



## Rebounds: Rebound Reward

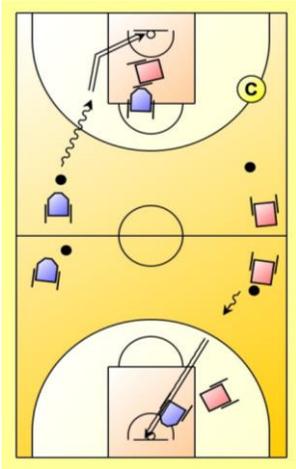


FIGURE 1

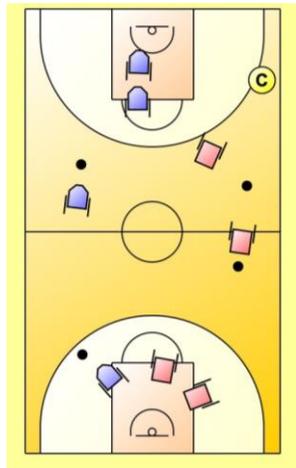


FIGURE 2

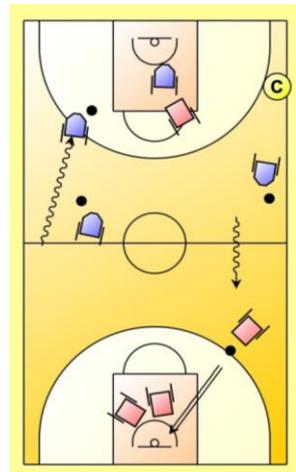


FIGURE 3

**OBJECTIVE:** To develop skills and strategies to boxout and be aggressive to anticipate rebounds on defense.

**Setup:** Divide players into 2 groups of 6-8 on each side of court.

**Instructions:**

1. 2-4 players with a ball at centre on either side. (Figure 1)
2. 2-3 rebounders battling for jockeying under the net. (Figure 1)
3. One ball carrier dribbles in and shoots just out of their range. (Figure 1)
4. Rebounders fight for the ball. Rebounder then outlets to coach, then gets ball right back and dribbles for a fast break layup, shoots just out of their range and the group under the net battles for the rebound. (Figure 2)
5. Fill the gap. Whoever didn't get rebound stays and tries to battle for a better position. (Figure 3)

**Activity Rules / Games Approach:**

- Count a point for each rebound shot made.
- Play to 11 points.

**Coaches Key Points:**

- Players should note the angle and power of the shot to anticipate the rebound.
- Players should make chair contact, if possible, to prevent others from getting to the ball.
- Players should pass quickly to outlet.
- The angle of the shot coming in, is likely the angle going out on the opposite side.

**Variations/Loading:**

- Allow shooter to rebound.
- Vary the distance of shot.

**Mental:**

- Players should have an aggressive mindset.
- Players should read the angle and power of the shot.