



# Coaches' GAME PLAN



## Skills

### Rebounding



01



For front pivot, watch player and pivot forward in direction she moves.



Establish Contact

02



After pivot, establish and maintain contact with rear on opponent's thigh.



Maintain Contact

03



Maintain this contact until she releases to get rebound.



Keep Hands Up

04



Keep hands up to rebound ball and to avoid a holding foul.

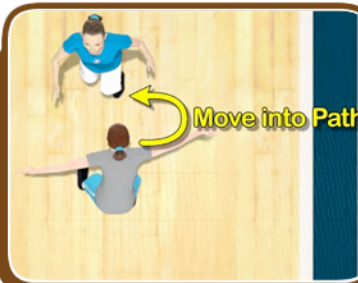


Keep Ball Protected

05



After controlling the rebound, keep ball tucked under chin with elbows out, protecting the ball.



Move into Path

06



Rear pivot moves into path of player without visual reference.



07



Reverse pivot and quickly step back into opponent to establish contact.



08



Keep hands up to be ready for rebound.

## Notes: