

Boxing out

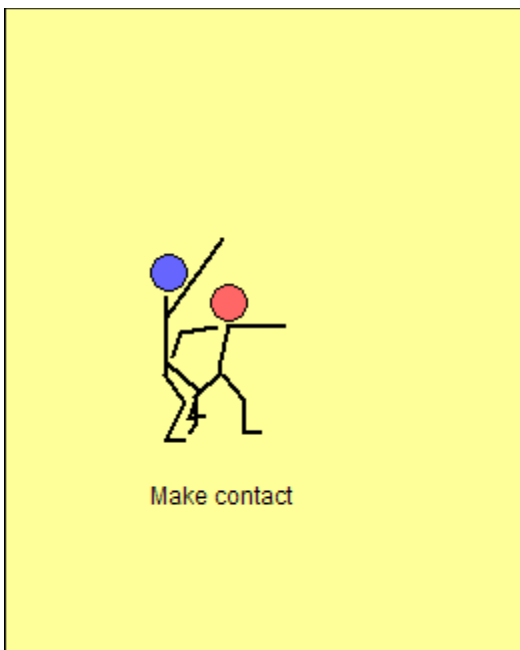
1

The first thing we want to do is to contest the shot. Statistically it has been shown that by putting a hand up on a shooter you can drastically lower a shooter's percentage.

We want to mirror the shooter. If a right-handed shooter, contest with the left hand. This prevents a twisting action and you are more vulnerable to fakes and fouls.

Contest the shooting shoulder; Make the offensive player change his/ her release point.

If your players put the hand in the direction of the eyes of the shooter, under the new FIBA rule this can be called an unsportsmanlike technical. There should be a warning first.



Make contact

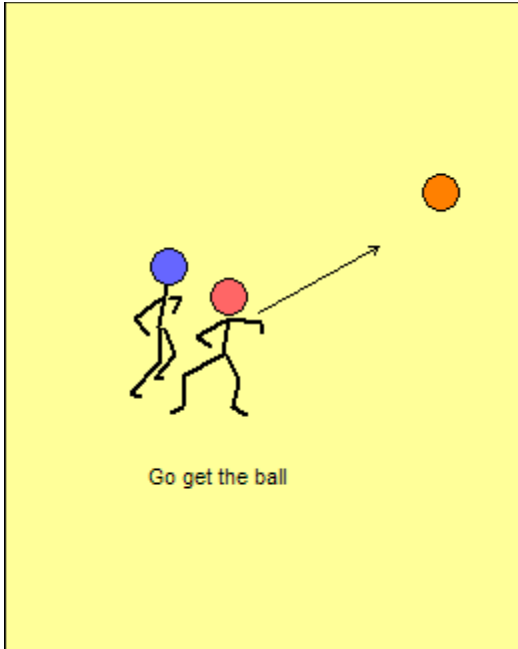
2

The defender now wants to place a "friendly" forearm (one that has some give to it) on the solar plexus of the offensive player. This is a "safe" touching area. The other key is to place the leg between the legs of the shooter.

The defender should be low and have his/ her head on the rim locating the ball. He/she does not have to look at the offensive player as he/she can tell exactly where the player is by the contact.

Drill

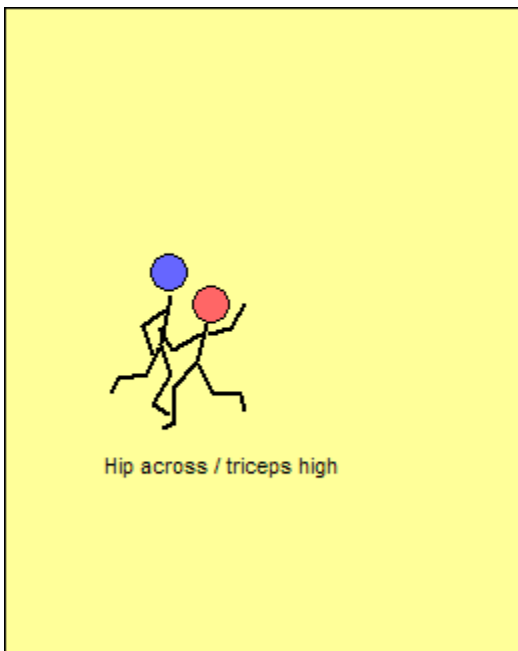
From this position the offensive player can try to push the defender (bulldozer). If the offensive player is in the correct position the defender should not be able to move him/her.



Go get the ball

3

If the defender sees that he/she can get the ball release from this position and go and get it. There is no point in back pivoting and being slow to the ball.



Pivot to seal the offensive player

4

If the ball is not coming directly to the defender he/she must be ready to seal off the defender.

Very rarely will the offensive player stand still. He/she will try to move around the defender. By keeping balanced contact it is very difficult for the offensive rebounder.

If the player attacks your back - back pivot
If the player attacks your front - front pivot

The key is to get the hip across and hold the rebounder with your triceps not your forearms or hands.

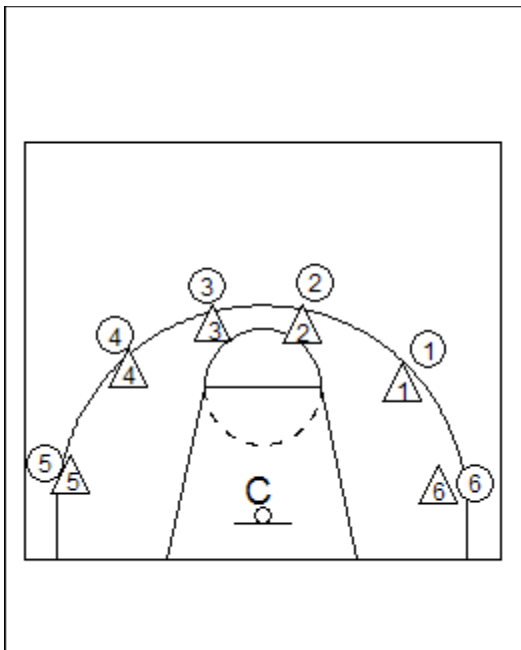
Teaching progression

Have the players' partner up by size and strength. The spread themselves out around the three point line as shown in the diagram.

The coach will guide the players at a very low speed and intensity to begin.

When the coach simulates a shot the offensive players do likewise. The defenders contest the shot and continue on to make contact. The coach checks to make sure of the correct positioning. All of the players should be looking at the rim.

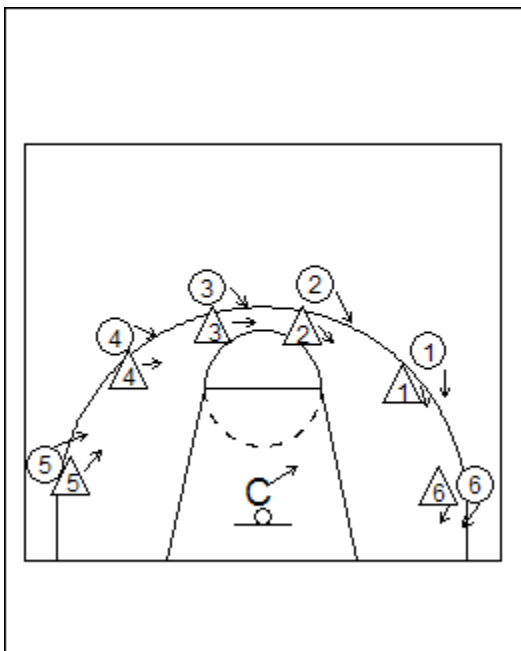
Now ask the defense to push forward (bull doze). This is to make sure the defenders have their bodies in the correct position.



Add direction

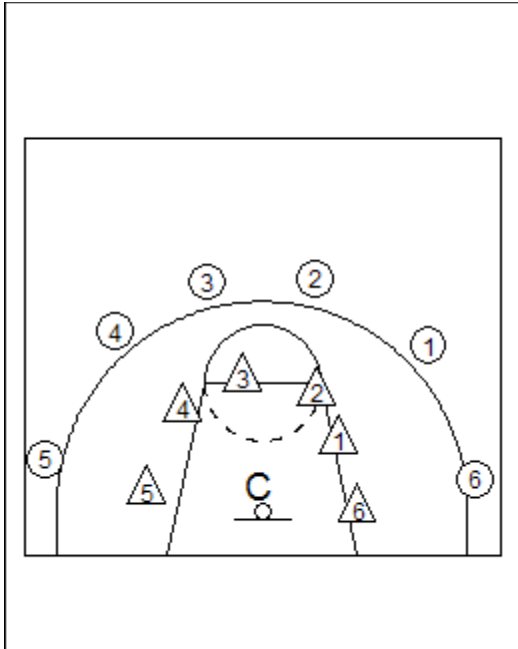
In this instance the coach now directs the offensive player to attack in one direction. The defender must step with the proper foot and get the hip across and the triceps high.

Note: It is not a good idea to teach rebounding with this many players going after a live ball. It is too congested and someone might get hurt. When the drill becomes live it is better to keep the number down to three to a basket.



Going from a help position

Now the player must move out of the key to find the offensive player. The key is to locate the player with both forearms up. Whichever way the player goes, now step across with the hip.



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