designating the offensive player, the coach can blow his or her whistle for the drill to begin.
- Have defense hold the block out until the coach blows their whistle (three to five seconds after the initial contact).
- The number of players on the perimeter can be reduced to three or four.



Box Out and Go

Coach Jody Conradt

Purpose

To improve boxing out and making the outlet pass to start an offensive transition.

Organization

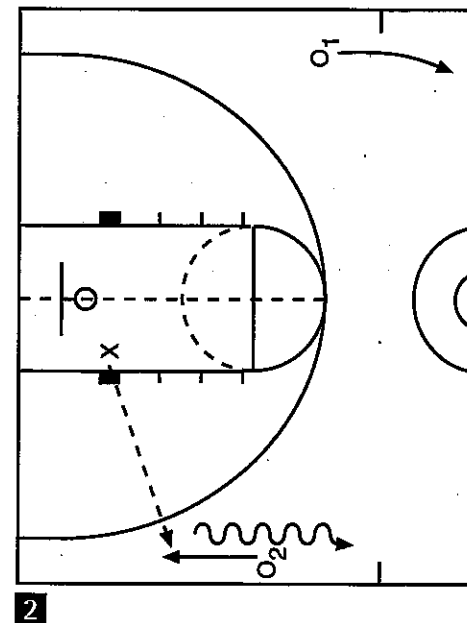
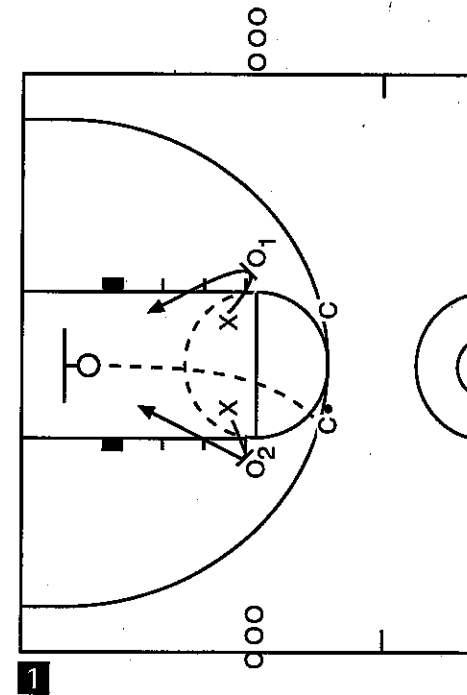
The coach or manager is the shooter at the free throw line. An offensive and a defensive player match up on either side of the lane about midway down. Players should form outlet lines on either side of the floor.

Procedure

1. When the shot goes up, each defender must box out her player and secure the rebound (diagram 1).
2. The ball should be outletted to the nearest side outlet player.
3. The two outlet players take the ball two-on-one (versus the rebounder) to the other end of the floor and convert (diagram 2).

Coaching Points

- The offense rotates to become the defense.
- The next two players in each outlet line become offensive players.



Competitive Rebounding

Coach Nancy Fahey

Purpose

To help reinforce rebounding position in a two-on-two competitive situation.

Organization

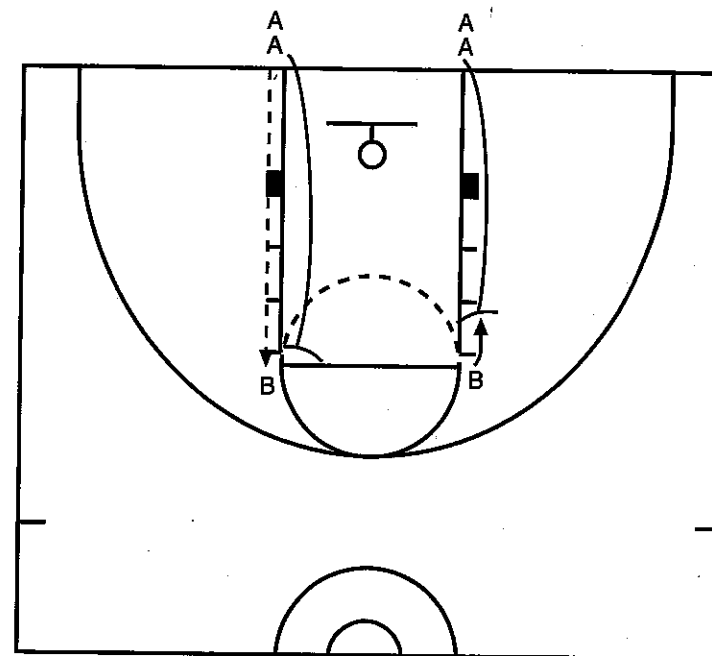
Two lines on either side of the lane; defenders will be under the basket; the offense will be in two lines at the elbows.

Procedure

1. Two-on-two (team A versus team B) and no dribbling.
2. Team A passes the ball to team B. Team B shoots off the pass.
3. Team A follows the pass, defends the shot, and boxes out.
4. Even if the shot is made, play it as a missed shot and continue to battle for the rebound.
5. Team B crashes the offensive boards.
6. The team that gets the rebound goes to the group at the elbows. The other team goes under the basket.
7. The goal is to end up at the elbows. The group under the basket receives some type of consequence (e.g., sprints, push-ups).
8. The drill continues with another pair of teams.
9. The duration of the drill is two minutes.

Coaching Points

- Watch for excessive fouling.
- Keep the drill moving and switch players so they go against different competitors from time to time.



Free Throw Rebounding Drill

Coach David Smith

Purpose

To teach teams how to rebound off a missed free throw.

Organization

Seven players, a coach or manager, one ball, and one basket.

Procedure

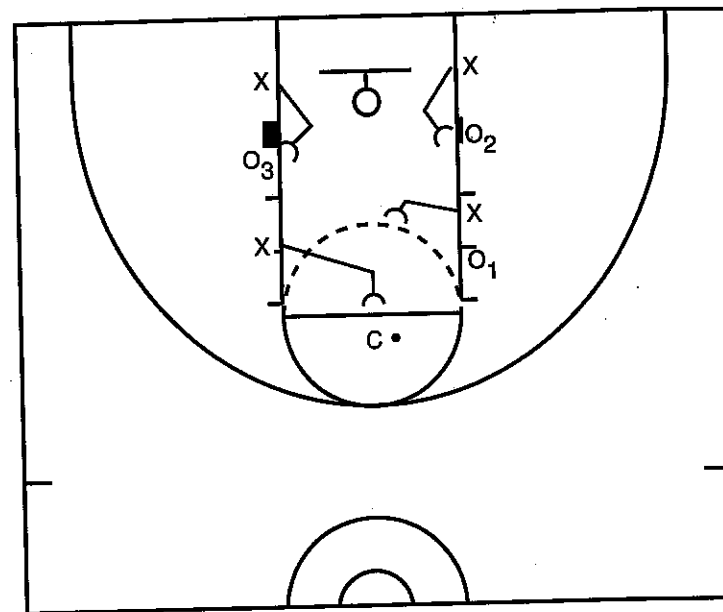
1. Station five individual players around the free throw lane. The coach or manager will shoot the free throws.
2. On the free throw attempt, the defensive players carry out their block-out assignments.
3. After each rebound, the defensive players will rotate clockwise.
4. Once the defensive players have been at each position, switch the offensive and defensive players.

Coaching Points

- Emphasize quickness and making contact as soon as the ball is released or upon hitting the rim, depending upon your rules.
- Emphasize using the proper block-out technique.
- When defensive players know where the ball is going to end up after a missed shot, they release and go get the ball.

Variation

Make this a contest. Award two points for an offensive rebound and one point for a defensive rebound. The first team to 10 points wins.



Hit and Rebound

Coach Patrick Knapp

Purpose

To work on team reaction and reading angles on rebounds.

Organization

Four or more players, one ball, two lines, and one coach.

Procedure

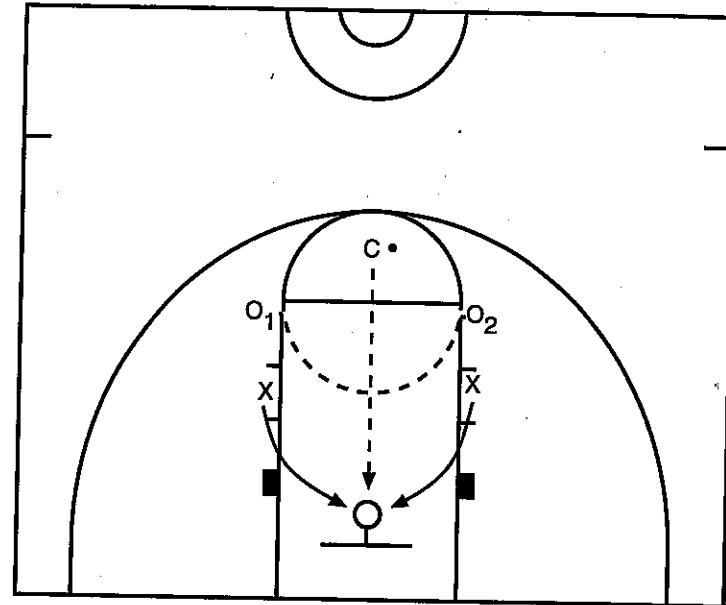
1. Line up pairs of players at either elbow—two offensive and two defensive.
2. The coach should have the ball in the key area. The defense is in a defensive stance, and the offense is in a ready position.
3. The coach yells "go," and the defense hits the deck (does a quick push-up).
4. The coach shoots the ball as the defense stands up. The defense must adjust, use box-out footwork, make contact, see the rim, and get the ball.

Coaching Points

- Timing of the toss or shot is key.
- Emphasize that players should react and hustle.
- No holding—use proper box-out footwork.
- The offense becomes the defense, and the defense goes off.

Variation

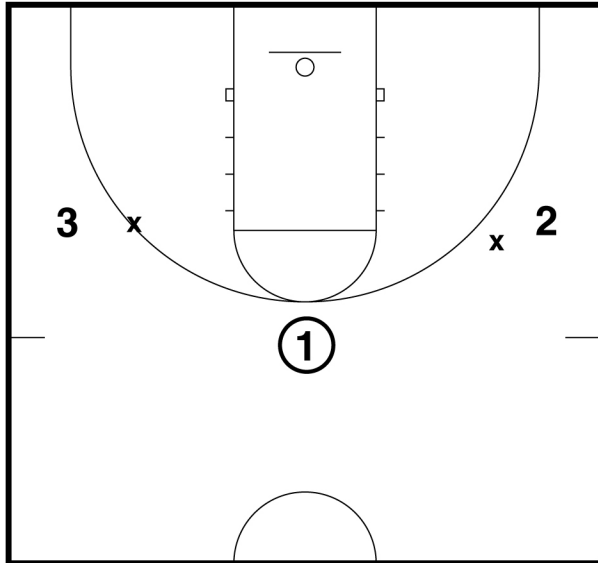
Don't let the defense off until they get one or more rebounds. The offense must attack the basket with fakes and spins.



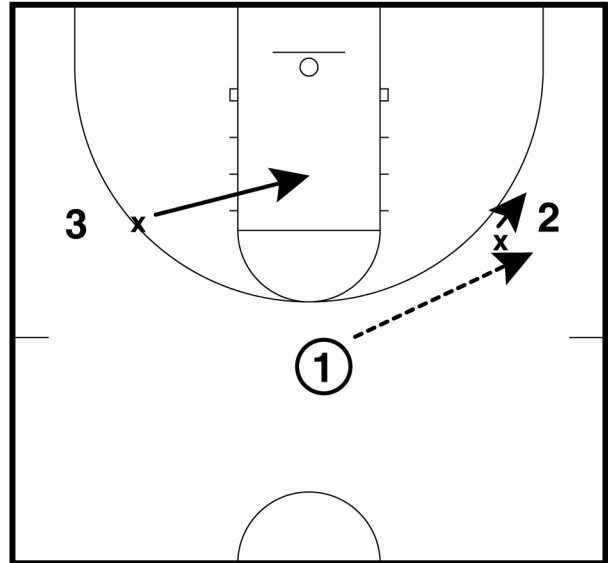
Drill: Bobcat Box-Out

Submitted by Semeka Randall, Ohio University

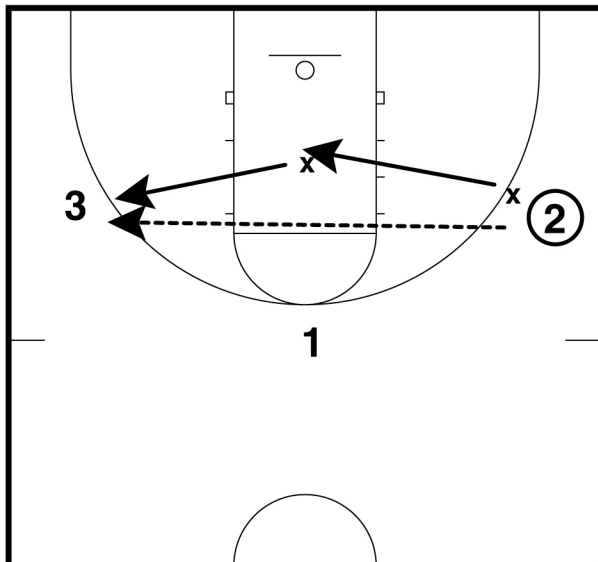
The purpose of this drill is to teach the proper techniques for on-the-ball defense, closing out on a defensive player, help-side defensive positioning, and blocking-out on defensive rebounds.



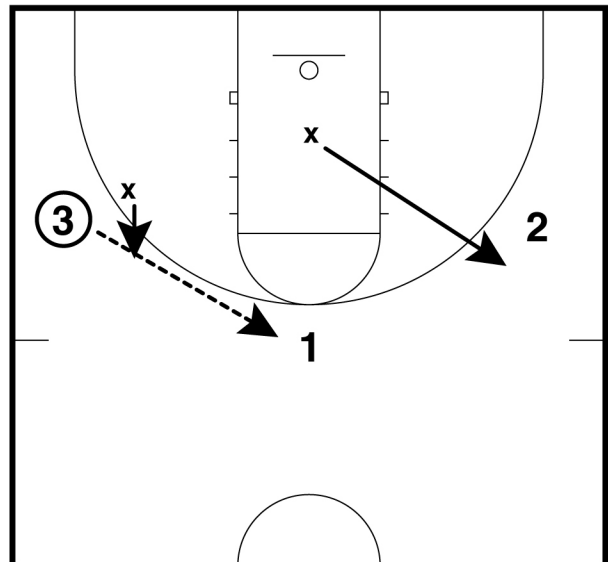
The coach (Player 1 in diagram) has the ball at the top of the key. Two offensive players (Players 2 and 3 in diagram) are on either wing. Defensive players are in ball-denial defensive position for one pass away.



Player 1 passes to Player 2. Defense on Player 2 is in defensive stance, applying ball pressure and mirroring the basketball. Player 3 remains on the opposite wing. Defense on Player 3 drops into help-side defensive position (mid-line splitting the court down the middle and ball-line where they can see the ball and their man).

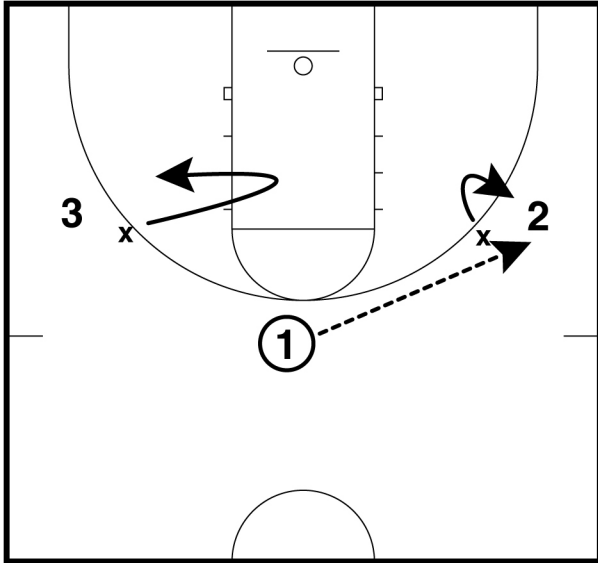


Player 2 skip passes the ball to Player 3. Defense on Player 3 must sprint to close-out with butt down, hands high and choppy-feet technique. Defense on Player 2 drops into help-side defensive position.



Player 3 passes the ball back to Player 1. Defense on Players 2 and 3 are in denial defensive position.

Drill: Bobcat Box-Out



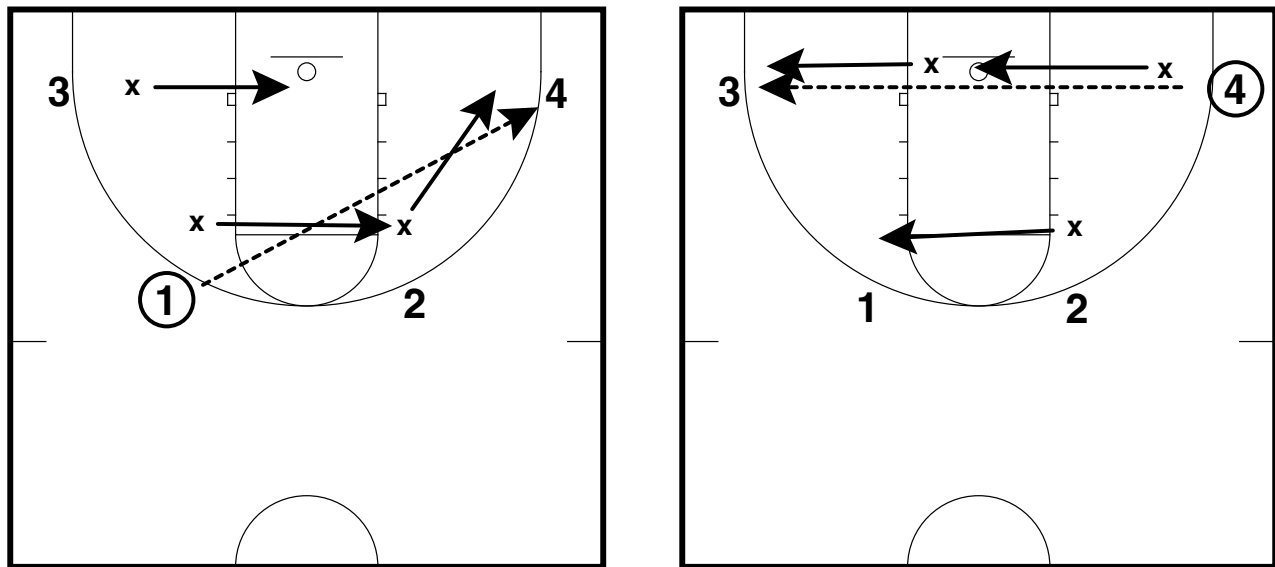
Player 1 passes to Player 2 (can pass to either wing). Defense on Player 3 drops into help-side defensive position. Defense on Player 2 closes out on Player 2 in a defensive stance, applying ball pressure and mirroring the basketball. Drill is now live. Player 2 shoots the ball. Player 3 crashes for the rebound. Defense on Players 2 and 3 block-out their assigned offensive counterpart.

Variations: Position offensive players in wings and corners. You can add more offensive and defensive players to the drill and have live play after a certain number of passes.

Drill: Korean Box-Out

Submitted by Sylvia Crawley, Boston College

One of the most significant aspects to the game of basketball is boxing out and rebounding. The first important piece to rebounding is getting the inside position and “boxing out.” Another key piece is always knowing where the ball is so as soon as a shot is taken the defender can get the inside position and box out. And finally, once you make contact and box out, the defender should stay on their toes so they can quickly go get the ball on the miss or take it out on the make. The following drill, called Korean Box Out, is one that I use in my practice to stress boxing out and rebounding.



The offense stays stationary and passes eight times to teammate without a defender. On the eighth pass, the offense shoots. Everyone crashes except the shooter. As the offense receives each pass, they should jump stop and then shot fake on every catch.

The defense must talk, move and contest all shot fakes. No defender can guard two consecutive passes, so the defense is constantly moving. In the diagram, you see that there should be one defender on the ball, one defender on the next closest offensive player, and one defender in help-side.

On the eighth pass, they must box out everyone except the shooter and go after the rebound. If their man gets the offensive rebound, they run (just that person)!

Rotation: Offense goes to defense, new offense on.