



Special Olympics Basketball Coaching Guide Teaching Basketball Skills

Rebounding

| Your Athlete Can | Never | Sometimes | Often |
|--|--------------------------|--------------------------|--------------------------|
| Attempt to catch in any manner a basketball that is tossed into the air | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Catch a ball that is tossed into the air | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Attempt to catch in any manner a ball that rebounds off the backboard | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Track the ball as it is shot at the basket | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Turn to face the basket and take ready position for rebounding | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Catch the ball in any manner after it rebounds off the backboard and bounces once on the floor | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Catch the ball with hands only after it rebounds off the backboard and bounces once on the floor | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Catch the ball in the air with hands only after it rebounds off the backboard | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Move to "box out" an opponent before jumping for a rebound | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Participate in team rebounding drills | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Totals | | | |

Faults & Fixes Chart – Rebounding

| Error | Correction | Drill/Test Reference |
|--|--|------------------------|
| Opponents keep cutting athlete off from the rebound. | Advise athlete to locate opponent before focusing on the ball so he/she can get between opponent and the basket. | Two-Line Block Out |
| Athlete loses balance as people move around him/her near the basket. | Make sure athlete keeps feet apart enough to keep balance and move off the balls of the feet. | Repetitive Jumping |
| Athlete has trouble holding on to a rebound. | Make sure athlete is grabbing with both hands as firmly as possible. | Jump up to Grab a Ball |