

Rebounding Drills

The focus of rebounding for young players should be on creating a desire for the basketball. As a coach, you must place great emphasis on the importance of having possession of the ball. Any player, regardless of their size can be an effective rebounder, and it is important for young players to understand this. Rebounding, much like defense, is a choice. A player either wants to be a good rebounder or they do not.

Unlike scoring, rebounding involves all five players on the floor. Every player is a potential rebounder on each missed shot. Thus, to out-rebound the other team, each player must neutralize the player he or she is guarding, every time on the floor. There are some technical points that should be covered, but above all, an importance, and a desire for the ball.

When teaching rebounding, emphasize the following:

- The first thing to do when a shot is taken is not to follow the ball, but to find your man. Rebounding begins when the shot is released, not after it hits the rim.
- Next, you must go and make contact with your person. If you can't make contact with your person, cut him/her off from going to the basket.
- Now you must turn and "Boxout" your person – getting your elbows up, arms up and out, your butt down and legs flexed. Contact must be maintained with your person.
- Finally, go and get the ball with 2 hands and 2 feet – 2 hands to secure the ball and 2 feet to land on the ground in a wide, balanced stance. If you can't rebound the ball, at least get a piece of the ball to "keep it alive". Come down with the ball chinned and held tightly in hands with elbows out and ball below chin.
- Successful rebounding is simply a matter of desire, aggressiveness, awareness and consistency.

Rebounding Drills:

"Comfort Rebounding Drill" (K - 1st Grade) – Have players line up on baseline. Instruct kids to have their hands above their head. Hold the ball above their head and hands, and gently drop the ball so players can get the feel and confidence of catching the ball above their heads.

"Snatch it Drill" (K - 2nd Grade) - At the younger ages, often kids are reluctant to catch the ball with their hands over their head. Spread players out on the sideline. You and another coach will have a ball. Walk down the line and have each player jump and snatch the ball from your hands. Emphasize "chinning" the ball as they are landing to secure the ball. Another good way to drill rebounding at this age is to simply toss the ball to your players while their hands are above their heads. This will build confidence and they will become more confident in catching the ball.

"Back-to-Back Box-Outs" (3rd - 10th Grade) – Have players stand back-to-back, and on the coach's cue, they get low, legs wide, butt down, elbows up and push against each other. Use the center court as a marker. Have each player start on either side of the line, back-to-back and try to push each other out as far as possible.

"Circle Box-Outs" (4th - 10th Grade) – Have players partner up and line up around one of the three circles on the court. Have them face each other, with one person on the inside of the circle (defender), and the other on the outside (offensive player). Place a ball in the middle of the circle. On coach's cue, the player on the outside tries to get the basketball, while the player on the inside, turns and boxes out, preventing the offensive player from getting the ball. Have them switch roles after a few tries.

“Rebounding to One-on-One” (3rd - 10th Grade) – Divide players into two separate lines, form each line just inside the free throw line at the corners of the key. These two separate lines form two different teams. The players at the front of each line are up first. Coach shoots the ball and misses on purpose so there is a rebound. The two players compete to get the rebound. The player who gets the rebound tries to score while the other player plays defense. Only one shot is allowed. The teams compete to a score of five. One point for making a basket.