

30 TEAM REBOUNDING DRILLS

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HOW TO READ THE DIAGRAMS

1

This symbol indicates an offensive player that does not have possession of the basketball. The number will be between 1 and 5.

1

When a number is surrounded by a black circle this indicates that they are on the defensive team. The number will be between 1 and 5.

1

This symbol indicates an offensive player that does have possession of the basketball. The number will be between 1 and 5.



A straight, full-coloured line indicates a player is making a cut.



A dotted line indicates a player is making a pass.



A zig-zag line means a player is dribbling the basketball.



A line that ends with another line indicates a player is setting a screen.



This symbol similar to a hash indicates a hand-off between two players.



This symbol will represent either a cone or a chair depending on what you have available to you.

INTRODUCTION

Hey there,

Welcome to the '30 Team Rebounding Drills' eBook which is part of the '*Championship Coaching Course*'.

Rebounding drills have always been the most frequently requested drill type when coaches reach out to me via email or Twitter.

For that reason, it makes me incredibly happy to be able to share the following 30 rebounding drills with you to improve your team.

Before we get to the drills, let's discuss a few important aspects of rebounding to clear up a lot of the confusion coaches have with the rebounding process.

1. The #1 Trait of All Great Rebounders

Rebounding isn't rocket science.

The most important trait of all great rebounders has nothing to do with boxing out technique, where they're positioned on the shot, or who their opponent is...

The most important trait of all great rebounders is the desire to rebound.

They're committed to hustling after every rebound on every play.

While I don't agree with everything Mr. Barkley has to say, this is one quote from him that I love...



I always laugh when people ask me about rebounding techniques. I've got a technique It's called just go get the damn ball

— Charles Barkley

And also this quote from Mike Malone...



You don't need great skill to be a tough rebounder; being a rebounder is all about effort, determination, and physicality

— *Mike Malone*

2. 'Find. Hit. Get.' Method

This is the simplest method I've found to teach players of all ages how to successfully rebound on the defensive end of the floor.

I highly recommend that you use it too.

a. Find

As soon as a shot is taken by the opponent, all 5 defensive players on the court must immediately find an opponent to prevent offensive rebounds.

b. Hit

Don't worry... I don't want your players punching anyone on the opposition team.

'Hit' in this method refers to making contact with an opponent.

If the offensive player is close to the rim, this should be a box out.

If the offensive player is far from the rim, the defensive player should make contact with their forearm.

c. Get

Once contact has been made, the final part of great being a great rebounder is pursuing the basketball with determination.

Unfortunately, many coaches and players overlook the importance hustling after the rebound and instead focus all of their attention on the box out.

Once a player has established contact, encourage them to attack the ball and secure the rebound!

Good luck!

— Coach Mac

1-on-1 Rebounding

How the Drill Works:

This basic rebounding drill involves players competing one-on-one to rebound the basketball off a coach or player's shot attempt.

Purpose:

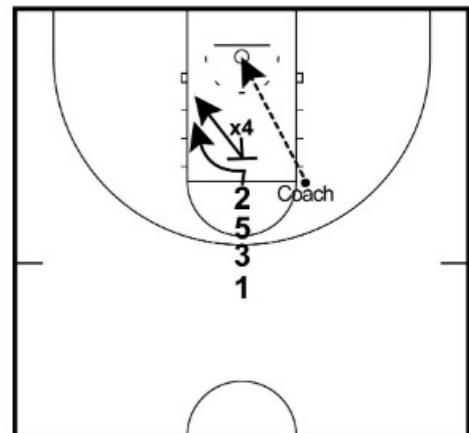
This is an easy drill for working on basic rebounding technique. Making contact, pursuing the basketball, using two hands, chinning the basketball, and outlet passing to the shooter.

Setup:

- One player starts in the middle of the key as the defender.
- One player starts on the free-throw line as the offensive player.
- The rest of the players line up in a straight line behind the free-throw line.
- One coach or player with a basketball on the elbow.

Instructions:

1. The drill begins with the coach or player taking a jump shot from the elbow. I recommend using a player.
2. The defender immediately steps out and makes contact with the opponent using their forearm as the offensive player attempt to establish rebounding position.
3. The two players then battle to secure the rebound.
4. The player that rebounds the basketball outlets to the shooter and then joins the end of the line.
5. The player that doesn't rebound is the defender for the next shot. This means if the offensive player grabs the rebound, the defender stays on defense for a second possession.



Variations:

More Players - This drill can also be ran 2-on-2 or 3-on-3. The same situation applies with the coach at the free-throw line, 3 defenders in the key, and 3 offensive players either on the elbows (2 players) or on the free-throw line and wings (3 players).

Play to a Score - A great variation of this drill is making the basketball live off the rebound. Once the basketball has been rebounded, both players play until one of them scores. This is great for working on scoring inside with pressure.

Coaching Points:

- The rebounder must make contact and then pursue the basketball.
- Players must rebound strong by using both hands, chinning the basketball, and attempting to grab the rebound at the peak of their jump.
- If a player is shooting they should not purposely miss the shot. Take a real shot and the basketball is still live for the rebound after a made shot.

2-on-2 Box Out

How the Drill Works:

Two offensive players attempt to offensive rebound against two defensive players boxing them out. Players are in pairs and receive 1 point for their team on each defensive rebound. If offense rebounds the basketball, they switch to defense and the previous defenders join the end of the line.

Purpose:

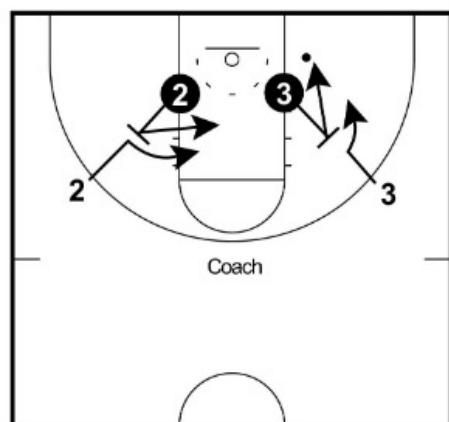
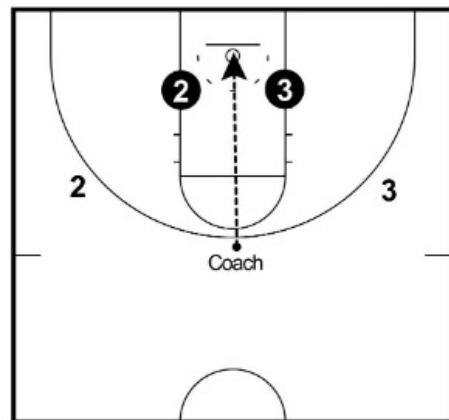
This fun, competitive drill works on rebounding technique, boxing out, and establishing good position to get a rebound. Great for offense and defense.

Setup:

- Players all find a partner.
- Two defensive players positioned on the low blocks.
- Two offensive players positioned on the wings.
- Coach or player at the top of the key with a basketball.

Instructions:

1. The drill begins with the coach or player with the basketball shooting from the top of the key.
2. Upon release of the shot, the two offensive players run in to position themselves for the offensive rebound.
3. The defenders must cut off their lane, make contact, and then establish position to secure the defensive rebound.
4. The four players then compete to secure the rebound.
5. If the defensive team gets the rebound they're rewarded with 1 point and stay on defense. The offensive players step out and 2 new players come in to offense.



- 6.** If the offensive team gets the rebound they're rewarded by becoming the defenders.
The previous defenders join the end of the line.

Scoring System:

- Teams can only receive points when they're on defense. 1 point for every defensive rebound.
- First team to reach a certain amount of points is the winner.

Variations:

Individual Scoring - Instead of recording scores as partners, players add up their point totals individually. This can be a beneficial variation if you have an odd number of players.

Number of Players - Instead of playing 2 on 2, get players into teams of three and play 3 on 3 instead.

Coaching Points:

- Defenders must make contact with the offensive players and cut off their path to the hoop.
- Don't stand still and box out - pursue the basketball!
- Let players be physical. This drill will develop toughness. But obviously don't let anything get out of hand. Keep an eye on the play at all times.
- The basketball is still live on a made shot. The coach or player shouldn't attempt to miss the shot.

23 Closeout

How the Drill Works:

Three offensive players are spread out around the perimeter and two defenders are inside the key circling each other. A coach will pass to one of the three offensive players and the two defenders must box out the other two offensive players who will be cutting to the rim to rebound.

Purpose:

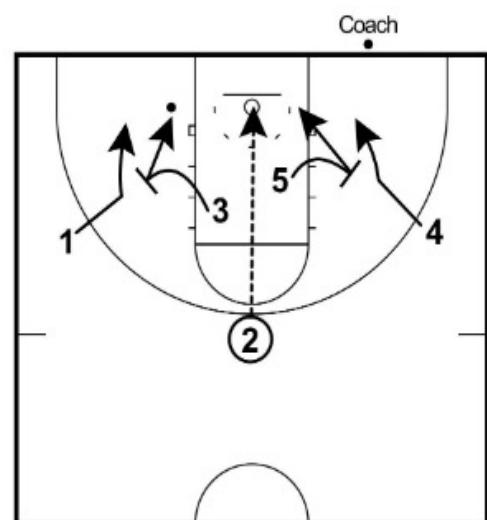
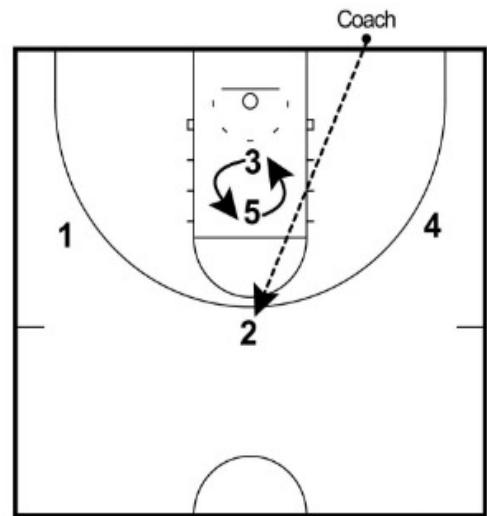
Requires the defenders to communicate with each other to determine who to box out. Works on the defenders stepping in the offensive player's path and cutting off their lane to the rim.

Setup:

- 2 defensive players start the drill inside the key.
- 3 offensive players are spread out around the perimeter. One at the top of the key and one on each of the wings.
- Coach is on the baseline with a basketball.

Instructions:

1. The drill starts with the offensive players running around in a small circle. This means the players won't know which offensive player to box out.
2. After a short amount of time, the coach passes to one of the offensive players who takes the shot.
3. The other two offensive players immediately cut to the rim looking to grab an offensive rebound.
4. The two defenders must communicate with each other and then box out the two offensive players cutting to the rim.



5. If the offensive players grab the rebound, the two defenders stay on defense.
6. If the defensive players grab the rebound, the two offensive players who cut to the rim now become the new defenders.

Variations:

3 In-a-Row - The defenders must get 3 defensive rebounds in a row before they swap with two of the offensive players from defense to offense.

No Circling - If you're coaching younger players, you can simply have them stand still at the start of the drill instead of circling around each other.

3 Defenders - You can add two players to the drill by adding an extra defender and an extra offensive player.

Coaching Points:

- Defenders should first aim to cut off the opponents path to the rim by making contact and then pivoting around to find and pursue the basketball.
- The defenders have a much better chance of stopping the offensive players cut if they're down in a low stance when they make contact.
- The shooter isn't part of the play after taking the shot. They're not allowed to rebound.

Battle Boards

How the Drill Works:

Two groups competing against each other. Drill starts with 2 offensive players and 2 defensive players on the elbows. A coach or player shoots the basketball and the 4 players must battle to secure the rebound. If the defensive team rebounds, they receive one point. If the offensive team rebounds, that's one strike. On 3 strikes the teams switch places.

Purpose:

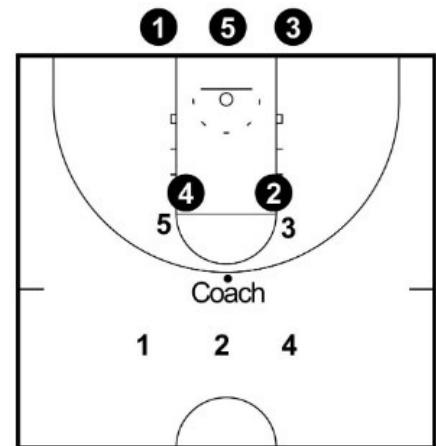
A tough rebounding drill that encourages players to make contact and then pursue the basketball to secure the rebound.

Setup:

- Start by splitting the team into two even groups.
- One group starts on the baseline (defensive team).
- One group starts above the three-point line (offensive team).
- The coach has a basketball.

Instructions:

1. The drill begins with one offensive player and one defensive player on each of the high post elbows (4 players total).
2. A coach or player will then shoot the basketball from the top of the key.
3. Once the basketball is released, the players start working hard to establish best position for the rebound.
4. On either a make or miss, one of the players must secure the rebound and the drill is over.
5. The basketball is then passed back to the top of the key and a new 4 players set up to begin the drill.



Scoring System:

- The goal is for the defensive team to secure as many rebounds as possible before the offensive team grabs 3 rebounds.
- For each defensive rebound secured, the defensive teams gets 1 point.
- Once the offensive teams grabs their third rebounds (3 strikes), the teams switch roles.
- Whichever team finished with the most points at the end of the drills is the winner!

Variations:

3 Pairs of Players - If you have a large group, you can add a third pair to the drill which means there will be 6 players fighting for the rebound.

Offensive Player Shoots - Instead of the first shot not meaning anything, the offensive team can rotate through who shoots the shot. On a make, the offensive teams gets one bonus point.

Both Ends of the Court - If you have another coach at practice and a large team, split them up into 4 groups and run the drill at both ends of the floor.

Coaching Points:

- Do keep in mind that this is a physical drill. Don't let them players get out of hand with unnecessary pushing. Call fouls if you need to.
- The defensive rebounders must make contact and then pursue the basketball. Don't wait until the basketball hits the floor.
- Players don't have to match up on players a similar size to them. It's good to get bigs playing on guards and guards playing on bigs occasionally.

Bulldog Rebounding

How the Drill Works:

The drill begins with 3 players inside the key and one shooter outside. The shooter puts up the shot and make or miss the 3 players inside must fight for the rebound and compete until a score. After each score they pass out to the shooter and the drill starts again.

Purpose:

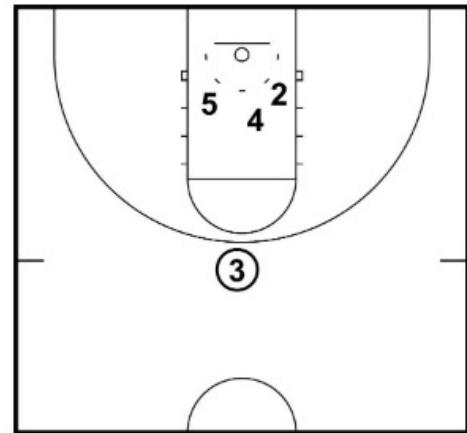
This is a great drill to teach rebounding within a competitive environment. The three players inside will be forced to be physical, establish position, and pursue the rebound.

Setup:

- One player or coach on the free-throw line or three-point line with a basketball.
- Three players inside the key.

Instructions:

1. The drill begins with the shooter taking the shot from the top of the key.
2. The three players must immediately fight to establish positioning on the inside and attempt to rebound the basketball on either a make or a miss.
3. After establishing the rebound, the player with the basketball must attempt to score while the other two defenders play defense.
4. This continues until one of the players makes a basket.
5. After a made basket, the basketball is passed out to the shooter and the drill begins again.



Scoring System:

- First player to make three baskets wins the game.

Variations:

Two Players Rebounding - You can make this into a 2 player drill by removing one of the three inside. I wouldn't recommend making it a 4 player drill as the offensive player will have too hard of a time scoring.

Increase Number of Points to Win - Instead of the player who scores the first 3 baskets win, change it to the first player to make 5 or 7 baskets wins.

Coaching Points:

- Always have a coach or parent to monitor how physical the drill gets. Allow players to be physical, but nothing extreme. Must be consistent.
- Encourage players to establish position early.
- When players go up for the rebound, they should be going up with two hands!

Connecticut Rebounding

How the Drill Works:

The coach calls out 3 players from 5 offensive lines to go for an offensive rebound as a player shoots the basketball. The 3 defenders must box out the chosen players and rebound the basketball.

Purpose:

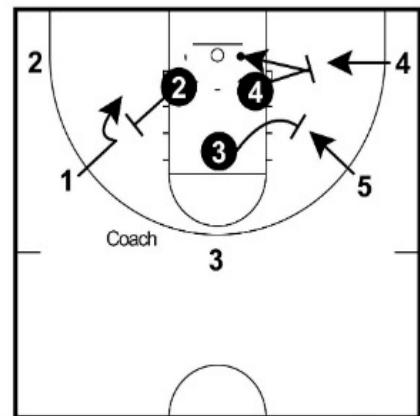
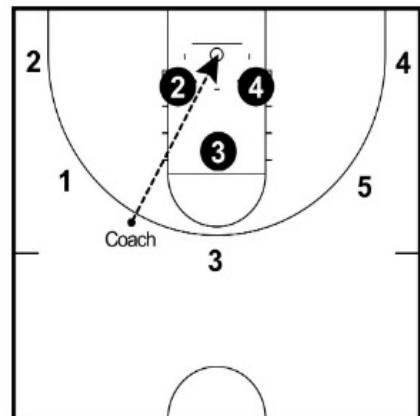
This is one of my favorite competitive drills as it works on all aspects of rebounding. The 3 defenders must communicate, put a body on the offensive players, box out, and then secure rebound.

Setup:

- 3 defensive players start inside the key. They can set up however they want but the recommended formation is a triangle.
- 5 players spread out around the three-point line.
- The rest of the players lining up behind the perimeter players.
- Coach/player has one basketball.

Instructions:

1. The drill begins with the coach calling out 3 numbers (example: 1, 4, 5) and the coach or a player shooting the basketball at the same time.
2. The offensive players called out immediately run in for the offensive rebound.
3. The three defenders must communicate with each other, make contact with the offensive players, and then pursue the rebound.
4. Once the rebound has been secured by either team, the drill is over and the basketball is passed back to the coach.



5. The defense must get 3 straight defensive rebounds to rotate out of defense. The next 3 defenders in are those that were the offensive players on the final possession.

Variations:

Different Rotations - Instead of 3 straight rebounds, the offensive player that was boxed out by the defensive player who secured the rotates to defense on each possession. If it was an offensive player who rebounded the basketball, all 3 defenders stay.

4 on 4 - Add an extra offensive and defensive player. If you choose to do this, I recommend adding an extra player to make 6 perimeter players. That way there's more variation on who the defenders have to box out.

Players Shoot - Instead of the coach shooting the basketball, get one of the players who is out of the play to shoot.

Coaching Points:

- The coach or player should be attempting to make the shot. If the shot is made, the basketball is still live and players must fight for the rebound.
- Make sure that you explain to the players which line equals which number before starting the drill.
- There is no out-of-bounds during this drill. Players must battle for the rebound until it's secured.
- Ensure the defenders are stepping into the path of the offensive player and making contact. Once contact is made they must find and pursue the basketball.
- Allow the drill to be physical - but not dangerous. It's a great drill for developing toughness, but you'll know when players are being too rough with contact.
- Defensive communication is the most important part of this drill. Players must know who is boxing out each offensive player.

Evolution

How the Drill Works:

In this drill defensive players are required to constantly adjust their defensive positioning depending on where the basketball is on the floor using the team's rules. The offense passes the basketball around until the coach calls out 'shot'. The player with the basketball shoots and the defenders must box out their opponent and secure the rebound.

Purpose:

This drill allows players to practice being in the correct positions on defense (on-ball, denying, and help) and practices boxing out and rebounding from those positions.

Setup:

- 4 offensive players are spread out around the three-point line.
- One of the offensive players has a basketball.
- 4 defenders are in the correct defensive positions depending on where the basketball is.

Instructions:

1. The offensive players start the drill by passing the basketball around. They can pass to any of the offensive players but must wait until the defense is in position before making the next pass.
2. The defenders constantly adjust their defensive positioning depending on the team's rules.
3. After 5 - 7 passes, the coach calls out 'Shot!' and the defenders must box out their opponents and secure the rebound.
4. The three offensive players without the basketball sprint in to attempt to grab an offensive rebound.



5. If the defense secures the rebound, the rep is over. If the offense secures the rebound, the basketball is live and the offense attempts to score.

Variations:

Different Number of Players - This drill can be used from 2-on-2 to 5-on-5. If 2-on-2 is played, the defenders constantly adjust to on-ball or help and when the shot is taken the offensive player without the basketball and the defender in help position battle to secure the rebound.

Leads to Full-Court Game - On the defensive rebound, the drill transitions into an up-and-back competitive game. While the players fight for the rebound, the shooter must always retreat back as safety.

Coaching Points:

- The shooter should never follow their shot. We want confident players practicing their shooting form and not rushing their shot during this drill. They should also retreat back to defense.
- The defenders shouldn't attempt to steal the basketball when the offensive players are passing it around. The focus is on being in the correct defensive positions.
- This is a great drill for teaching players to find an opponent, make contact, and box out when they're in help position. Coaches don't teach this enough.
- Where players are positioned as the basketball is being rotated will depend on the team's defensive philosophy. For example, if your team runs man-to-man players one-pass away will deny the basketball. But if you play Pack Line they will be in help position.
- As always, cutting off the offensive player and making contact is incredibly important for player who were in help position.

Golden Egg

How the Drill Works:

4 pairs of players are spread out around the free-throw circle or center circle. One of the players is on offense and one on defense. There is a basketball in the middle of the circle. On the coach's call, the defenders have to keep the offensive players away from the basketball using boxing out technique.

Purpose:

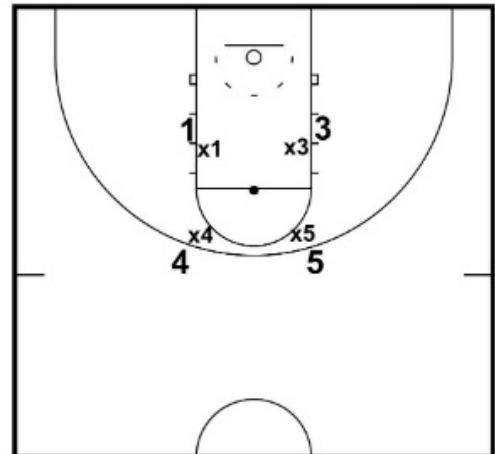
This is a great drill for teaching players the basics of how to box out and also encouraging them to be physical with their box outs.

Setup:

- Players get into pairs of similar position. One on offense and one on defense.
- The defenders are positioned around the circle with the offensive player in front of them.
- A basketball is in the middle of the circle.

Instructions:

1. On the coach's call, without pushing and fouling, the offensive players attempt to get inside the circle and secure the basketball.
2. The defenders must make contact with the offensive players, get in box out position, and then do their best to keep the offensive players out of the circle.
3. The goal is for the defensive team to keep the offense away from the basketball for 5 seconds.
4. The pairs then switch position every 3 - 5 turns.



Variations:

Different Number of Players - You can use this drill from 1-on-1 to 5-on-5. After 5 pairs, there's simply too many offensive players for the drill to be effective.

More Groups - If you have more than 10 players, split up into two separate games instead of making players wait for their turn. Keep everyone involved.

Coaching Points:

- Before using the drill make sure to go over correct box out technique with your players. They should start by facing the defender, then when the defender picks a side to attack, they make contact with them (bump them), and then pivot around into the box out.
- When boxing out, ensure the defenders are getting their backsides into the offensive player and keeping their arms out wide to take up more space.
- Balance is very important for the defenders. Make sure they're low and wide, taking up a lot of space. The lower they are, the more strength they'll have to hold off the offensive player.
- The defender must keep constant contact with the offensive player throughout the drill. If they lose contact, the offensive player can easily slip around and grab the basketball.

Let It Bounce!

How the Drill Works:

Three defensive players attempt to prevent three offensive players from touching the basketball before it bounces on the floor after a player or coach shoots.

Purpose:

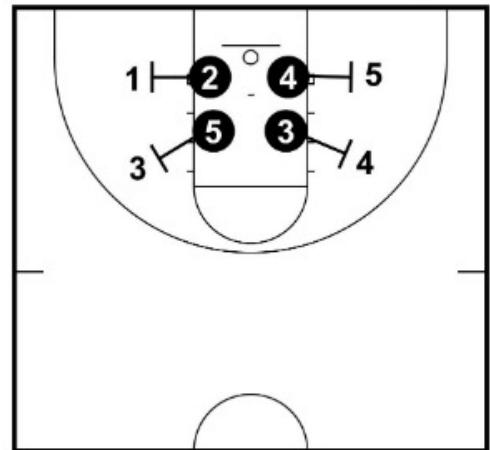
A fun variation to regular rebounding drills that all players enjoy. Defensive players box out their opponents and use their body to keep good positioning and prevent the offense from getting around and rebounding the basketball.

Setup:

- 3 offensive players spread around midrange. One on the free-throw line and one on each wing.
- 3 defensive players start inside the key.
- Coach or player has the basketball on an elbow.

Instructions:

1. The coach starts the drill by shooting from one of the elbows.
2. The defenders must immediately sprint out and get a body on the offensive players who are running in looking to grab an offensive rebound.
3. Instead of pursuing the basketball after making contact, the defenders attempt to hold their box out and allow the basketball to bounce.
4. If the defense succeeds, the rep is over. If the offensive team secures the rebound, the ball is live and they attempt to score.



Variations:

More or Less Players - This drill can be run with any number of players although I recommend either 2-on-2 or 3-on-3 for best results.

Competition - Split the group up into two teams and award points for offensive rebounds before the basketball touches the floor and for the defense boxing out until the basketball bounces.

Coaching Points:

- The defenders must box out for as long as possible and the offensive players must pursue the basketball until they touch it. If the basketball can bounce more than once, even better for the defense.
- Defenders must seek the offensive player out and make contact before finding the basketball with their eyes. Use the forearm to make contact and the pivot around to box out.
- Defense must be strong with their arms out wide to prevent the offensive players from getting around the easily.
- Watch out for the offensive players pushing the defense in the back. Allow the players to be physical, but don't let it get out of hand.

Mismatch Rebounding

How the Drill Works:

4-on-4 drill with two post players in the corners and two guards on the wings. Defensively, you start off matched up against your appropriate position. The coach will shoot the ball and the bigs must rotate up to block out the guards and the guards must rotate down and block out the bigs.

Purpose:

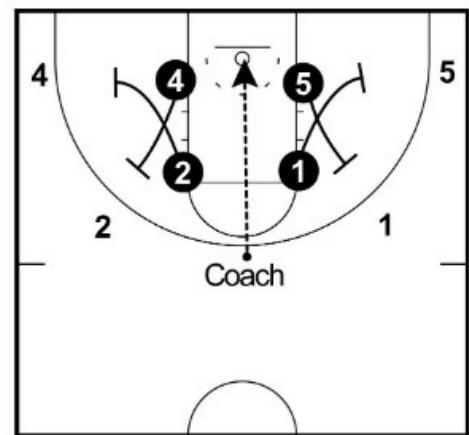
This is a great drill that works on your players' ability to block out someone that is not the same position as them. Often in games, you will be in rotation due to someone getting beaten off the dribble. This drill works on players rebounding against mismatches. Bigs will be forced to rebound against quicker players and guards will have to rebound against bigger players.

Setup:

- 4 offensive players located along the perimeter.
- 4 defensive players located on the two blocks and the two elbows.
- Biggest players are on the blocks and guards are on the elbows.
- Coach is standing on the perimeter at the top of the key with a basketball.

Instructions:

1. The drill starts with the coach shooting the basketball.
2. On the shot, the defenders rotate and block out the offensive player sprinting in to rebound.
3. The post defenders on the block rotate up to block out the guards and the guards rotate down to block out post players.
4. If the defense secures the rebound, the rep is over. If the offensive team rebounds the basketball, the play is live and they attempt to score.



Variations:

Any player in any position - The drill can be ran with a player of any position on any of the 8 starting spots. While there might not be mismatches anymore, players are working on blocking out after a rotation.

Three pairs of players - Instead of 4 defenders and 4 offensive players, you can begin the drill with 3 of each. 2 on the blocks and one in the middle of the free-throw line. On the shot, players must rotate in one direction in the form of a triangle and block out.

Coaching Points:

- Challenging your big players during this drill to be physical. The big guys crashing the offensive glass should be pursuing the rebound.
- The guards need to use the momentum of the big guys crashing and continue to force them the direction in which they are going to get the offensive rebound. Guards should try to not allow them into the paint.
- After blocking out, make sure your players are pursuing the rebound.
- There is no out-of-bounds in this drill. Players must fight to secure the rebound until someone gets it!

No-Ball Rebounding

How the Drill Works:

Players practice the technique of boxing out their opponents and then pursuing the rebound without the actual use of a basketball in the drill.

Purpose:

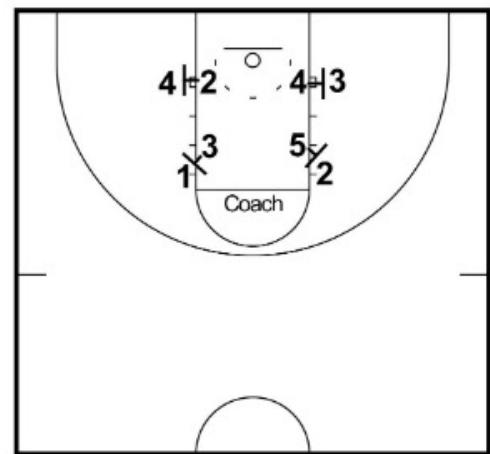
By not including a basketball in the drill, player can focus 100% of their attention on boxing out and rebounding with correct technique.

Setup:

- 4 defensive players positioned around the key. Two on the low blocks and two on the elbows.
- The rest of the players lined up evenly behind these four players.
- Coach on the free-throw line.

Instructions:

1. The drill must start with the coach explaining and demonstrating correct rebounding technique.
2. The coach then shoots an imaginary basketball and calls out "shot!"
3. All players must make contact with the player in the line behind them, box them out, and then take two steps to the rim and jump up to catch an imaginary basketball.
4. These 4 offensive players then join the back of the line and 4 new offensive players complete the drill.



Variations:

More or Less Players - Ideally players should be in pairs so that they're involved in every possession of the drill. If you have more than 8 players, find another coach or parents to run the drill on the opposite end of the court.

Coaching Points:

- When boxing out players need to make contact with their forearm, pivot around and box out in a low and wide stance, and then pursue the basketball.
- Players must keep their arms out wide when boxing out to hold back any defender that would try to get around them during the game.
- Don't run this drill for too long. While effective and important, it's not a drill players love doing since it involves no basketballs. That's important to take into account.

Numbers Rebounding

How the Drill Works:

The drill begins with 4 defensive players in a line inside the key and 4 offensive players spaced out around the perimeter. The coach passes to one of the offensive players and calls out a number. The defensive player assigned that number must sprint and closeout on the basketball while the other 3 communicate and box out. Defence must get 3 stops in a row.

Purpose:

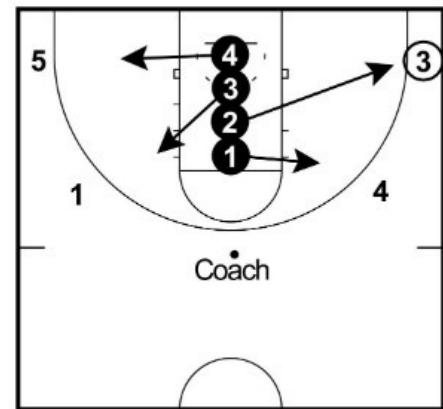
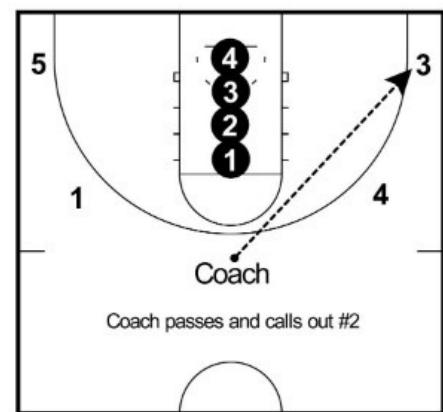
This rebounding drill puts a high importance on players communication between defensive players. It's also a great drill for working on making contact and then pursuing the basketball.

Setup:

- 4 defensive players in a straight line in the key.
- 4 offensive players spaced out around the 3-point line.
- Each defender is assigned a number based on where they are in the line. Top player is #1, bottom player #4, and middle players are #2 and #3.
- Coach has a basketball.

Instructions:

1. The drill begins with the coach passing the basketball to any of the offensive players and calling out a random number between 1 and 4.
2. Whichever number the coach selects must closeout on the basketball.
3. The offensive player is allowed a maximum of 2 dribbles to get a shot off but can shoot it immediately if they choose to.
4. The other 3 players must communicate with each other and quickly work out the who is going to box out each offensive player.



5. The defenders make contact with the offensive players on the shot and then pursue the basketball to secure the rebound.
6. If the offensive team gets the rebound, the ball is live until a score or a stop.
7. Once the defense gets 3 defensive rebounds in a row, they switch out and become offensive players and 4 new defenders come in.

Scoring System:

- The goal is for the defensive teams to get 3 defensive rebounds in a row. When they accomplish that, 4 new defenders come in and must do the same.

Variations:

3 Pairs of Players - Instead of using 4 offensive and defensive players, use a different amount instead if you need to. I've found 4 to work the best.

Both Ends of the Court - If you have a large group and another coach, split the team up into 2 groups so that you don't have people waiting around too long to get in the drill.

Number of Dribbles - The coach can choose between allowing the offensive player who catches the basketball to take 2 dribbles, 1 dribble, or no dribble. I recommend a variation.

Coaching Points:

- The defenders who aren't closing out must seek contact with their opponent, block off their line to the basket, and then pursue the basketball.
- The player shooting shouldn't follow their shot. We want them 100% focused on shooting and making the jump shot.
- The player closing out must have high hands and short choppy steps to absorb the dribble.
- Players must be hustling after every rebound!

Off the Glass

How the Drill Works:

Players in a line continuously pass the basketball off one side of the backboard by jumping high in the air, rebounding the basketball, and passing back off the backboard before touching the ground. The next player in line must follow close behind and repeat this process. After their rebound, players sprint to the end of the line and get ready to repeat the process.

Purpose:

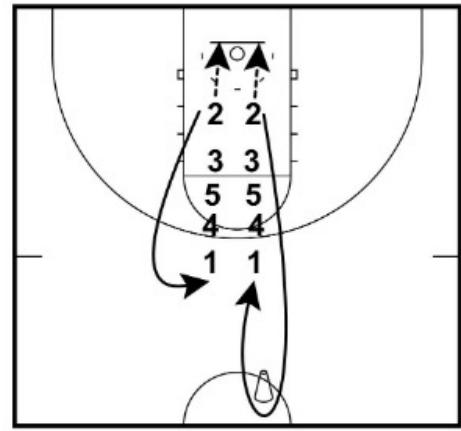
This is a great rebounding and conditioning drill that will teach player to time the rebound so that they're catching at the highest point of their jump.

Setup:

- The team forms one line beginning at the free-throw line.
- The first player in the line has a basketball.

Instructions:

1. The first player starts the drill by softly passing the basketball off the backboard.
2. They then follow the basketball and quickly jump up, catch the basketball in the air, and then softly pass the basketball off the backboard again for the next player before sprinting to the end of the line.
3. The second player in line jumps up, rebounds the basketball in the air, and again softly passes the basketball off the backboard for the next player.
4. The drill continues in this manner for a set amount of time.



Variations:

Improve Conditioning - To make players work harder and improve their conditioning, add a cone down the court that all players must sprint around before joining the end of the line. You can adjust the positioning of this cone depending on the age and fitness of the players you're coaching.

Two Lines - If you have a large group, split the team up into two lines on either side of the backboard instead of keeping all players in one line.

Switch Lines - If you are using two lines, you can have players alternate lines after each tip instead of returning to the same line.

Coaching Points:

- The basketball should stay in the air the entire drill and no player should be touching the ground while touching the basketball.
- Players should be catching and passing the basketball near the apex of their jump.
- Passes off the backboard must be soft so that it's easy to catch for the next player in line.
- Very important that players are giving 100% effort as it's a great conditioning drill.

Opposite Box Out

How the Drill Works:

One player starts in the key with a basketball surrounded by 4 players spread out evenly around the perimeter. The player with the basketball must pass to the player closest to them and then box out the player opposite the shooter. If the offense rebounds the basketball, they become the defender. The first player to secure 10 defensive rebounds is the winner.

Purpose:

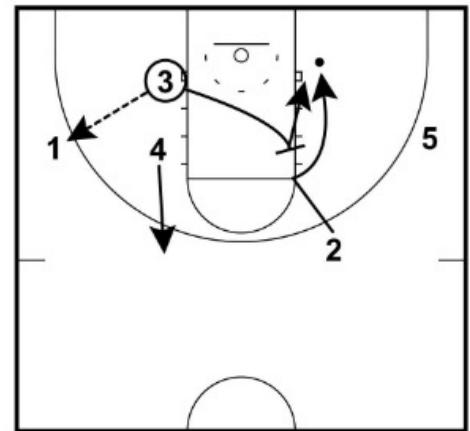
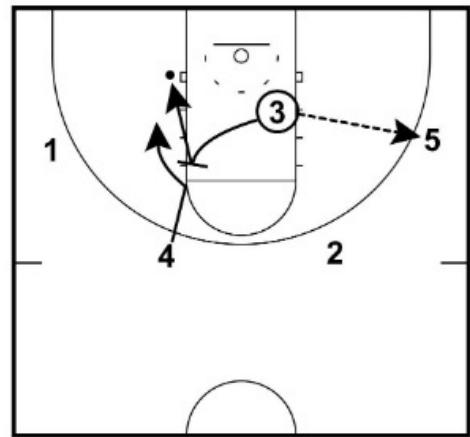
This drill works on blocking off and blocking out players cutting towards the basketball for an offensive rebound. It's also a great drill for developing toughness and improving conditioning.

Setup:

- One player starts with a basketball inside the key (defender).
- 4 players evenly spaced out around the three-point line.

Instructions:

1. The defender starts the drill by passing to either of the 4 players around the perimeter who immediately takes the shot.
2. The defender then boxes out the player opposite the shooter who will be cutting to the basket looking to grab an offensive rebound.
3. If the defender is able to secure the rebound, they receive one point and must pass to the offensive player closest to them and repeat blocking out the player opposite the shooter.
4. If the offensive player grabs the rebound, the immediately pass to the offensive player closest to them and then box out the shooter opposite.
5. This process continues until one player has secured 10 defensive rebounds.



Scoring System:

- The first player to secure 10 defensive rebounds is the winner of the drill.
- Players receive 1 point for every defensive rebound.
- Players don't receive points for offensive rebounds.

Variations:

Less Points to Win - If 10 points seems like too much for your players, lower the target point total to 5 or 7 points.

Points for Made Shots - A great variation to this drill is to give players 1 point for every made three-point shot. If you decide to implement this, consider raising the point total from 10 to 15.

Coaching Points:

- The defender must focus on cutting off the offensive players cut to the basket by making contact with their forearm and holding a strong base. The defender can't push or bump or it will be called a foul during a game.
- If the shot is made, the basketball is live and the player who rebounds will still receive points.
- The footwork when boxing out is incredibly important during this drill.

Outlet and Run

How the Drill Works:

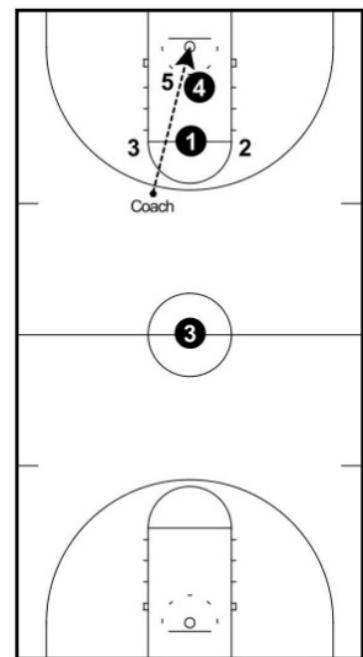
Two players start inside the key battling for the rebound. Whichever player secures the rebound becomes offense and must find the open outlet pass. The drill then leads into a 3 on 3 small-sided game up and back.

Purpose:

The main focus on the drill is quickly finding the open outlet pass off the rebound. This requires communication from the offensive wing players. It also works on transition offense and defense.

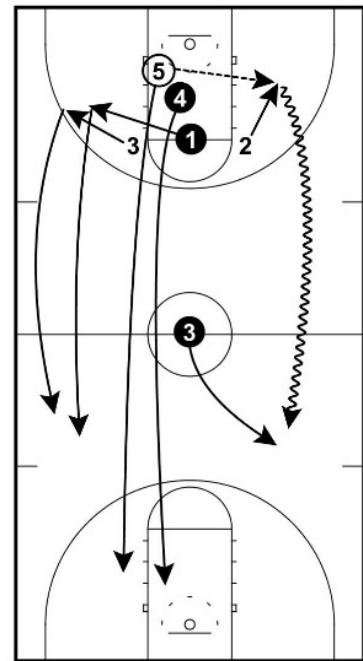
Setup:

- 2 players start under the basket who will be battling for the rebound.
- 2 offensive players start on the elbows.
- 1 defensive player starts in the middle of the free-throw line.
- 1 defensive player starts at half-court.
- Coach is somewhere on the floor with a basketball.



Instructions:

1. The drill begins with the coach shooting the basketball.
2. The two players under the rim fight for the rebound and one of them secures it.
3. Whichever player this is becomes offense and must outlet the basketball to one of the offensive players who have cut out to the wing and are communicating. The defender is attempting to deny this pass.
4. After the outlet pass, all players transition down the court in a game of 3 on 3.



5. Roles reverse on a change of possession and the defenders swap to offense and attack coming back down the court.

Variations:

Half-Court Defender Comes Up - Instead of starting the half-court defender at half-way, you can bring them up the court and force the offensive wing players to get themselves open.

Coaching Points:

- The offensive players need to spread off the elbows on the initial shot. This forces the defender between them to choose which side they're going to deny leaving one of the outlet passes open.
- Super important that the wing players are talking to the post player that rebounds the basketball so that they know which direction to outlet to.
- The player who doesn't rebound the basketball should pressure the outlet pass.
- Emphasise that the drill is a transition drill and players should look to score quickly when they transition to offense.

Paint Combat

How the Drill Works:

A competitive game of 1-on-1 with passers around the three-point line. On a defensive rebound or score, the player must pass out to one of the players around the perimeter and then receive the pass back before they can attempt to score. First player to reach a set amount of points wins.

Purpose:

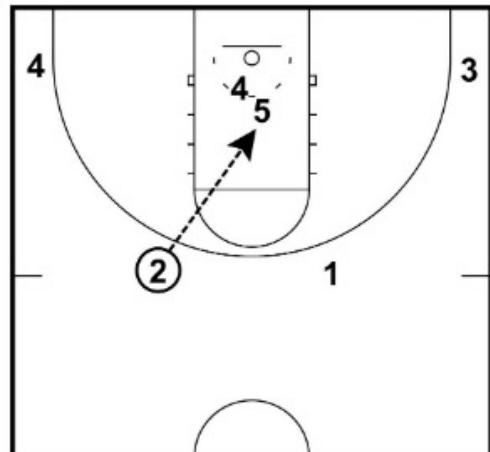
This is a fun and competitive drill that works on rebounding and scoring the basketball inside the key. Due to how the drill works, it's also fantastic for developing tough players who are willing to battle and hustle.

Setup:

- 2 players start the drill inside the key.
- 4 players spread out around the perimeter.
- One of the perimeter players has a basketball.

Instructions:

1. The drill begins with the two players inside the key playing "rock, paper, scissors" to decide who will be the player on offense first.
2. Once decided, the offensive player will post up and receive the basketball inside from the perimeter player.
3. If they're able to score, the basketball is live and whichever player rebounds the basketball must pass out and becomes offense.
4. If the shot was missed and the defender grabs the rebound, they must pass out and they become the offensive player.



5. If the shot was missed and the offensive player grabs the rebound, they can immediately go back up with the shot without passing out.
6. The drill continues like this with the players battling inside until a certain number of points is reached or until a certain amount of time is up.
7. Then two new players come in.

Scoring System:

- There are two ways to run this drill:
 - a. First player to score 3 or 5 points.
 - b. Players compete for 1 minutes.
- For each score, the player receive 1 point.

Variations:

Three Players Inside - You can make this drill even tougher to score by including an extra player on the inside.

More/Less Perimeter Players - Paint Combat can be run with any number of players being used as passers around the perimeter.

Coaching Points:

- If the basketball goes out of bounds, the player who touched it last is now the defender.
- Emphasise the importance of establishing early position when you're the offensive player. Get as close the basket as possible.
- The coach should allow soft fouls, but don't allow the drill to become too physical or dangerous.
- The perimeter players must be talking to the players on the inside.

Pairs Rebounding

How the Drill Works:

Two players will start on the elbows and two players will start on the baseline. A baseline player passes to either of the two players on the elbow who must shoot it immediately. The baseline players must close out and box out the two offensive players. On a rebound by the offensive team, they can immediately shoot. On a rebound from the defensive team, they must make one pass before shooting.

Purpose:

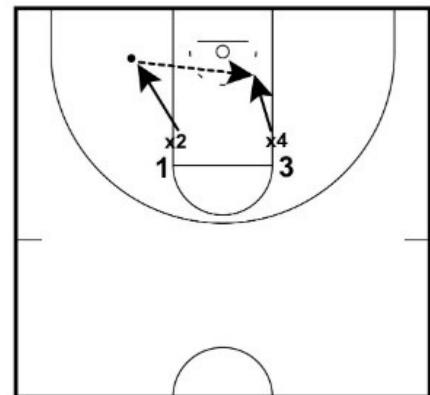
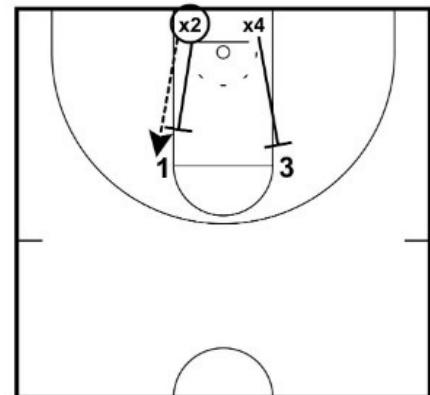
A great drill for working on boxing out and securing the rebound. The added benefit is that the drill turns into a small-sided game which means the drill stays competitive and fun!

Setup:

- All players find a partner.
- One pair of players sets up as the first offensive team with a player on each elbow.
- One pair of players sets up as the first defensive team with a player on the baseline directly in line with the elbow.
- The rest of the pairs wait their turn on the baseline.

Instructions:

1. The drill starts with the defender with a basketball passing to either of the offensive players who must immediately take the shot (if made, they receive 1 point).
2. As soon as the pass leaves the defenders hands, they must sprint out and box out the two offensive players.
3. Whether the shot is made or not, both teams battle to secure the rebound.
4. If the offensive teams grabs the rebound, they can immediately shoot the basketball again.



5. If the defensive team grabs the rebound, they must make one pass before scoring.
6. The team that scores the second shot (first elbow shot doesn't determine the outcome) receives 1 point and starts on the elbows for the next turn.
7. The team that loses joins the end of the line.

Scoring System:

- Pairs keep their own score.
- Each shot from the elbow is worth 1 point but doesn't determine the outcome of the game.
- The team that scores the second shot of the drill receives 1 point.

Variations:

No Teams - If you don't have an even number of players or don't want players keeping score, you can allow players to mix up the pairs each time they join the drill.

No Small-Sided Game - If you only want to focus on the rebounding part of the drill, you can forget about the offensive pass and simply have the teams battle to secure the rebound and then the drill is over.

Three-Point Shot - Instead of the first shot being taken from the elbows, you can have the offensive team line up in the slot positions behind the three-point line.

Coaching Points:

- Your players don't need to 'slash and seal', but it's important that they make contact with the offensive player.
- After making contact, the defenders must attack the rebound! Don't wait for the basketball to come to you, go after it.

Pivot Rebounding

How the Drill Works:

Players are in a line facing the side of the backboard. Each player must pass the basketball off the backboard to themselves, jump up to secure the rebound with correct technique, and then pivot and pass to the next player in line before joining the end of the line.

Purpose:

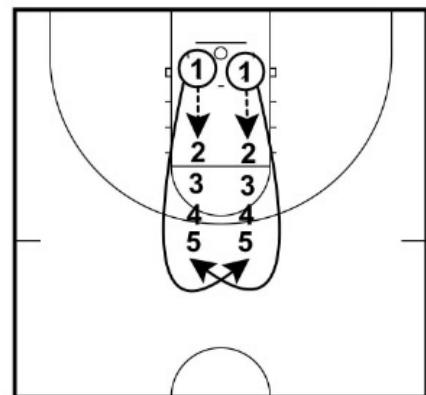
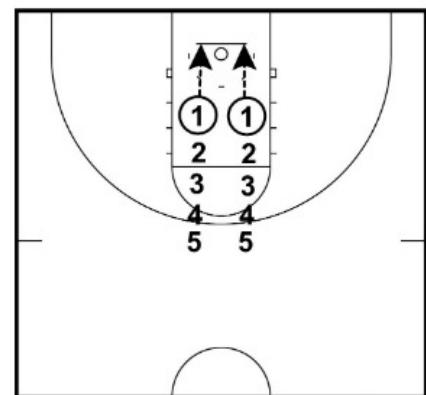
This is a great drill for beginners to practice rebounding with correct technique. It teaches to secure the basketball with two hands, chin the basketball, catch at the highest point, and also correct pivot technique after a rebound.

Setup:

- Players are divided in two lines. One facing each side of the backboard.
- The first player in both lines has a basketball.

Instructions:

1. The first player in line (1) begins the drill by softly passing the basketball off the backboard to themselves.
2. 1 immediately follows the basketball and jumps up high to grab the rebound with two hands.
3. After securing the rebound, each player must chin the basketball, land with a strong base, and then outside pivot to pass to the same line.
4. 1 will then join the opposite line if there are two lines or the same line if there's only one line.
5. The next person in line then performs the same action as the drill runs continuously.



Variations:

More repetitions – Instead of rotating players after one rebound, you can have each player perform a set number of repetitions before passing the basketball to the next player in line.

Coaching Points:

- Players must time their jump so that they're catching the basketball at the peak.
- Players must 'chin' the basketball while coming down from the jump. This means holding the basketball in tight under the chin with elbows out.
- Players should be landing with their feet shoulder width apart in a strong base. They shouldn't need to dribble or shuffle their feet.
- On the pivot, players shouldn't rise out of their low stance.

Post Position Rebounding

How the Drill Works:

4 offensive players pass the basketball around the perimeter. There are two offensive players on the low blocks and two defenders guarding them. The defenders must adjust their defensive position depending on the team rules and where the basketball is on the floor. Eventually, one of the players shoots and the players inside battle for the rebound.

Purpose:

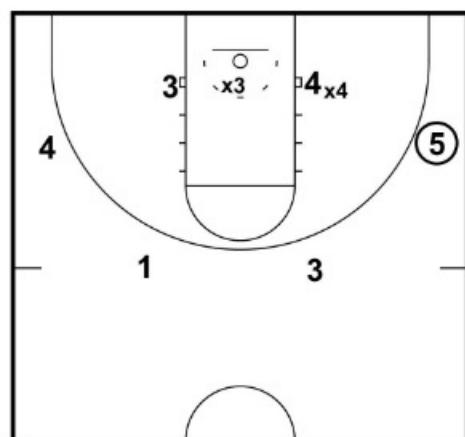
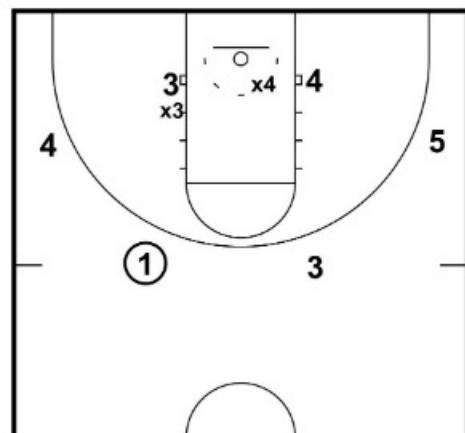
This drill combines working on defensive low post positioning with rebounding the basketball. Great drill to use when you're teaching your low post defense. Also lets players experience rebounding from different positions.

Setup:

- 4 offensive players spread out around the three-point line.
- One of the offensive players has a basketball.
- 2 offensive players on the low blocks.
- 2 defensive players defending on the low blocks.

Instructions:

1. The drill begins with the offensive players passing the basketball around the three-point line.
2. The offensive players in the low post must stay stationary as the low post defenders constantly adjust their positioning depending on where the basketball is on the floor.
3. After several passes, either the coach calls out 'shot' or one of the players simply shoots the basketball without the coach's trigger.
4. The four players inside the battle for position and rebound the basketball.



5. After a couple of attempts, the offense and defense in the low post switch roles.
6. Then the players on the inside rotate with the players on the three-point line.

Variations:

Less or More Perimeter Players - There can be anywhere from 2 - 5 players passing the basketball around the perimeter.

Competition - The offensive and defensive players on the inside receive one point per rebound and play first to reach 5 points.

Coaching Points:

- The most important part of this drill is that the coach must adjust the low post positioning around their defensive philosophy. Some coaches want to front the low post, some don't. Some half-front from the low side, some half-front from the high side. It's up to you, but make sure you know and make sure you're consistent!
- My recommendation: deny from the high side when the basketball is above the free-throw line, step across and front the low post when the basketball is on the wing. Weak-side must always be on split line when the basketball is opposite.
- On the rebound, if the defensive player is stuck behind, they should use their lower body to push the offensive player further under the rim.

Rebounding Technique

How the Drill Works:

The first player in line with a basketball passes to themselves off the backboard and goes up strong for the rebound with two hands, secures the basketball, and then pivots outside to pass to the next player in line.

Purpose:

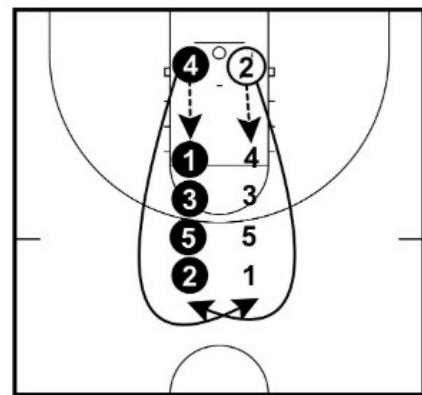
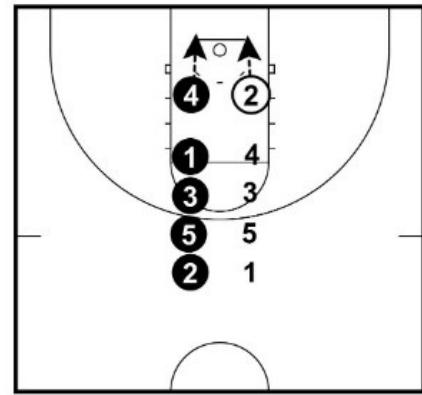
The purpose of this drill is to teach all players how to rebound in a controlled drill that lets them focus 100% on their rebounding technique. Great drill for all youth teams.

Setup:

- Split your team up into two groups with one basketball per group.
- Each group forms a straight line on opposite sides of the backboard.

Instructions:

1. The first player in line with a basketball begins the drill by passing off the backboard to themselves.
2. They will then jump up as high as possible and secure the basketball with two hands.
3. As they're on the descent of their jump, the player must secure the basketball by gripping it tightly under their chin with their elbows out.
4. Upon landing, the player front pivots with their outside (closest to sideline) foot as the pivot foot.
5. The player then passes to the group they were just in before joining the end of the opposite line.



Variations:

Both Ends of the Court - If you have a large group and access to two backboards, split them up into four groups and use both ends of the court.

Coaching Points:

- It's important that players are getting maximum elevation on their jumps to secure the rebound.
- On the landing, knees should be slightly bent and the player should have a wide stance.
- When pivoting, players shouldn't raise up out of their low stance until after the pass.

Road Runner

How the Drill Works:

The first player in line will pass to the coach. The coach lays the basketball softly off the rim allowing the player to cut in and rebound the basketball. They will then pivot and outlet pass to a player on the wing who catches and speed dribbles to half-way. The rebounder replaces and the dribbler joins the end of the line.

Purpose:

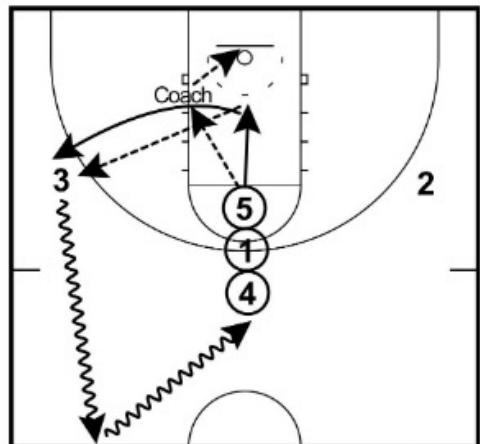
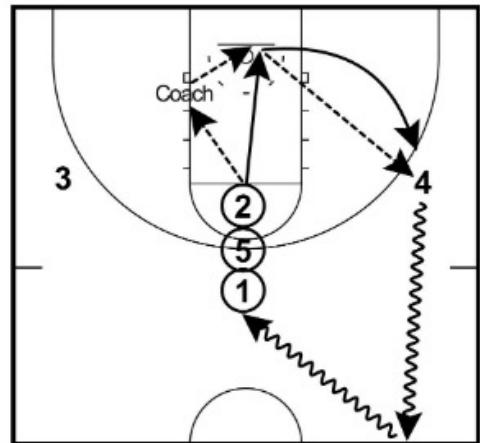
This drill works on the fundamentals of rebounding as well as the outlet pass. It's also beneficial for the player who receives the outlet pass as they learn to turn and get the basketball down the court quickly.

Setup:

- One player on each wing as an outlet receiver.
- The coach on one of the low blocks.
- The rest of the players at the free-throw line with a basketball.

Instructions:

1. The drill begins with the first player in line (2) passing the basketball to the coach.
2. The coach lays the basketball off the rim and 2 jumps up to rebound the basketball using proper rebounding technique.
3. As 2 lands, they quickly pivot and outlet pass to either wing depending on where the rebound falls to. For this example, 2 outlets to 4.
4. 4 catches and immediately turns and speed dribbles to the half-way line. Once they pass the half-way line, 4 returns to the end of the line.



5. 2 replaces the position they outlet passed to on the wing.
6. This process continues for the next player in line.

Variations:

Full-Court Layup - If you're not running this drill at both ends of the floor, the player that receives the outlet pass can dribble the length of the floor and finish with a layup.

One Outlet Player - Instead of having a player on each wing, you can simplify the drill to only one player to outlet pass to. This can be easier for young teams or teams with a low number of players.

Competitive - For a competitive version of this drill, check out Road Runner 2.0.

Coaching Points:

- The coach must remember to step out of the way after laying the basketball off the rim so that the rebounder has the option to outlet to either side of the court.
- The coach can occasionally score the layup. When this happens the rebounder must quickly grab the basketball, get behind the baseline, and inbound the basketball to the wing.
- Players should be catching the basketball at the peak of their jump.
- 'Chin' the basketball on the way down. This means tightly securing the basketball under the chin with elbows out for protection.
- It's crucial that players are pivoting with the correct pivot foot. This foot will be the outside foot and the player should turn towards the baseline, not inside.

Road Runner 2.0

How the Drill Works:

This drill is a more competitive and advanced version of Road Runner. In this drill, two players compete to rebound a basketball inside the key and then score.

Which ever player scores the basketball outlets to a wing player. The wing player must then dribble down the court and make a layup, midrange shot, and three-point shot before returning to the end of the line.

Purpose:

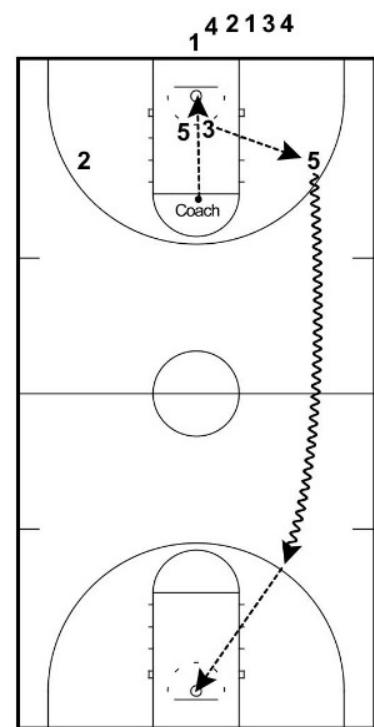
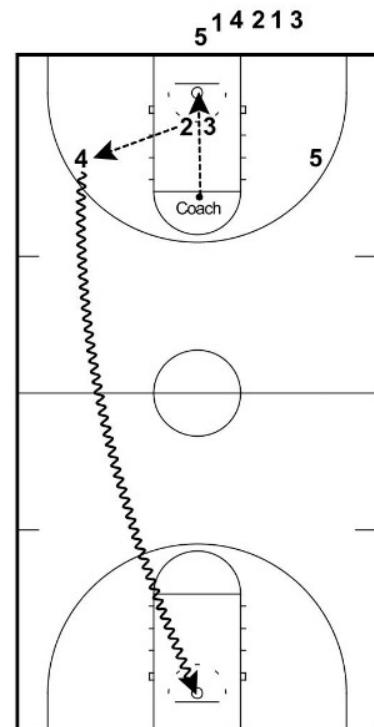
This is a great multi-purpose drill to work on a variety of skills with a focus on rebounding and toughness inside the key. Players will practice rebounding, scoring under pressure, and making shots from a variety of distances.

Setup:

- 2 players are positioned under the basket.
- 1 player on each wing as an outlet player.
- The rest of the players behind the baseline.
- Coach has a basketball on the free-throw line.

Instructions:

1. The drill starts with the coach shooting the basketball and the two players inside battling for position and then rebounding the basketball.
2. Instead of immediately passing out, the two players inside must compete until a score is made by one of the players.
3. The player that scores the basketball rebounds their own shot and then outlets to one of the players waiting on the wing. Then replace them on the wing.



4. The player who receives the pass must dribble the length of the floor and make a layup, midrange shot, and a three-point shot as quickly as possible before returning to the end of the line on the baseline.
5. Immediately after the outlet pass has been made the next player in line comes in and competes with the player that lost on the previous possession.
6. The drill runs like this continuously for a set amount of time.

Variations:

No Scoring Inside - Instead of the players battling inside for the score, you can make it so that the rebounder immediately outlets to the wing player.

Three Players - Instead of only having two players rebound inside, introduce and extra player.

Different Shots - On the opposite end of the floor, you can vary what shots the players have to make instead of a layup, midrange, and three-pointer.

Dribbling Course - Set up a short dribbling course using cones that players must complete and they dribble to the opposite end of the floor.

Coaching Points:

- Don't allow anything dangerous, but allow players to battle hard on the inside. There should be no intentional fouling, but let the little stuff go.
- The rebounders should be getting low and wide when they're establishing rebounding position. Encourage them to make contact and create a large rebounding area.
- Players must be going up strong with two hands, chinning the basketball, and landing with a strong and wide base before throwing the outlet pass.
- The receiver must speed dribble down the court. Don't allow them to jog. 100% effort.

Rotation Rebounding

How the Drill Works:

This drill involves an even number of either 3 or 4 players rotating around the key. The offensive team is rotating clockwise and the defensive team is rotating anti-clockwise. When the coach shoots the basketball the defenders must quickly find an offensive player to box out before securing the rebound. The drill then leads into a small-sided game.

Purpose:

A fun rebounding drill variation that emphasises the importance of defenders communicating, working as a team, and making contact with an offensive player before securing the rebound.

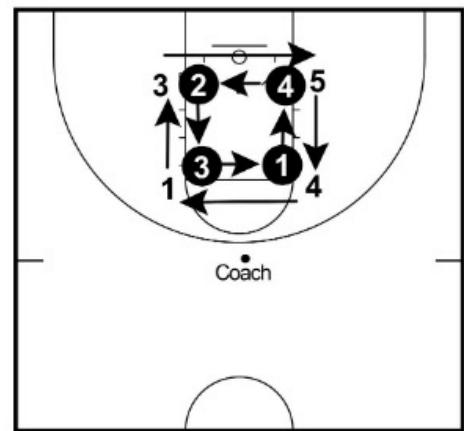
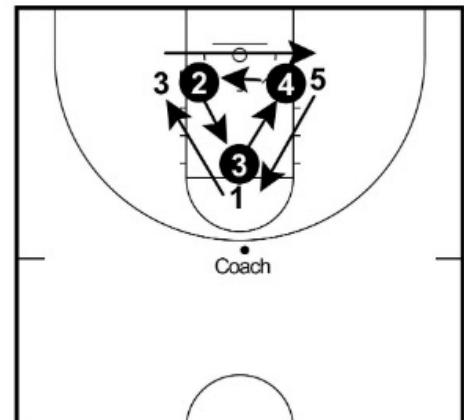
Setup:

(Square as an example)

- 4 players on offense. 2 on the low blocks and 2 on the elbows.
- 4 defenders on the inside of each of the offensive players.
- The rest of the players behind the baseline.
- Coach on the free-throw line with a basketball.

Instructions:

1. The coach begins the drill by calling out 'start' or 'go' to the players.
2. The 3 defenders start rotating anti-clockwise around the key on the inside of the offensive players in a low stance.
3. The 3 offensive players start rotating clockwise around the key on the outside of the defensive players in a low stance.



4. After a short amount of time, the coach attempts a shot from the free-throw line. As soon as the shot is in the air the players react and battle to secure the rebound.
5. If the defenders get the rebound, the drill transitions up and down the floor in 4 on 4 with both teams playing both offense and defense.
6. If the offensive team gets the rebound, the play is live and they must attempt to score at the same end of the floor.

Variations:

3-on-3 or 4-on-4 – The drill can be run with teams of either 3 or 4 players. If there are teams of 3, the starting formation is a triangle. If there are teams of 4, the starting formation is a square.

No Transition - It's not compulsory to transition up and back off the rebound. You can simply use this as a rebounding drill and then set up again.

Coaching Points:

- It's incredibly important that the defenders are talking to each other throughout the rotations at the start of the drill. They must know who's going to box out who on a shot attempt.
- The defenders should be making contact and not allowing the offensive players to move closer to the rim after the shot.
- On a defensive rebound, the team with the basketball should be looking to push the basketball quickly down the floor before the defense sets up.
- Players must be going up with two hands for every rebound.
- A player must quickly get into outlet position after a rebound so that the transition from defense to offense can be done quickly.

Royal Transition

How the Drill Works:

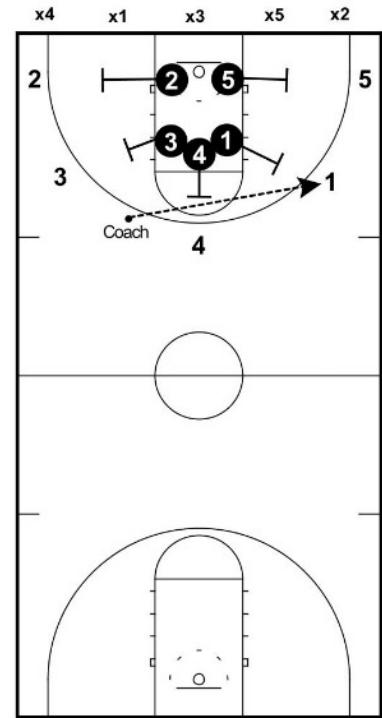
The drill begins with a 5 on 5 rebounding situation. If the defense rebounds the basketball, they quickly transition down the floor into a set play. If the offense rebounds the basketball, they receive 2 points for their team and are on offense again.

Purpose:

A fun way to incorporate set play practice into an effective rebounding drill. This drill will teach players to box out and rebound as well as transition quickly into an offensive set.

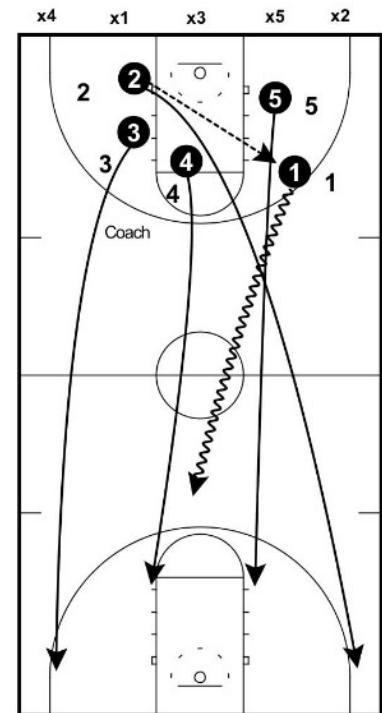
Setup:

- Split the ground into teams of 5 players.
- 5 defensive players start in the key.
- 5 offensive players start around the three-point line.
- The other team/s are behind the baseline.
- Coach at the top of the key with a basketball.



Instructions:

1. The coach begins the drill by passing to one of the players around the three-point line. This player immediately shoots the basketball.
2. If the shot is made, the offensive team receives 1 point and the drill is set up again.
3. If the shot is missed and the offensive team rebounds the basketball, they receive 2 points and the drill is set up again.
4. If they miss the shot and the defense rebounds the basketball, the rebounding team transitions quickly down the floor and runs a set offensive play.



5. The offensive team swaps to defense and a new offensive team comes on the court.
6. Once the transition team has finished the set play they jog back to the baseline and prepare to come in on offense when it's their turn.

Scoring System:

- The drill is played first to reach 10 points.
- 1 point for a made three-point shot.
- 2 points for an offensive rebound.

Variations:

Coach Shoots the Basketball - Instead of the coach passing to a player to shoot, the coach can shoot the basketball themselves. This removes the opportunity to receive points from made shots and puts full focus on rebounding.

Coaching Points:

- The defensive team must transition quickly down the floor after rebounding the basketball. Emphasise the importance of passing down the floor instead of dribbling.
- Defenders must get a body on the offensive player they're guarding and then pursue the basketball.
- Within reason, there is no out-of-bounds. Players compete until the basketball has been secured by one of the teams.

Slide Rebounding

How the Drill Works:

This drill is primarily run 4 on 4. The offensive players space themselves outside the three-point line and the defense starts in the key. The defense will slide from side to side and then a specific defender will close out on a shooter. The rest of the players must communicate and find a player to box out before securing the rebound.

Purpose:

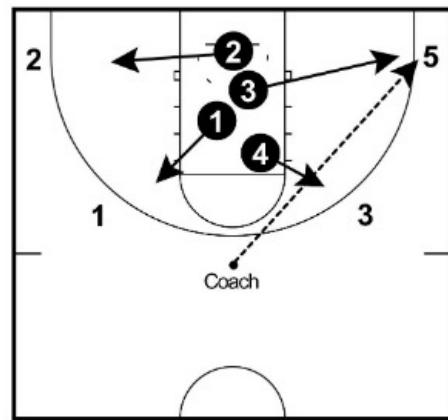
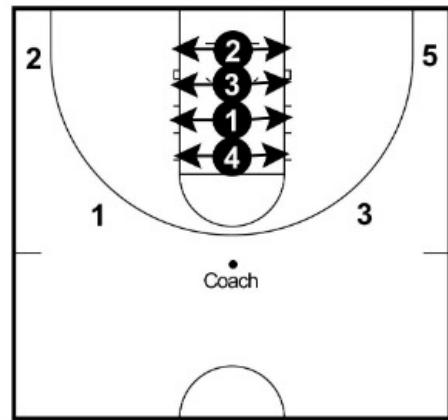
This is a great drill for giving players experience communicating, boxing out, and pursuing the basketball on a rebound. It also works on three-point shooting.

Setup:

- 4 defenders inside the key.
- 4 offensive players outside the three-point line.
- The Coach starts with a basketball at the top of the three-point arc.

Instructions:

1. The drill begins with the 4 defenders sliding side-to-side in the key.
2. After a short amount of time, the coach passes the basketball to one of the offensive players and calls out the name of one of the defenders. The defender who is called out must box out the shooter.
3. The other 3 defenders must communicate to each other which offensive player they're going to box out.
4. The goal for the defensive team is to secure the rebound.



Scoring System:

There's a couple of ways you can score this drill:

1. Set a number of defensive rebounds the defensive team must get before the teams switch over. 3 is usually a good amount.

or

2. Get three consecutive defensive rebounds in a row (made shots don't end the streak. Only offensive rebounds).

Coaching Points:

- Defenders must touch the outsides of the key when they're sliding.
- Be sure the defenders are putting in the effort with their slides. Nothing half-hearted. Refuse to pass the ball to the offensive team until they're going hard.
- The offensive team must be ready to shoot when they receive the ball.
- Stutter the feet on the close-out. No jumping.

Snap Rebounding

How the Drill Works:

An incredibly simple rebounding drill that involves the coach shooting a basketball, the defenders boxing out the offensive players in front of them, and then securing the rebound.

Purpose:

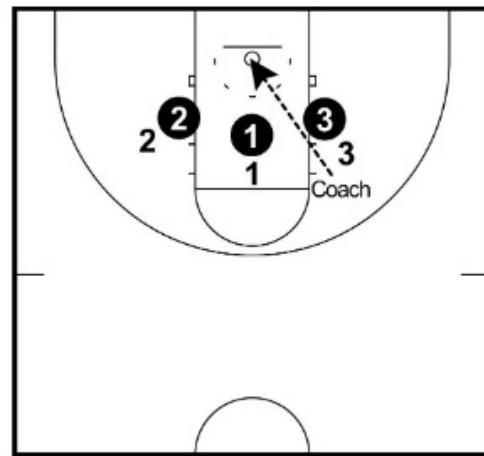
A drill created for beginners learning the fundamentals of boxing out and pursuing the rebound. By starting the drill next to the offensive players, the defender don't have to worry about seeking out the offensive player.

Setup:

- Three defensive players close to the free-throw line.
- Three offensive players in front of the defenders within an arm's length.
- Coach on the free-throw line with a basketball.

Instructions:

- The drill begins with the coach shooting the basketball from the free-throw line.
- The defenders immediately get a forearm on the offensive players and then turn around to box them out with correct technique.
- The offense and defense then pursue the basketball and fight for the rebound.
- If the defense secures the rebound, the rep is over.
- If the offense secures the rebound, they can immediately try to score against the defense.



Variations:

Different Number of Players – The drill can also be run 4-on-4, 2-on-2, or 1-on-1 to get a better insight on each player's rebounding skills and boxing out technique.

Leads to Small-Sided Game - Immediately after the defensive rebound players can transition into an up-and-back game.

Coaching Points:

- As this drill will most often be used with beginners, the focus must be on correct boxing out and rebounding technique.
- Make the drill harder or easier for the defense by moving the offensive players closer or further away. The closer they are to the defense, the easier it is for the defense to box out.
- Ensure players are pursuing the basketball and not simply holding the box out.

Spin Rebounding

How the Drill Works:

When the shot is taken from the top of the key, the four defensive players must rotate either clockwise or anti-clockwise and box out the opponent who is attacking the glass from the perimeter.

Purpose:

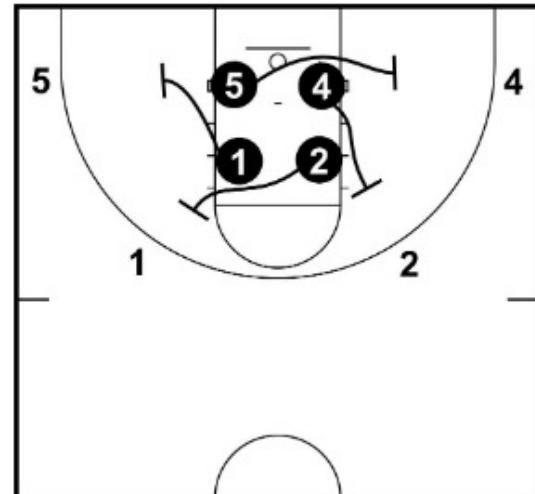
This rebounding drill simulates boxing out off a defensive rotation. This will happen very often during games if your players are in position on defense and must be practiced.

Setup:

- 4 defensive players form a square inside the key.
- 4 offensive players spread out around the perimeter.
- A coach or player with a basketball at the top of the key.

Instructions:

1. The player or coach shoots the basketball from the top of the key and call out "Shot!"
2. This call signals that the offensive and defensive players are allowed to move.
3. The offensive team immediately cut in looking to secure an offensive rebound.
4. The defensive team must rotate either clockwise or anti-clockwise (coach must specify before the start of the drill) and box out the opponent they rotate onto.
5. If the defense rebounds the basketball, the rep is over.
6. If the offense rebounds the basketball, the ball is live and they attempt to score.



Variations:

Two Teams - Split the group up into two teams and have them compete against each other. Every defensive rebound is worth 1 point and every offensive rebound is worth 2 points. Teams compete for 10 possessions of defense each.

Rotation Direction - The coach can call out the rotation direction on the shot attempt instead of before it. This will make it more difficult for the defense to react quickly.

Coaching Points:

- Players must cut off the path of the player they're boxing out and make contact before boxing out. Can't let the offense get anywhere they want.
- Players must communicate with each other when boxing out.
- Players must be down in a low stance so that they can react immediately when the shot is taken.

Up and Back Rebounding

How the Drill Works:

The drill involves two teams competing against each other. The drill starts with a rebounding situation and then the teams complete two trips of the floor so that each play offense and defense. When the drill starts again the teams swap positions so that the opposite team is starting on defense.

Purpose:

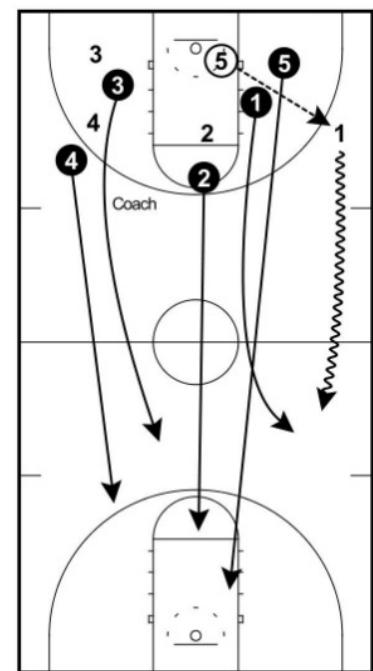
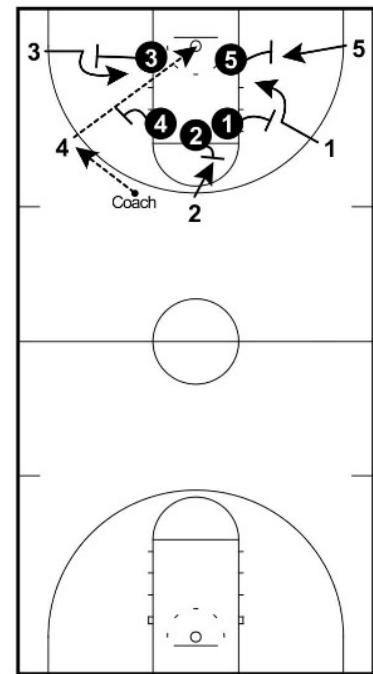
This drill incorporates the initial focus of rebounding into a small-sided game. It's important for players to learn how to transition off a defensive rebound which is what this drill allows them to practice.

Setup:

- Split the group of players up into two teams.
- 5 offensive players are spread around the 3-point line.
- 5 defensive players are inside the key.
- Coach is on the baseline with a basketball.

Instructions:

1. The drill begins with the coach passing to one of the players around the three-point line. This player must immediately take the shot as the defender closes out.
2. As the player is shooting, the defenders must box out the offensive player they're lined up to guard as the offensive players attempt to grab an offensive rebound.
3. If the defensive team secures the rebound, they quickly transition down the court and attempt to score. The other team then does the same on the way back.



4. If the offensive team secures the rebound, they receive 2 bonus points and now then they attempt to score on the same end of the floor.
5. Teams switch initial offense/defense roles after each sequence of possessions.

Scoring System:

- The drill is played first to reach 11 points.
- Every score is worth 1 point.
- An offensive rebound off the initial three-point attempt is worth 2 points (this encourages the offensive players to pursue the rebound).

Variations:

4-on-4 or 3-on 3 – Instead of playing 5-on-5, you can play 4-on-4 or 3-on-3. Start with 4 offensive players around the 3-point line, and 4 defenders under the basket. There will be more space for the offensive players to attack for a rebound which makes it slightly harder for the defense.

Change Scoring System - You can choose to increase the points for an offensive rebound or change the number of points the winning team must reach. It's up to you!

Coaching Points:

- Defensive players must step out and make contact with the offensive players to keep them off the offensive boards. Once contact is made, find and pursue the basketball.
- Transitioning into offense is a big part of this drill. Since the offensive players will be attacking the boards, it's a great opportunity for a quick transition basket. Remind your players that the basketball moves faster down the court by passing instead of dribbling.
- If a shot is made, players should be inbounding the basketball as quickly as possible. I recommend the player closest to the basketball inbounds regardless of the position they play.

Wall Rebounding

How the Drill Works:

Players pass a basketball high off a wall and practice rebounding technique. This allows the entire team to practice at one time instead of taking it in turns on the limited backboard space.

Purpose:

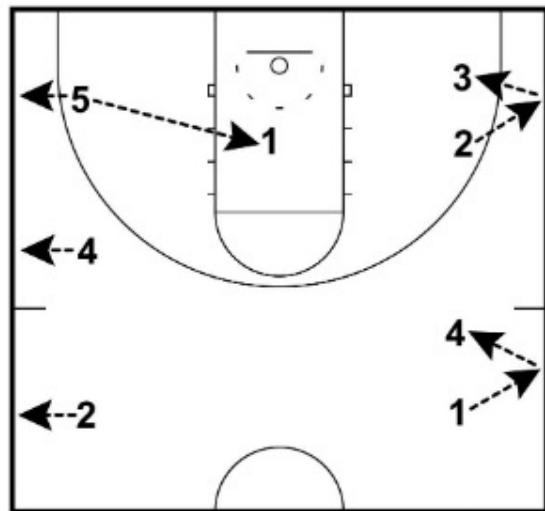
This is a great way to practice rebounding technique for young players. Players will work on catching the basketball with two hands, catching at the highest point, securing the basketball, and landing with a solid base.

Setup:

- Each player has one basketball.
- Each player needs approximately 2 meters of wall space to themselves.

Instructions:

1. On the coach's call, players begin passing the basketball high off the wall to themselves.
2. On each repetition players must catch the basketball at the highest point possible, use two hands, 'chin' the basketball, and land with a solid base.
3. These repetitions continue for a set amount of time.



Variations:

Pass to Partner - Instead of lobbing the basketball to themselves, players pair up with another player and will take it in turns passing the basketball off the wall to each other. Same rules on technique apply.

Outlet Pass - Players find a partner with one ball between them. One partner stands 10 - 15 feet behind. The player with the basketball facing the wall must pass it off the wall to themselves and secure the rebound exactly the same as the original part of the drill. But when they come down from the rebound, they must pivot around and outlet pass to their teammate. The teammate immediately passes back and this continues for 5 repetitions before swapping over.

Coaching Points:

- 'Chinning' the basketball refers to securing the basketball tightly under your chin with your elbows out for protection.
- It's very important that players land on balance. Feet should be slightly bent and shoulder width apart.
- Players must always try to secure the basketball at the peak of their jump.

Weakside Rebounding

How the Drill Works:

Two offensive players located on the wing and corner. Two defenders in weakside positions near split-line. Coach has a basketball on the opposite wing. The coach shoots the basketball and the two defenders must box out the offensive players and secure the offensive rebound.

Purpose:

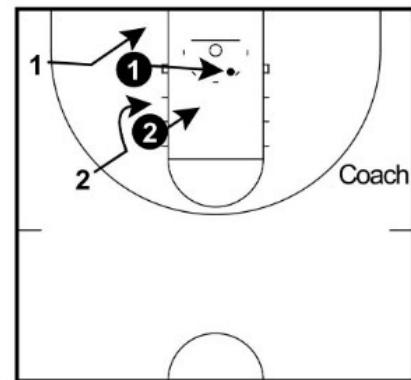
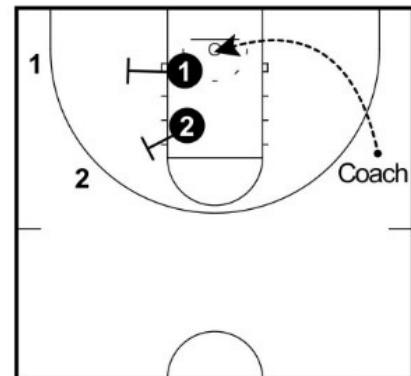
This is a great drill to get players used to boxing out from a help position. Many players have a habit of not worrying about boxing out when they're already in help. This drill focuses on the players finding their players and making contact when the coach goes up for a shot.

Setup:

- Offensive players are positioned on the wing and corner.
- Defensive players (x1 and x2) are positioned in the correct help positions.
- The rest of the players form two lines. One behind each offensive player.
- Coach has a basketball.

Instructions:

1. The coach begins the drill by shooting the basketball while the defenders are in correct help positions.
2. The offensive players (1 and 2) both crash the boards looking to secure an offensive rebound.
3. The defensive players (x1 and x2) must leave their help position, find and make contact with the offensive player they're guarding, and then pursue the defensive rebound.
4. If the defense secures the rebound, they are rewarded by staying on defense while the offensive players rotate out and a new two players come in to offense.
5. If the offensive team secures the rebound, they switch to defense for the next repetition and the current defensive



players rotate out to the end of the line and a new set of offensive players come in.

Scoring System:

- The drill is scored individually on how many defensive rebounds you can get.
- Any time a player secures an offensive rebound, both defensive players receive a point.
- There are no points awarded for an offensive rebound.
- At the end of the drill, whichever player has the most points wins!

Coaching Points:

- There is no out-of-bounds in this drill. Players must pursue the basketball until one of the teams secures it.
- Start your defenders in the help positions that you emphasise with your defense. Some have the players helping from split-line and others start them on the edge of the key.
- Players must alternate lines so they get repetitions from both the wing and the corner.
- Defenders must seek contact and be the first one to initiate contact on the box out.
- Make sure your defenders stay low and can always see their man and the coach who has the basketball.
- Remind your players the importance of boxing out in this position. Frequently, a rebound is made on the opposite side of where the shot came from.

CONCLUSION

I hope you enjoyed the 30 Team Rebounding Drills and that they can assist you to improve your team's rebounding.

Two more things before you go...

1. If you have any questions, suggestions, or comments, feel free to reach out to me at coachmac@basketballforcoaches.com I welcome all feedback and love hearing from the readers of BFC.

2. This PDF is part of the '*Championship Coaching Course*' program from the team at Basketball For Coaches. If you're reading this PDF without having purchased the program, please send us an email at coachmac@basketballforcoaches.com and let us know where you accessed it. We put a lot of work into these PDF's and would like to keep them exclusive for those who purchased.

Thanks!

— Coach Mac