



Rebounds: Brick Mini Game

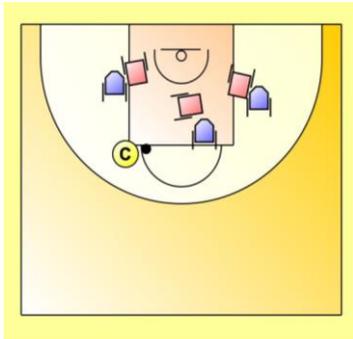


FIGURE 1

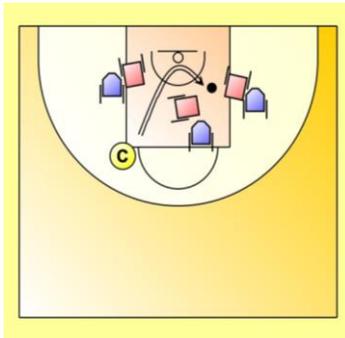


FIGURE 2

OBJECTIVE: To rebound, protect the ball and outlet quickly.

Setup: Players set up 3 on 3 or 4 on 4 in the key area.

Instructions:

1. Coach or designated player throws a bad shot that guarantees a rebound.
2. Defending players are set up to block out attackers (red) and get the rebound. Attacking players (blue) can try to find a gap to get the rebound. (Figure 1)
3. A point is awarded for a defensive rebound and the team stays on defense. (Figure 2)
4. For an offensive rebound, the attacking switches to defense to earn points.
5. Play to 7 points and switch groups.

Activity Rules / Games Approach:

- Brick shooter waits until defense is set up 1 on 1, then shoots.
- Brick shooter should vary the power and angle of the shot.
- Rebounder must outlet the ball within 2 seconds to the brick shooter.

Coaches Key Points:

- Defenders should cover the path of the attackers to deny them space.
- Defenders must make contact with the attacker's chair.
- Players should cover path and contact first, then look for the ball.
- Players should hold the rebound away from the attacker.
- Players can use a hook pass to outlet the ball quickly.

Variations/Loading:

- Score a point for defense only if the ball bounces untouched to the floor.
- Add a separate outlet.
- Allow attackers a chance at a put back to get an extra point.

Mental:

- Use a focus/refocus word between each brick shot.
- Players should maintain broad external focus on ball, with internal knowledge of where the attacker is.