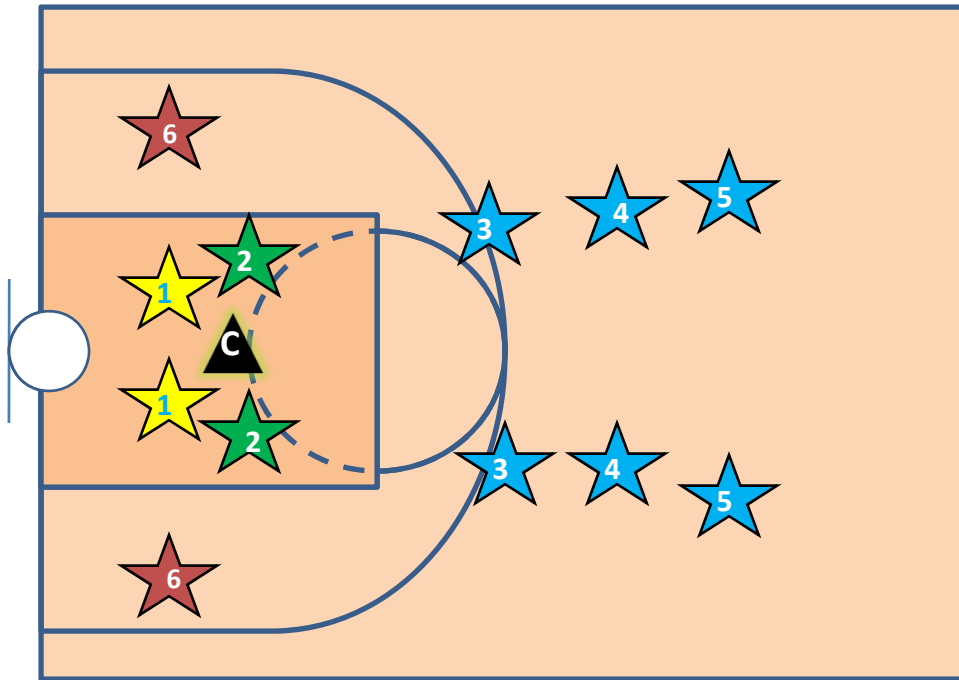


# 2-Man Rebound Drill

The purpose of this drill is to help with boxing out, rebounding and outlet passes.



## SET-UP

Two lines face hoop. Line 1 at left, Line 2 at right.

The coach ( c ) has the ball to start off.

The two players in yellow are defensive players.

The two players in green are offensive players.

## EXECUTION

Coach throws ball off the backboard

The job of the defensive players is to block out the green offensive players and get the rebound , pass it to the red player outside the lane on their side.

The job of the green offensive players is to fight for the rebound and shoot it back up and score.

Alternate first with the left side, then the right side.

## PLAYER ROTATION

1. offense 2. defense 3. outlet

4. return to offensive line on opposite side

## **Teaching Points: Defense:**

- 1- stay low, feet wide for balance, in a half-crouch position.
- 2- use their legs, rear end and body to contain the man
- 3- attack the boards
4. contain your man, see the ball, explode up, grab the ball and look for the outlet man.

## **Teaching Points: Offense**

- 1- be aggressive
- 2- anticipate the rebound, always figure the shot will miss
- 3- Put ball back up with power