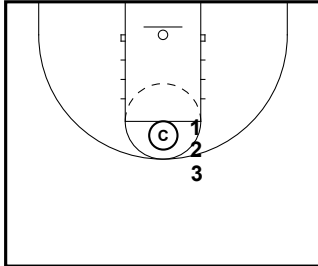


2nd/3rd/4th Grade Rebounding

2nd/3rd Grade Offensive Rebounding

Go Get It



Progress from 1v0 to 1v1 Token to 1v1 Live

1. Coach throws ball off rim/backboard
2. Player pursues ball at it's highest point
3. On rebound, player can finish or power position

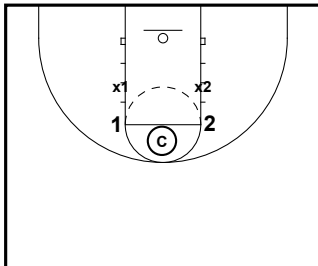
Coaching Points

- *Pursue ball with intensity
- *Be hard to block out
- *Catch it high, keep it high
- *Explode up - throw hands to ball

Terminology

Get loose, be slippery
Go get it
Catch it high, keep it high
Explode off the floor
Hit & spin, Swim move

Tandem Rebounding



Progress from 2v2 to 3v3

1. Coach throws ball off rim/backboard
2. Offense works together to get 1 player a good rebounding opportunity
3. On rebound, offense can score or power position

Coaching Points

- *Double up on a defender
- *Stay Loose
- *Be aggressive without fouling

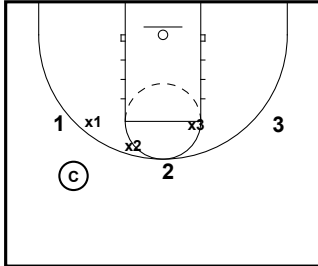
Terminology

Work together
Think like a basketball
Anticipate where it's going
Explode off the floor
Drive them under
Hit & spin, Swim move

2nd/3rd/4th Grade Rebounding

2nd/3rd Grade Offensive Rebounding

Rebound, Pivot, Kick



Progress 3v0 to 3v3 Token to 3v3 Live

1. Coach passes to player that shoots the ball
2. Players pursue rebound, secure ball, pivot to check the basket, then kick ball back to another player

Coaching Points

- *Use pivot to separate
- *If nothing after pivot, kick the ball out and play
- *Guards communicate "Kick, Kick, Kick"
- *Get to a space without the ball

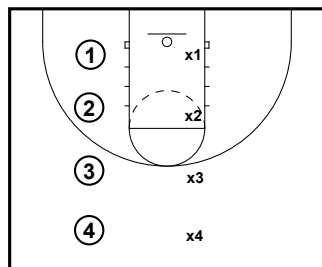
Terminology

- Move without the ball, no spectators
- Get open for the kickout
- Pivot to separate
- Don't settle
- Hit & spin, Swim move

2nd/3rd/4th Grade Rebounding

2nd/3rd Grade Defensive Rebounding

Form Box



Progression - Shot, 1 step right/left, Read

1. Coach calls shot
2. Player with ball pretends to shoot while defender closes out, hits him with forearm, and pivots properly based on the direction the offense goes.
3. Switch roles

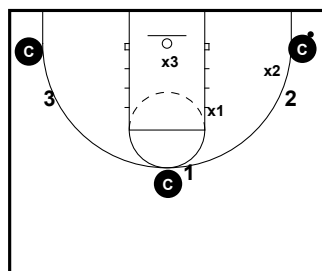
Coaching Points

- *Closeout & contest
- *Forearm on shooter
- *Pivot based on way offense goes
- *Stay on balance

Terminology

Hit & Go Get It

3 on 3 Box



3 Defensive rebounds to switch

1. Coaches pass the ball to each other while defenders adjust their position
2. On shot, defenders box out and pursue rebound

Coaching Points

- *Initiate contact
- *Stay on balance
- *Forearm and pivot
- *Loose ball

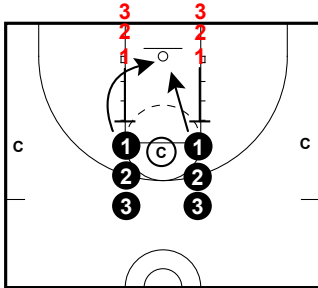
Terminology

Hit & get it
Do what we do
Explode off the floor
Power position
Pivot into outlet
1 and Done

2nd/3rd/4th Grade Rebounding

2nd/3rd Grade Defensive Rebounding

4 Minute Rebounding



4 min - switch places at 2 min

1. Counting rebounds for each team
2. Ball outletted to coaches on sidelines
3. Coach at FT line shoots each time

Coaching Points

- *Loose Ball - Go Get It
- *Compete
- *Hit & Spin, Swim Move

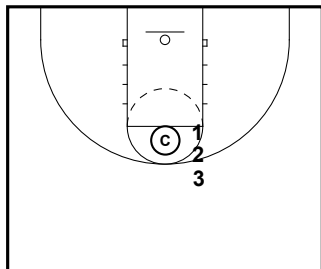
Terminology

- Hit & Get it
- Do What We Do
- Explode off the floor
- Power position
- Pivot into outlet
- 1 and Done

2nd/3rd/4th Grade Rebounding

4th Grade Offensive Rebounding

Go Get It



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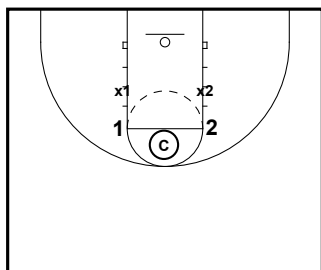
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Tandem Rebounding



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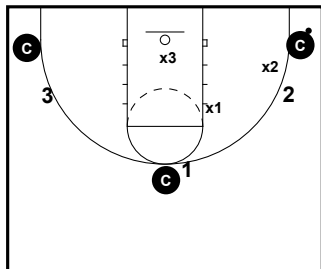
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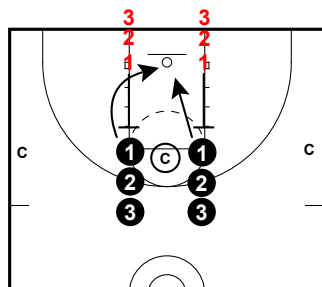
Terminology

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Power position
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2nd/3rd/4th Grade Rebounding

4th Grade Defensive Rebounding

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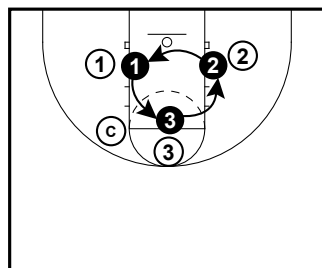
Coaching Points

- *Loose Ball - Go Get It
- *Compete
- *Hit & Spin, Swim Move

Terminology

Hit & Get it
Do What We Do
Explode off the floor
Power position
Pivot into outlet
1 and Done

Triangle Rebounding



3 defensive players, 3 offensive players

1. Coach begins drill by dribbling which triggers players to start shuffling in a circle
2. Each player hits offensive player as they shuffle by
3. When coach yells 'shot', players turn and box closest player
4. Coach then shoots ball - defensive players must hold box, then release and rebound

Coaching Points

- *Hit, Reverse Pivot, Release
- *Contact on box out
- *Communication

Terminology

Hit & get it
Do what we do
Explode off the floor
Power position
Pivot into outlet
1 and Done