

Winners and Losers

Coach Kris Huffman

Purpose

To practice offensive and defensive rebounding technique. This drill also works on closing out and finishing under pressure.

Organization

Twelve players, one ball, four lines formed at the four corners of the lane (offensive players at elbows, defensive players start on baseline).

Procedure

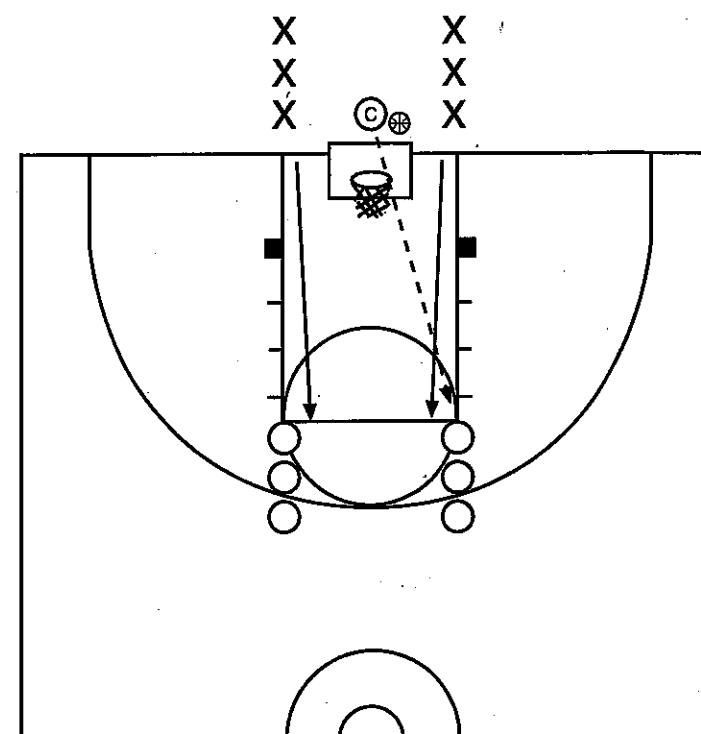
1. The coach passes to either offensive line. Both defenders close out.
2. The player with the ball must shoot upon receiving the ball.
3. The defenders box out. The drill becomes live two on two at this point.
4. Both offensive and defensive players are trying to rebound the shot, made or missed, and *score*.
5. The pair that scores wins (the first shot from the elbow doesn't count).
6. The winning pair gets in the defensive line on the baseline; the nonwinning pair lines up at the top of the key. After five minutes, the players who are lined up at the top of the key must run.

Coaching Points

- Both defenders must close out with the inside hand and foot up.
- Defenders must establish contact and gain good rebounding position.
- The shooter must go up strong and finish inside.

Variations

- When the drill becomes live two on two, limit the number of dribbles allowed.
- Vary the starting position of the offensive lines—midpost, wings, three-point shot, and so on.
- Allow the offensive player to drive after receiving the pass from the coach. This will force a good closeout.



Two-Ball Rebounding Drill

Coach Patrick Knapp

Purpose

To teach players to use extra effort when offensive rebounding and to box out, rebound, and outlet the ball.

Organization

Three offensive players and three defensive players, two coaches or managers, and two balls.

Procedure

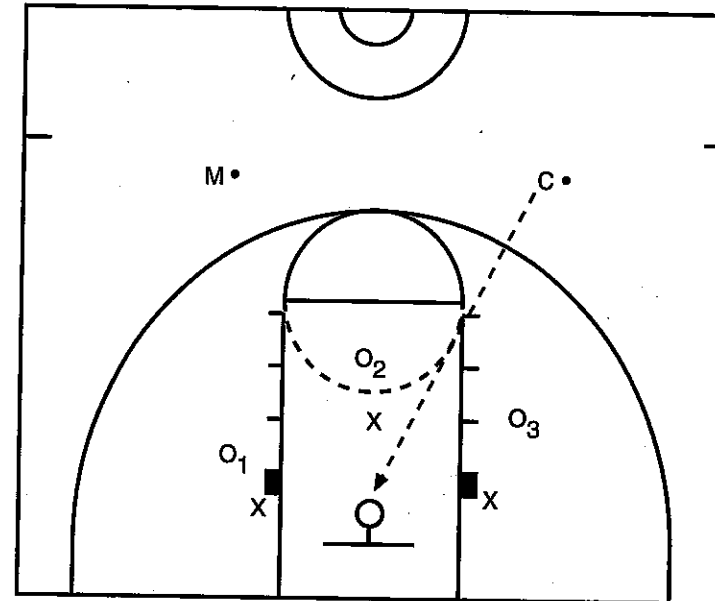
1. The drill involves three-on-three competition between the offense and defense.
2. Start the drill with the coach or manager shooting the ball.
3. If the defense gains control, outlet to the coach or manager.
4. If the offense gains control, they should try to score.
5. As soon as the first ball is controlled, the coach or manager shoots a second ball.
6. Both groups rebound both shots. Continue the drill until the offense rebounds and scores.

Coaching Points

- The defense should always make contact and move to the ball.
- The offense should go after the rebounds with reckless abandon. The offense stops, cuts, and spins to get into position.

Variation

The coach can have players screen, move, and cut in three-on-three motion concepts in order to change the defense's position.



Three-Line Rebounding

Coach Theresa Grentz

Purpose

To teach multiple efforts in securing rebounds.

Organization

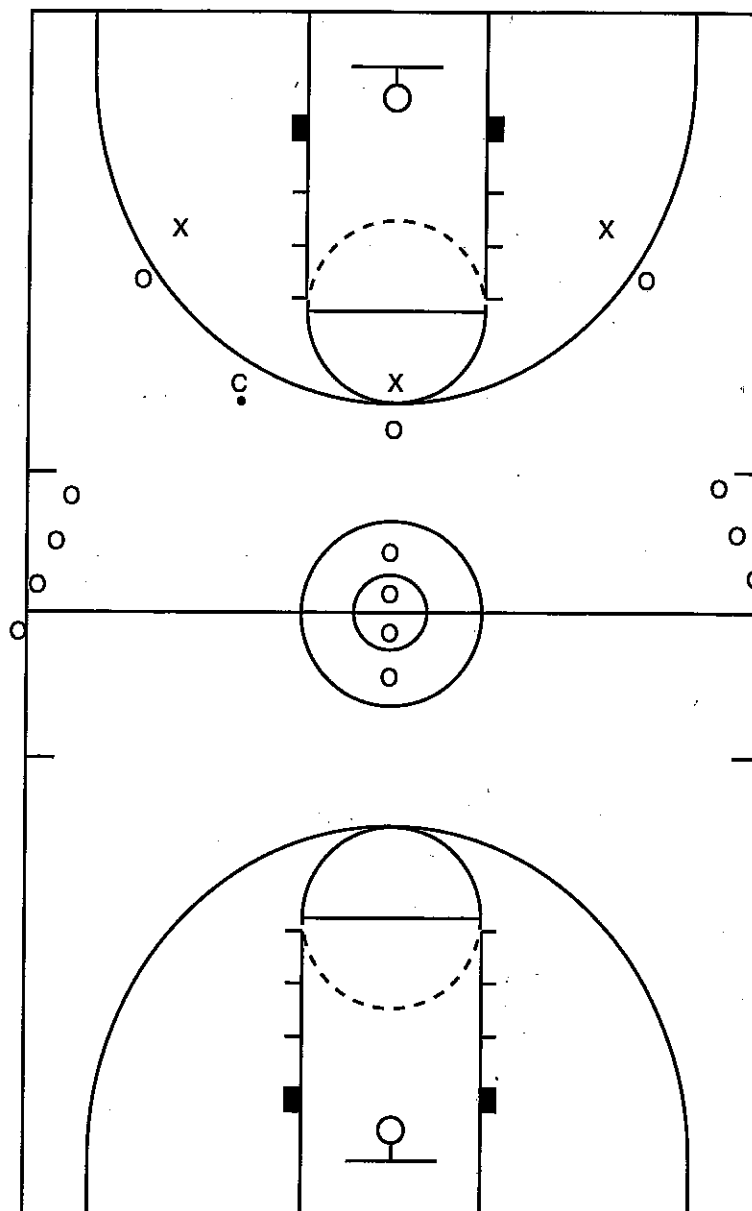
Three lines of players at the three-point circle. One line should be at each wing and one line at the top of the key. The first person in each line is the defender; the second person is the offensive player. The coach has the ball and begins anywhere on the court she or he desires.

Procedure

1. The defense begins the drill by slapping the floor from a defensive stance and yelling "defense."
2. The coach begins the drill by shooting and intentionally missing a shot.
3. The offensive players attempt to rebound, and the defensive players box out first and then rebound.
4. If the offense rebounds, the offensive player puts the ball back up immediately from the spot of the rebound.
5. If the defense rebounds, the defender outlets the basketball to the person in the closest wing position, and that person dribbles the full length of the court and scores the layup.
6. While the ball is in transition to the other end, the defense steps off and the offense becomes the defense; a new offense steps up.
7. The coach is ready for another missed shot.
8. The drill is continuous, and changing of defense and offense should occur quickly.

Coaching Points

- This drill teaches the offense to make multiple attempts to gain a rebound, and it teaches the defense to hold their box-out position until their team can secure the rebound.
- Emphasize intensity and focus by players to complete the task. The transition is important and needs to be emphasized.



Back Roll Drill

Coach David Smith

Purpose

To teach offensive players to roll off a block out to gain an offensive rebound.

Organization

Any number of players, one coach or manager, one ball, and one basket.

Procedure

1. Position a defender in a block-out position facing the basket. Another player is positioned on the rear of the individual blocking out. Station the remainder of the players in a line behind the free throw circle.
2. The coach or manager is off to the side of the lane with a basketball. She or he will toss the ball off the backboard so that it rebounds into the lane.
3. When the ball leaves the coach's hand, the offensive player must roll off the back of the defender (who is not giving any resistance) and go after the ball. The offensive player tries to catch the ball before it hits the floor (see diagram 1).
4. Once the rebound has been secured, the offensive player will keep the ball high, step to the basket, and put the ball in the basket. If she is more than one step from the basket, she should take a dribble.
5. The offensive player then becomes the defender and the defender goes to the end of the line.

Coaching Points

- Emphasize that the offensive player does a 360-degree roll off the defender.
- Emphasize that the offensive player should keep her hands up in front of her as she rolls since the ball will often hit her hands before she visually finds the ball.
- The coach should move to each side of the lane so players will roll each direction. Some can roll one way but struggle going the other.

Variation

In teaching offensive players to roll, you can adjust their drill by having a single player at the free throw line, letting that player throw the ball off the board, do a 360-degree roll, catch the ball, and put it back in the basket.

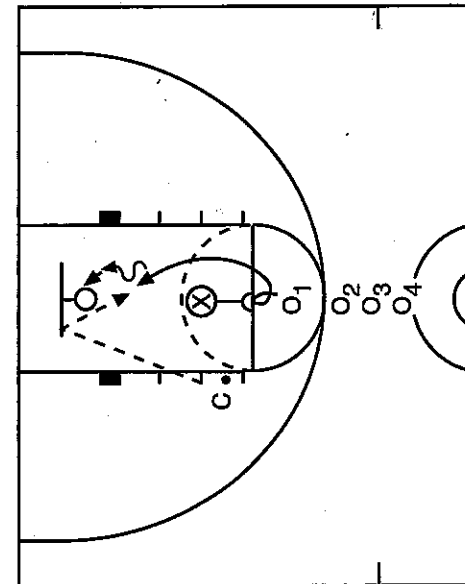


Figure-Eight Rebounding

Coach Patrick Knapp

Purpose

To teach players ball control while tipping and rebounding as a conditioning drill.

Organization

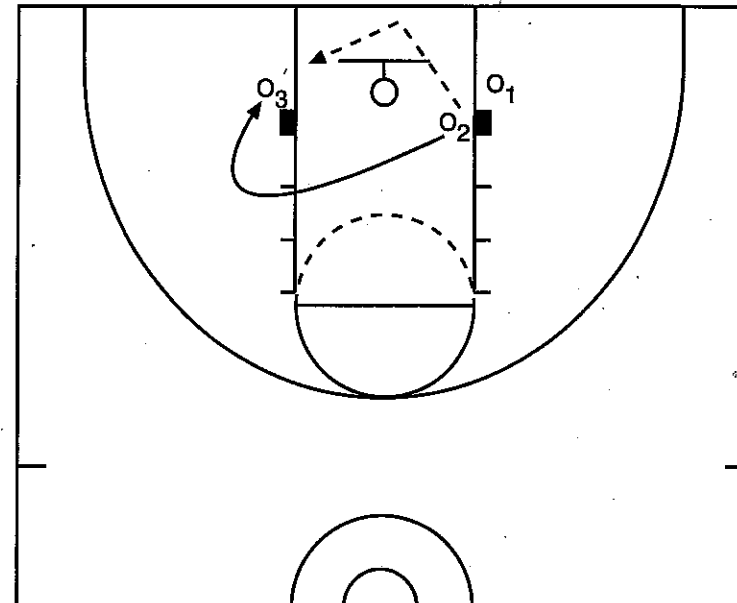
Three players at a basket with one ball.

Procedure

1. Place three players and a ball at each basket.
2. The ball starts on the two-player side of the rim.
3. One player tosses the ball on an angle above the basket and across the board to create a rebound for another player. As this is done, the first player moves behind the second. (*Tip: Rebound and go behind.*)

Coaching Points

- Younger players may catch it with two hands and come down, chin the ball, and go back up. Older players can tip with one or two hands and keep the ball moving.
- When tipping, keep the ball high.
- Rebound the ball with two hands at the peak of the jump.
- Emphasize balance and control.
- Use proper two-hand and two-foot techniques
- Designate a certain number of tips (15, 20, 25 in a row) or tipping for a certain amount of time (30, 45, 60 seconds). The last player finishes with a basket.
- Attack the ball and constantly be moving.



Rebound Outlet

Coach Trina Patterson

Purpose

To develop good ball handling, passing, and rebounding skills.

Organization

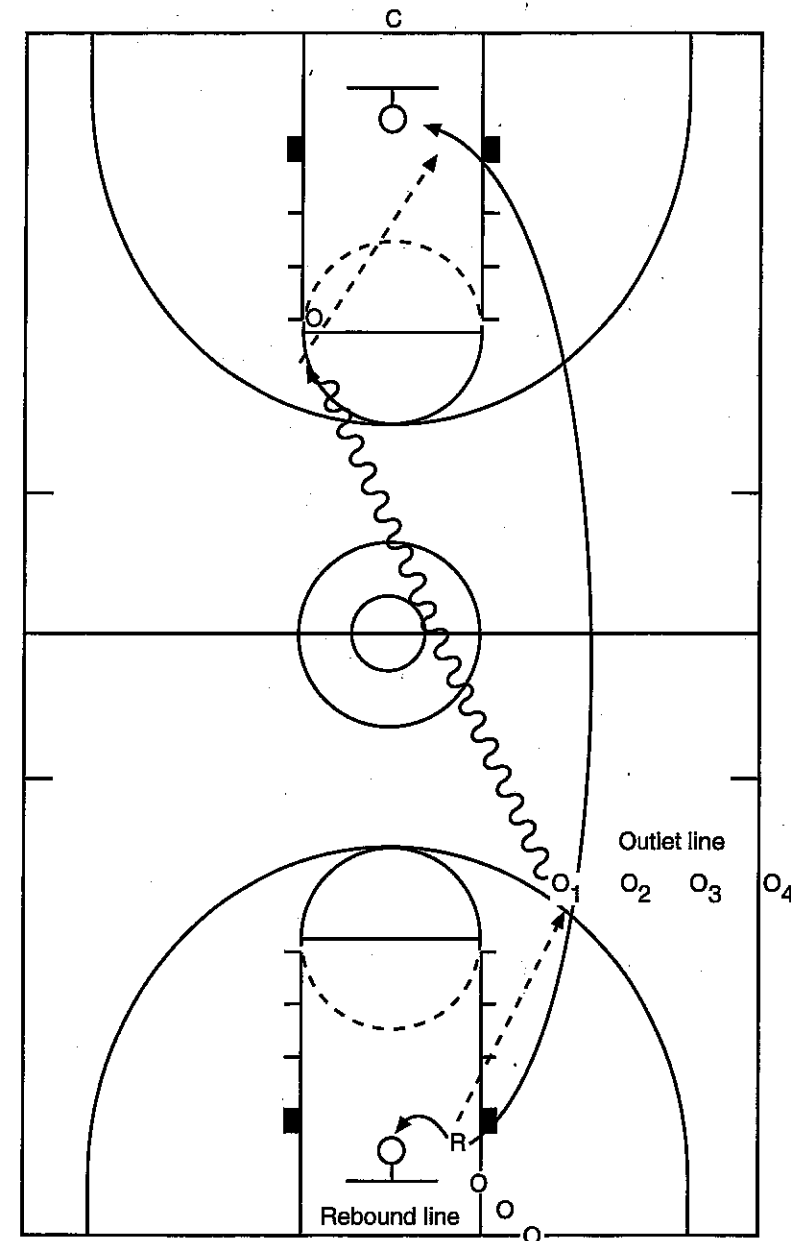
Half the team should go to the rebound line under the basket and should have a ball; a partner for each player should be at the three-point line as an outlet.

Procedure

1. The rebounder tosses the ball off the backboard and retrieves it.
2. The outlet player calls "outlet" and steps to receive a pass then squares up to face up the floor.
3. The outlet player dribbles the ball to the middle of the floor and slightly to the left.
4. The rebounder passes to the outlet player and fills the right lane, calling "right."
5. The outlet player delivers a pass to the rebounder, who is cutting hard for a layup.
6. The passer rebounds; the shooter becomes the outlet player on the return trip to the opposite end of the court.

Coaching Points

- Allow every player the opportunity to work on her ballhandling skills.
- Emphasize that ball handlers should push the ball hard up the floor.

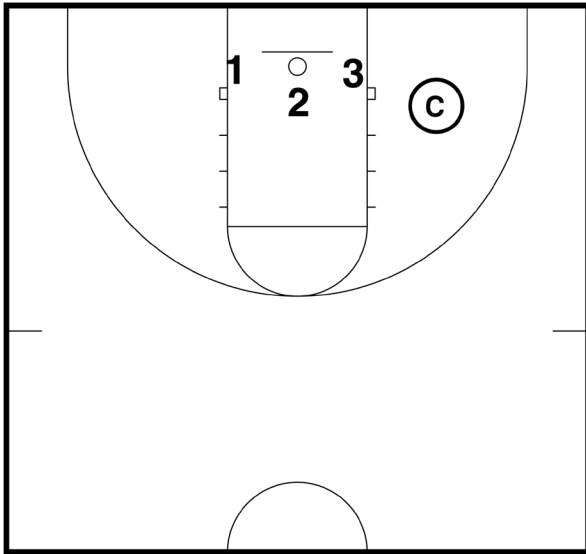


Drill: 3-in-the-Lane Rebounding

Submitted by Mike Thibault (Head Coach) & Scott Hawk (Assistant Coach),
Connecticut Sun (WNBA)

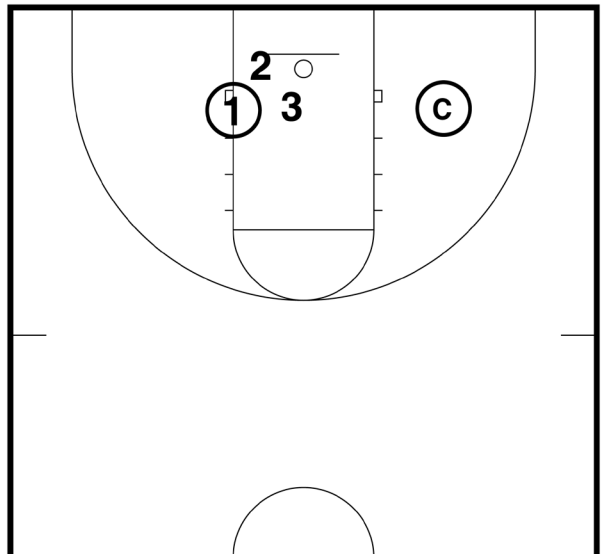
This drill focuses on rebounding and then going back up strong with the ball versus two defenders. The rebounder should come down with ball on two feet with a wide base. The technique here is for the rebounder to land like they would on a “jump stop” with balance (feet wide, hips down). When they land, the rebounder should have the ball in “chin it” position. That is, ball about chin level and elbows out. The shooter jumps off two feet from this position and finishes a shot that is the same as their jump shot, shooting with the right hand on the right side of basket and left hand on left side of basket. The shooter’s goal is to “jump through” the contact and finish the shot.

Frame 1



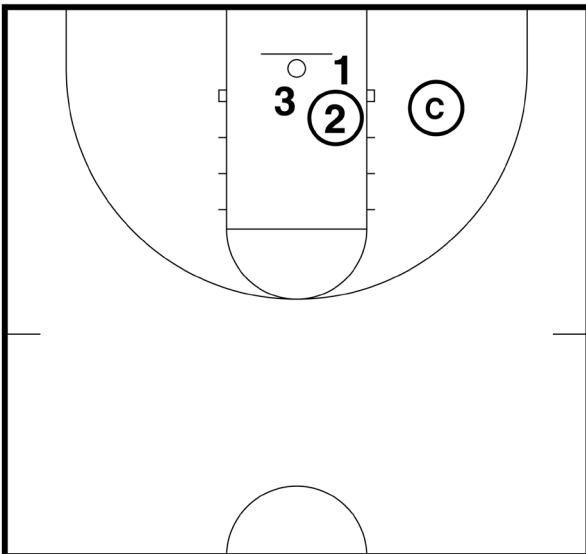
Put three players inside the lane below the dotted line. Coach shoots ball off of rim. Players 1, 2 and 3 go for the rebound.

Frame 2



Whoever gets offensive rebound (Player 1 in diagram) plays 1-on-2 against the other two players (Players 2 and 3 in diagram). The goal is to finish the shot against contact. It is up to the coach to set the acceptable level of contact the two defenders can have on the shooter to simulate game type contact.

Frame 3



If the shooter misses, the ball is live and whoever rebounds (Player 2 in diagram) tries to make shot against contact from other two players (Players 1 and 3 in diagram).