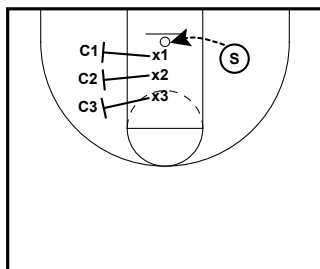


# 5th/6th Grade Rebounding

## 5th Grade Offensive & Defensive Rebounding

### 3 Man Crush



#### 3 offensive players, 3 defensive players

1. Defenders start on attack line
2. Coach shoots & defenders hit and go get rebound 3. Drill finishes with outlet
4. C1 tries to shove his guy under basket

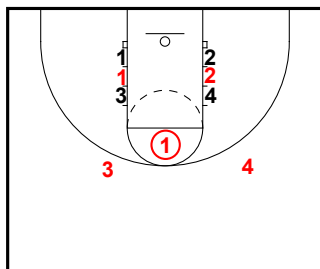
#### Coaching Points

- \*Go hit
- \*If offensive/defensive player is low, push them under the rim
- \*Go get the ball
- \*Pivot to outlet

#### Terminology

Hit & get it  
Push them under  
Front pivot

### FT Box Drill



#### 4 defensive players, 2 offensive players

1. Coach shoots FT
2. Defense boxes out
3. Offense goes for rebound - if rebounded, offense can score it or kick it out and play

#### Coaching Points - Offense

- \*Create space between defender
- \*Communicate with teammate
- \*Get in quick
- \*X, hit & spin, swim move

#### Coaching Points - Defense

- \*Initiate contact
- \*Step across their base & create space to rebound
- \*Pinch on best rebounder
- \*Identify who has shooter
- \*Stay on balance

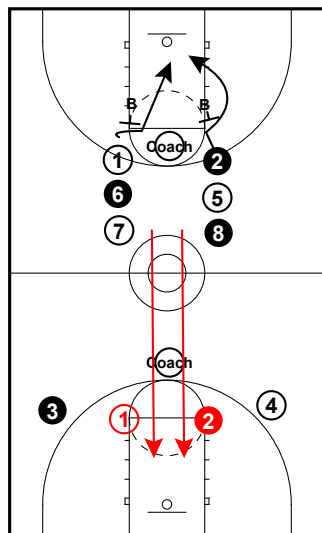
#### Terminology

X, hit & spin, swim move  
Pinch, shooter  
Power position  
Catch high, keep high  
Find open space

# 5th/6th Grade Rebounding

## 5th Grade Offensive & Defensive Rebounding

### Grizzly Rebounding



Teams split evenly and lined up as shown

1. 1 & 2 go hard after rebound while coaches/players with blocking pads hit them
2. 1 & 2 pursue the rebound and attempt score - they can defend each other
3. No fouls
4. On make by either 1 or 2, both players transition to other end and guard a player from the opposite team
5. Coach can pass the ball to the offensive players a few times - defense must adjust position
6. Coach shoots and defenders must block out while offense goes after rebound
7. Count total buckets and rebounds for each team - losers run

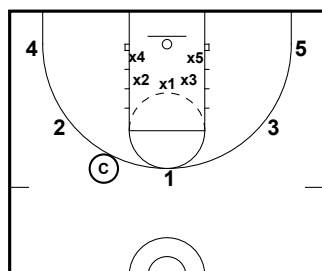
Coaching Points

1. Hard move by offense
2. Eyes on rim, find the ball
3. Strong to the rim - no fades
4. Go hit
5. Go get it

Terminology

Hit & spin  
Swim move  
Hit & go get it

### War



5v5, Live

1. When coach shoots, offensive players crash the boards and defensive players attempt to box them out and secure the rebound
2. If offense rebounds, they get an offensive possession to try to score.
3. Play a set number of possessions - defense must get 7 out of 10 rebounds
4. Offensive players should also be filling QB/FB responsibilities

Coaching Points

- \*Hit & go get it
- \*Find open space
- \*Refuse to be blocked out \*QB/FB

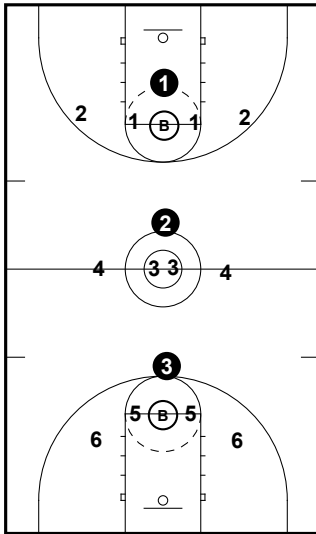
Terminology

Hit & go get it  
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# 5th/6th Grade Rebounding

## 5th Grade Offensive & Defensive Rebounding

### Rip, Tug, Pull



3 minutes - 1 minute at each - counting wins

Station 1 - players hold on to ball, try to rip it away on signal

Station 2 - players back to back in center circle trying push each other out

Station 3 - players face each other, coach tosses/rolls ball and players try to get loose ball

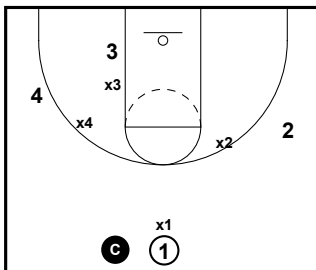
#### Coaching Points

\*The toughest team wins

#### Terminology

The toughest team wins

### 2 Ball Live



Teams of 3 or 4

1. Offensive - score to stay on offense

2. Defensive - stop to stay on defense

3. Teams play until one of the above happens depending on type of game

4. Coach can limit how offense can score, number of passes, use of post player, etc; can also require offense to run certain actions to start each possession

#### Coaching Points

\*Communication

\*All offensive & defensive concepts can be emphasized

#### Terminology

Game speed

Make the defense make a decision

Read the defense

Hard cuts

Draft drive

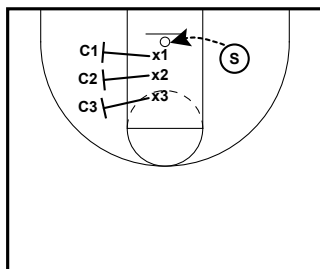
L Cuts

Exchanges

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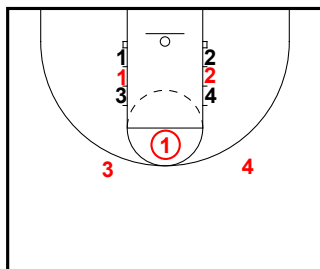
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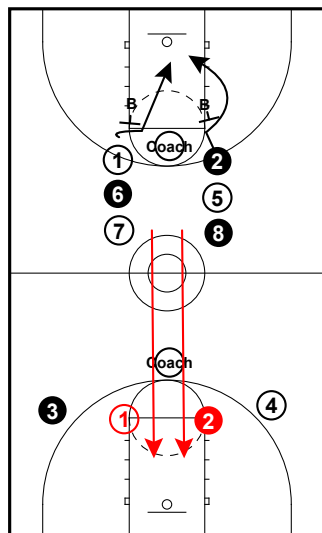
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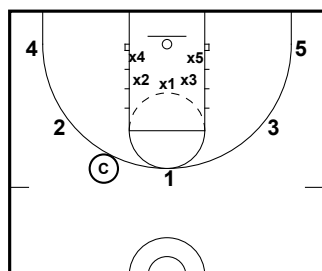
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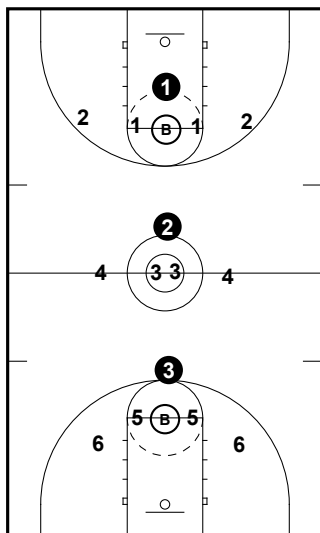
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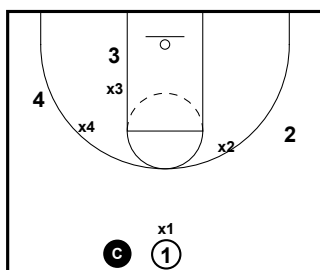
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