

Drill

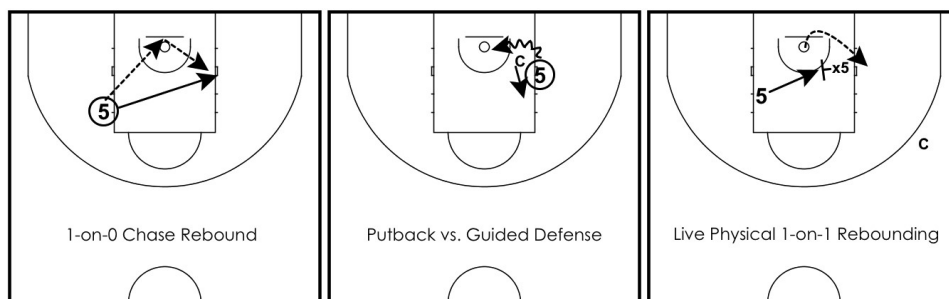
Drill: **Monster Rebounding Drill (Rebounding Phase B)**

Goal: Learning Goal: Rebound with athleticism. Points of Emphasis: Keep ball high & use body to protect the ball.

Equipment/# - 1 or 2
players players - 1
needed: basket - a blocking pad

Sketch:

Diagram:



Description: 1-on-0: The player starts outside the key & throws the ball high off the glass. The rebounder chases the ball & catches it at the height of their jump. Keep the ball high & finish.

Progression: Add simple moves like a front pivot, power dribble or pump-fake. A coach can play guided defense and give a read (middle or baseline) for the putback. Use a blocking pad to increase physicality.

1-on-1: The rebounder starts outside the key & throws the ball off the glass like before. A defender starts in the paint & meets them as they chase the rebound. Hit the offensive player & box out.

Progression: If there is an offensive rebound, play 1-on-1. If there is a defensive rebound, continue until the ball can be outlet to a teammate or a coach.

Time: 6-8 minutes. Work:Pause Ratio: 1:4

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

LTAD stage(s): Fundamentals Learn to Train Train to Train
 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

© 2018 Canada Basketball - Coach Education - 1 Westside Drive, Suite 11, Toronto, ON M9C
1B2
certification@basketball.ca Voice: 416-614-8037 Fax: 416-614-9570