



REBOUNDING

REBOUNDING CONCEPTS

The focus of rebounding for young players should be on creating a desire for the basketball. Great emphasis must be placed 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.

Understanding tendencies: In general, shots taken from the wing on one side of the floor will rebound on the other side (75%) . Also most shots off the backboard will come off the front rim (also 75%). The longer the shot, the longer the rebound. 3-point shots will often bounce out to the short corner or elbow. The less arc, the harder and quicker the ball will come off the rim. Players need to learn and understand how the rebounds are likely to move and anticipate the bounce.

When practicing rebounding, emphasise the following:

- The first thing to do when a shot is taken is not to follow the ball, but to find your player. Rebounding begins when the shot is released, not after it hits the rim.
- Next, you must go and make contact with your player. If you can't make contact with your player, cut him/her off from going to the basket.
- Now you must turn and "box out" your player—getting your elbows up, arms up and out, your butt down and legs flexed. Contact must be maintained with your player.
- Finally, go and get the ball with two hands and two feet—two hands to secure the ball and two 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

CATCH YOUR OWN

Player starts on one left side of basket, about six feet from out of bounds. The player throws the ball off the backboard *over* the goal. The player moves to the other side to catch the ball. Repeat back to other side. Have players see how many they can catch in 30 seconds.