

Rebounding Drills



Jumping

If athlete still does not jump off floor, physically and visually prompt the movement by putting the athlete in the proper position and moving them through the jumping movement. If athlete still does not jump off floor, coaches can stand next to the athlete to model jumping, leading with their arms up in the air. On "Ready," make sure the athlete is balanced with head over feet. On "Bend," make sure the athlete maintains balance while bending at the knees. On "Jump," model pushing up through the knees to arms extended up as if to grab a rebound. If progress is slow, be sure to look for small victories in each phase of the jump progression.

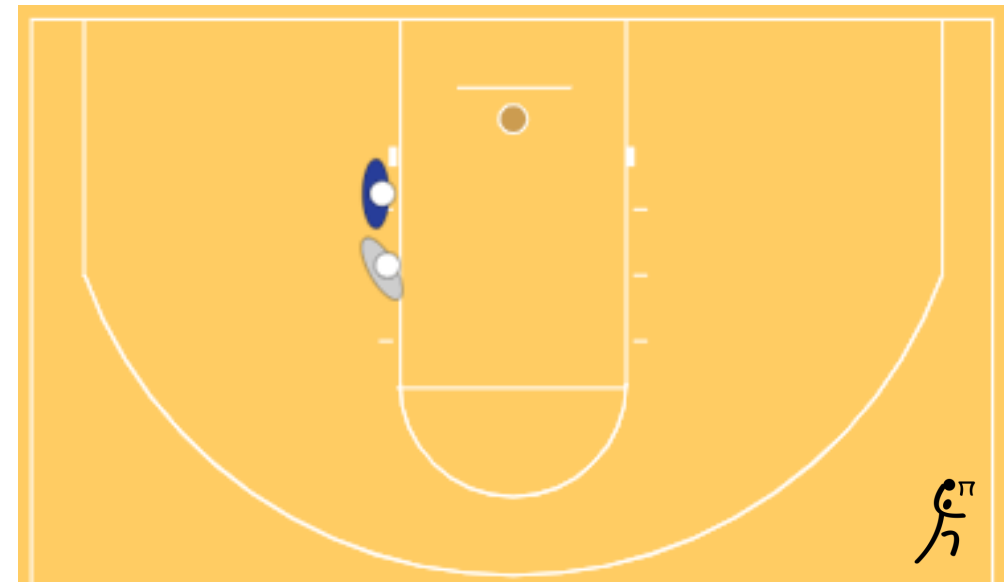
Reps: Two sets of ten jumps each

Purpose of the Drill:

- Develop basic jumping skill

Steps:

1. Coach demonstrates; athletes watch, and then perform.
2. Take a position with legs bent, elbows at sides and hands up.
3. Bend legs and extend, sending body off floor into the air with arms overhead.



Key Words

- Bend
- Jump

Repetitive Jumping

Reps: Three sets of ten jumps

Purpose:

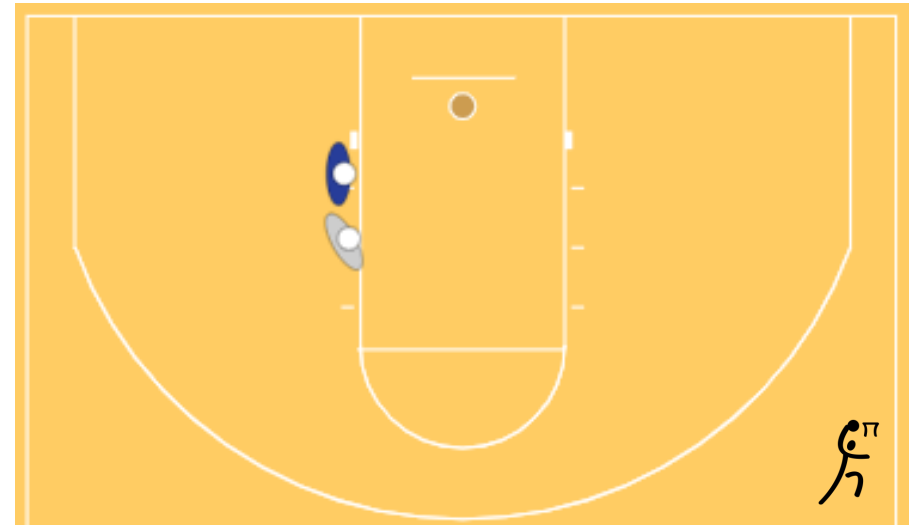
- Practice maintaining balance between jumps
- Build endurance for repeated rebound attempts

Steps:

1. Take proper body position.
2. Bend and jump.
3. Land under control and on balance, cat-like.
4. Repeat nine more jumps in succession.

Key Words

- Bend
- Jump
- Land like a cat



Jumping and Grabbing a Ball

Reps: Three out of five attempts

Purpose:

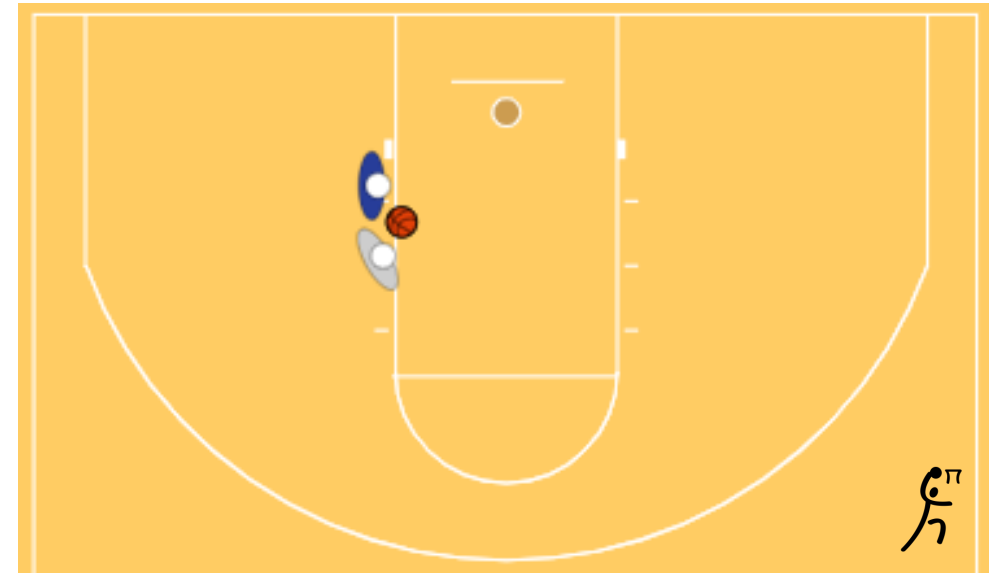
- Develop reach and grab skills
- Practice control and protecting the ball while coming down with a rebound

Steps:

1. Hold a ball up and out of the athlete's reach. If you aren't tall enough to hold the ball out of reach, a slight toss works.
2. Instruct the athlete to "Rebound the Ball."
3. Athlete jumps, grabs the ball and places it under his/her chin with elbows out.

Key Words

- See the ball
- Rebound



Rebounding

Rebounding a Tossed Ball

For the average ability athlete who can track and go to the ball, the following drill is appropriate. As with other drills, practice follows demonstration.

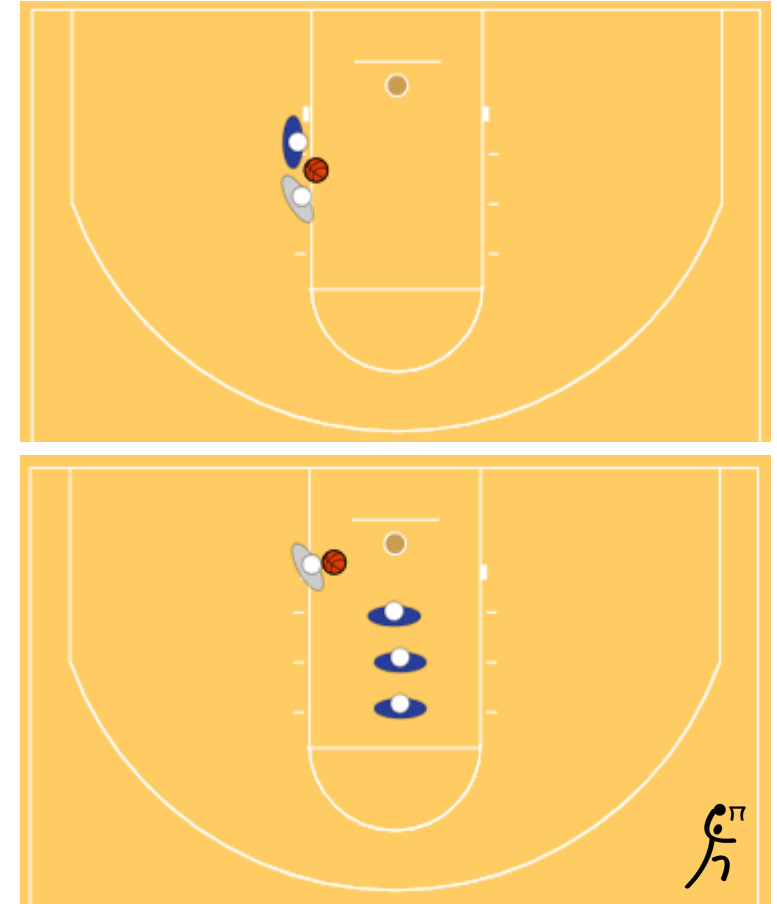
Reps: Depending on the formation you choose, each athlete in each position at least twice

Purpose:

- Progression of skills necessary for rebounding, from jumping through boxing out an opponent.
- Game simulation helps put skills into a competition context

Steps:

1. Instruct the athlete to "Rebound the Ball."
 1. Toss a ball in the air.
 2. The athlete takes a step, goes to the ball and pulls it to his/her chest with elbows out.
 3. Rebound at least three of five attempts.
2. Two to three athletes now stand in a single-file line in front of and facing the basket.
 1. Coach stands under the basket with his/her back to the basket.
 2. Coach tosses the ball backward and upward to bounce off the backboard.
 3. Each athlete initially gets three attempts to rebound before rotating to the end of the line.
3. Same as the previous drill, add a pivot to the outside and a pass out to a waiting teammate.
 1. After the pass out, rotate athletes – re-bouncer to outlet to outlet to end of line.
4. Add a coach-defender who pressures the rebound and the outlet pass.
 1. The athlete is forced into position (block out) with coach-defender behind.
 2. Athlete must pass or dribble out and pass to outlet while being defended, like in a game.



Special
Olympics

Two-Line Block Out

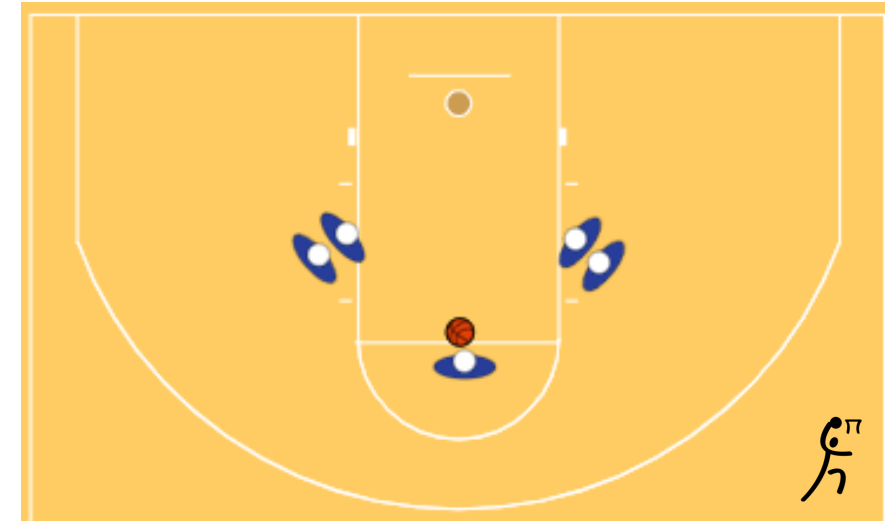
Reps: Each athlete in each position at least three times

Purpose:

- Simulate game experience of rebounding in a crowd
- Reinforce boxing out opponents as part of the rebound move

Steps:

1. The coach or shooter has the ball in the middle of free-throw line.
2. Two athletes take positions on either side of the lane at the second mark; an additional two athletes are at the same mark, but farther off the lane.
3. The athletes at the two spots closest to the basket are defenders and take proper defensive position. The athletes farther off the lane are offensive players.
4. The shooter shoots; defenders call SHOT, turn, step to block or box out the offense, which includes the shooter. Defenders pivot backward, putting their buttocks next to the opponents' thighs, elbows out, hands up. All then go for the rebound based on where the ball comes off the rim or backboard.
5. Rotate athletes among positions.
6. As athletes' skills increase, add more speed to the drill, quickly going from offense to defense.



Mini-Basketball: Rebound Ball

This is an excellent game for encouraging assertive play. It also uses all the skills in a game-like situation, but without a full team. Athletes can learn to effectively move to the ball under pressure with this drill.

Reps: Practice each day for 3-5 minutes

Purpose:

- Exposure to competing for a rebound
- Develop quick reaction time

Steps:

1. The coach divides the athletes into groups of three to four athletes per basket, keeping athletes of similar ability together.
2. Two to three athletes (rebounders) stand in front of the basket.
3. A shooter stands within shooting range in front of the free-throw line.
4. After the ball is shot, each re-bouncer goes for the ball.
5. On the rebound, the athlete who gets the ball yells Ball and passes it to the coach, who calls Outlet.
6. The game continues until one of the rebounders gets two to three rebounds. That person becomes the next shooter.
7. The former shooter becomes a rebounder.
8. The game continues for 2-3 minutes.

Rebounding

