

# Drill

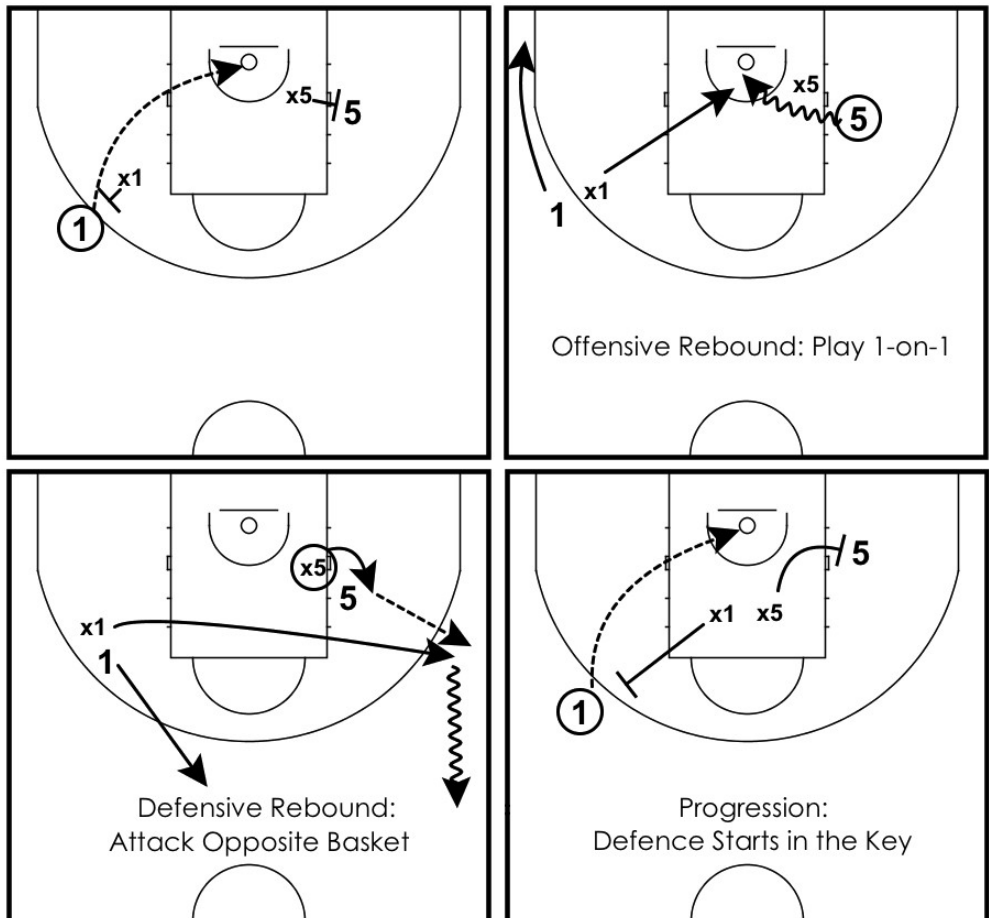
## Drill: 2-on-2 Rebounding (Rebounding Phase D)

**Goal:** Learning Goal: Rebound different types of players in different spots on the floor. Points of Emphasis: Grab the rebound & quickly move on to the next play.

**Equipment/#** - 4 players  
**players** - 1 ball -  
**needed:** 14 second shot clock

**Sketch:**

**Diagram:**



**Description:** Two teams (composed of a guard & a post each) match up on the perimeter & close to the basket. The offensive guard takes a shot & the defender calls "Shot!" loudly. Both defenders box out & the offensive players try to use fakes, spins & swim moves to get the ball. If there is an offensive rebound, try to go 1-on-1 or attack quickly. If there is a defensive rebound, outlet to the guard & transition to the other end. Count two & three point shots & add it to the team score.

Progression: To increase the challenge of boxing out, the defenders must

start in the paint. To simulate game situations, guards can box out posts & vice-versa. Add additional players to create 3-on-3, 4-on-4 or 5-on-5 situations. Use a fourteen second shot clock to push the tempo of play.

Time: 8-10 minutes or play a game to a certain score. Work:Pause Ratio: 1:2

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**Load(s):**  Physical  Mental  Technical  Pressure  
 Social/emotional

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**LTAD stage(s):**  Fundamentals  Learn to Train  Train to Train  
 Train to Compete  Train To Win

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**Categorie(s):**  Ball Handling  Defense  Dribbling  Dynamic 1 on 1  
 Footwork  Fundamental Movements  Passing  Picks  
 Principals/Actions  Rebounding  Screens  Shooting  
 Static 1 on 1

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**Phase(s):**  A  B  C  D

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