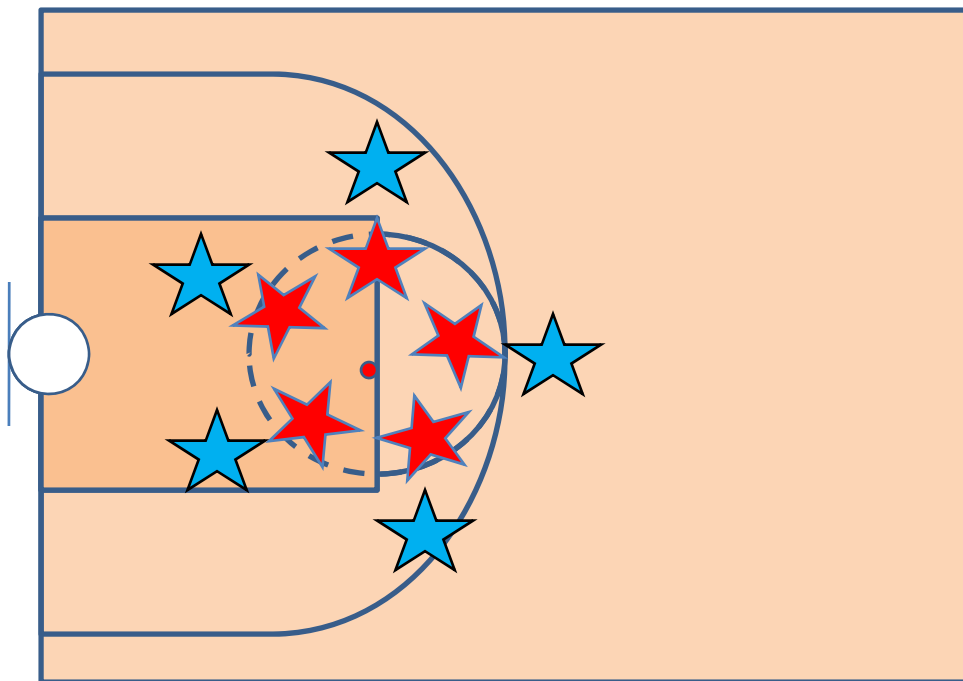


# Circle Box Out

This rebounding drill helps players use their body to box out a opponent.



## SET-UP

Arrange players in a circle, facing a ball laid out in the middle of circle.

Members of the blue team are on offense, going for the offensive rebound by touching the ball.

The red team are the defenders, using their bodies to box out the blue team. No hands are to be used except to touch ball.

## EXECUTION

Give them 10-15 seconds to do this, then blow whistle.

When a player reaches the ball, blow whistle and stop play.

Rotate the red/blue teams and let them all practice boxing out and getting around the boxing out opponent.

Give each team equal attempts, with the team that touches the ball scoring one point. Most points wins.