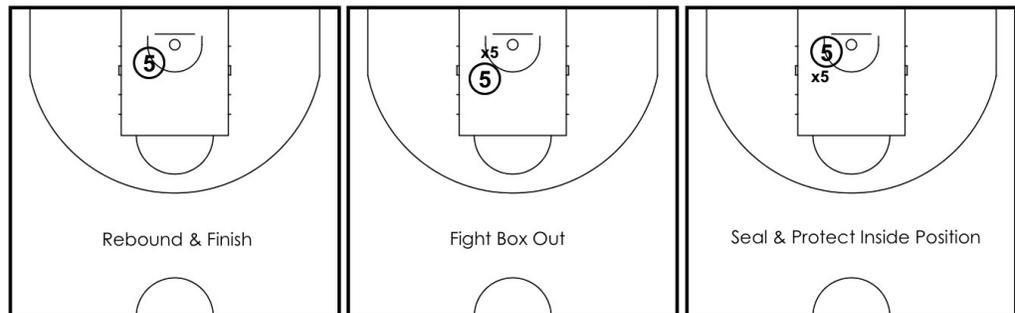


Drill

Drill: McHale Rebounding Drill (Rebounding Phase A)

Goal: Learning Goal: Rehearse skills & techniques for offensive & defensive rebounding. Points of Emphasis: Assume a low & balanced stance, engage core & keep elbows out.

Equipment/# - 1 or 2
players players
needed: - 1 ball

Sketch:**Diagram:**

Description: 1-on-0: The player throws the ball off the glass & rebounds the ball. The player keeps the ball high & scores. Begin by throwing the ball off the glass & making a power lay-up. The player can also practice: tips, dunks & post footwork.

Progression: Hold the ball high overhead, jump & bounce it off the glass. Come down & elevate immediately in order to score. A coach can use a blocking pad to simulate contact.

1-on-1: A defensive player starts on the inside. The offensive player throws the ball off the glass. The defender gets low & boxes out the offensive player, who jumps for the ball without reaching over the back or pushing. Then reverse the positions: the offense begins with inside position & the defender must use a swim move or drop-step in order to box out.

Progression: Keep score, counting baskets & taking points away for fouls. A coach can start with the ball on the opposite box & change the angle & trajectory of the shot.

Time: About five minutes in 1-on-0 (two players sharing a hoop) & five minutes in 1-on-1. Work:Pause Ratio: 1:2

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

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

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

Phase(s): A B C D
