



SECTION 2 – REBOUNTING AND BOXING OUT

- 2.1 Pressure Rebounding.**
- 2.2 Running Blockouts.**
- 2.3 Circle Boxout.**
- 2.4 Board Taps.**
- 2.5 Rebound, Outlet, Drive to Shot.**
- 2.6 Shoot, Box, Boards, Outlet.**
- 2.7 3 on 3 Reverse Rotation Blockout.**
- 2.8 Blockout the Runner.**
- 2.9 Dribble, Pass, Block Out.**
- 2.10 Free Throw Blockouts.**
- 2.11 Animal.**
- 2.12 3 on 3 Rebounding.**
- 2.13 Rebounding Workout Session.**



2.2 Running Blockouts.

Description:

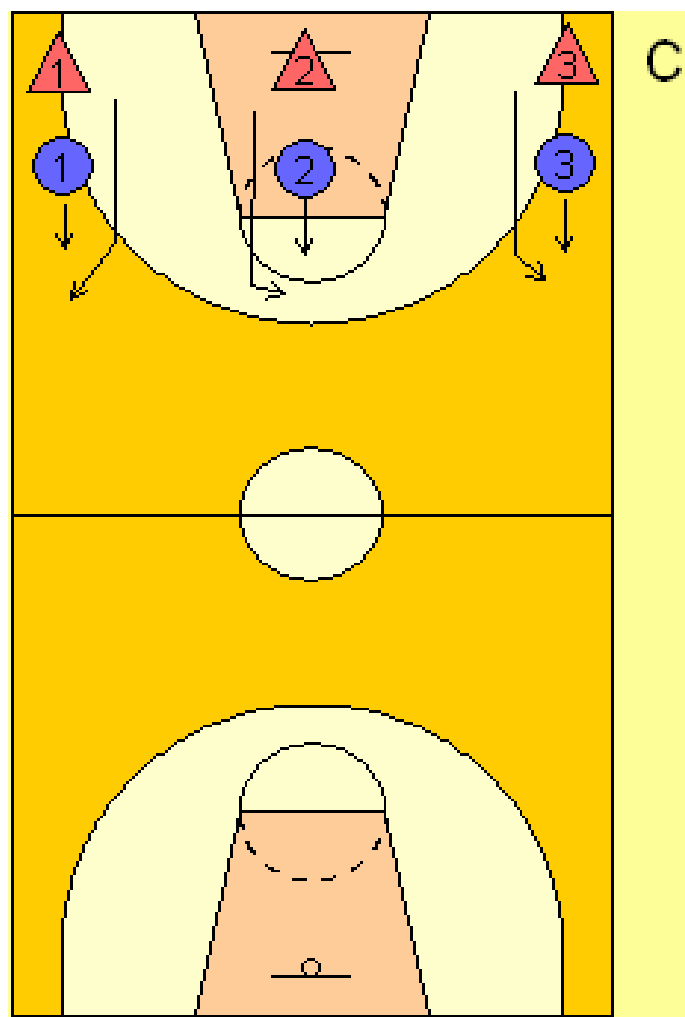
Players pair up (offence in front of the defence). Offensive players 1, 2 & 3 and jog up court. Defensive players follow & run past their partner, making a slash arm and blocking out. Roles are then reversed as the players run full court.

Tip:

The offensive players being blocked out should push the defender in the back simulating a game like situation.

Emphasize:

- Defenders must keep arms up (show 2 "L's" with your arms)
- Defenders must keep a wide stance and stay down





2.3 Circle Boxout.

Description:

Diagram A

4 players do slides around the Free Throw circle facing each other & coach stands at the 45 with a ball.

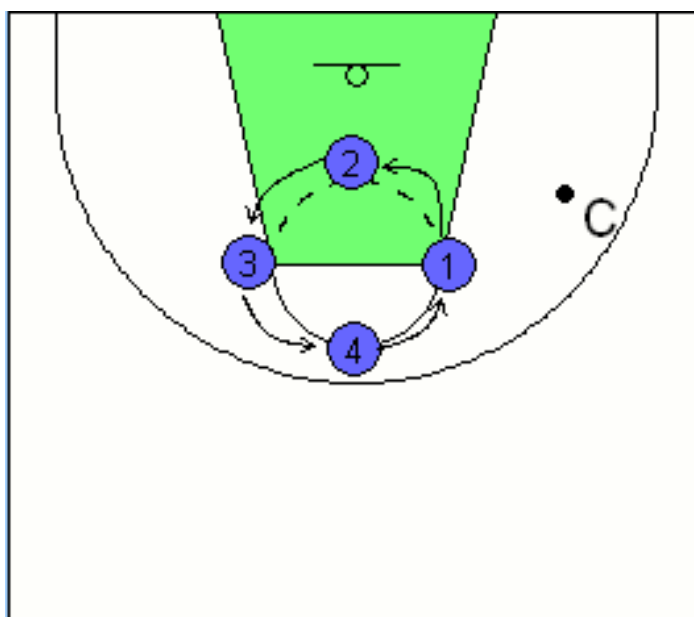
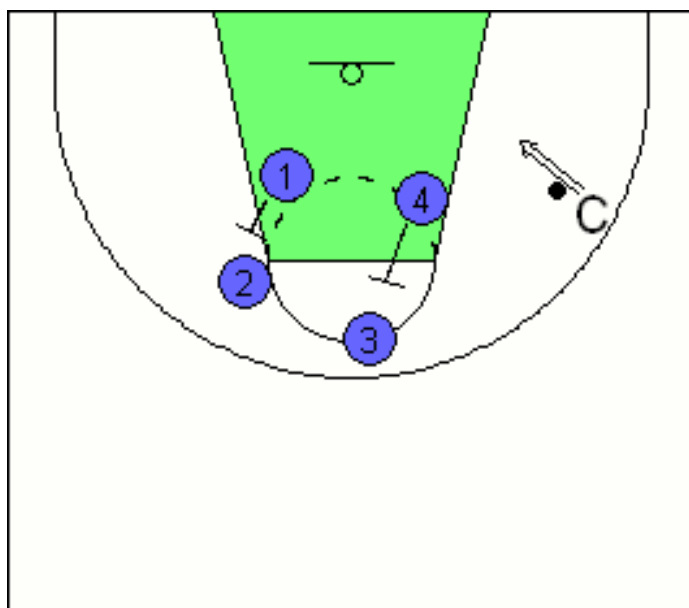


Diagram B

When the coach shoots the ball the players below the Free Throw line have to take up space, make contact with the other players & block them out





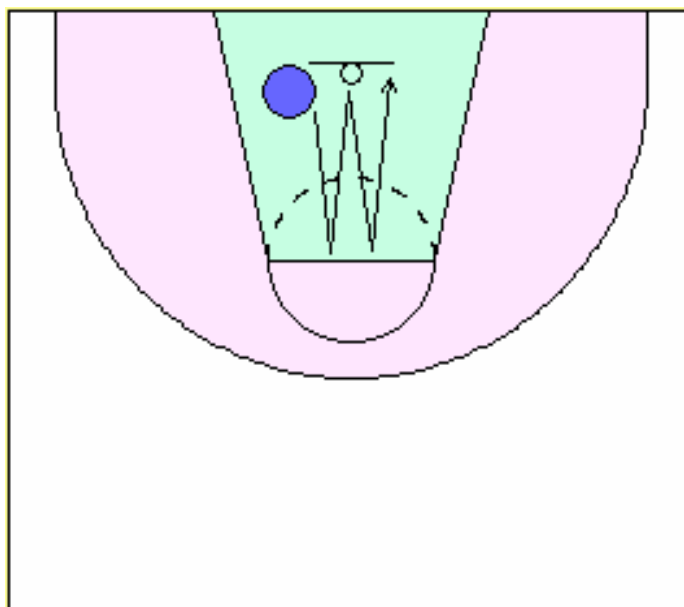
2.4 Board Taps.

Description:

Player taps the corner of the backboard 10 times, back peddle to foul line, jog back to centre of backboard & tap the backboard or the ring if possible another 10 times, back peddle to foul line, jog to last corner & tap 10 times.

Make sure the player has quick contact with the ground.

If the players are younger & cannot reach the backboard, send them to a wall & tap as high as possible.





2.5 Rebound, Outlet, Drive to Shot.

Description:

Rebounder tosses ball off backboard, goes up hard to rebound & as they rebound chin the ball, do a half turn in the air and land with a good base looking up the floor locating the outlet man for a good outlet pass..

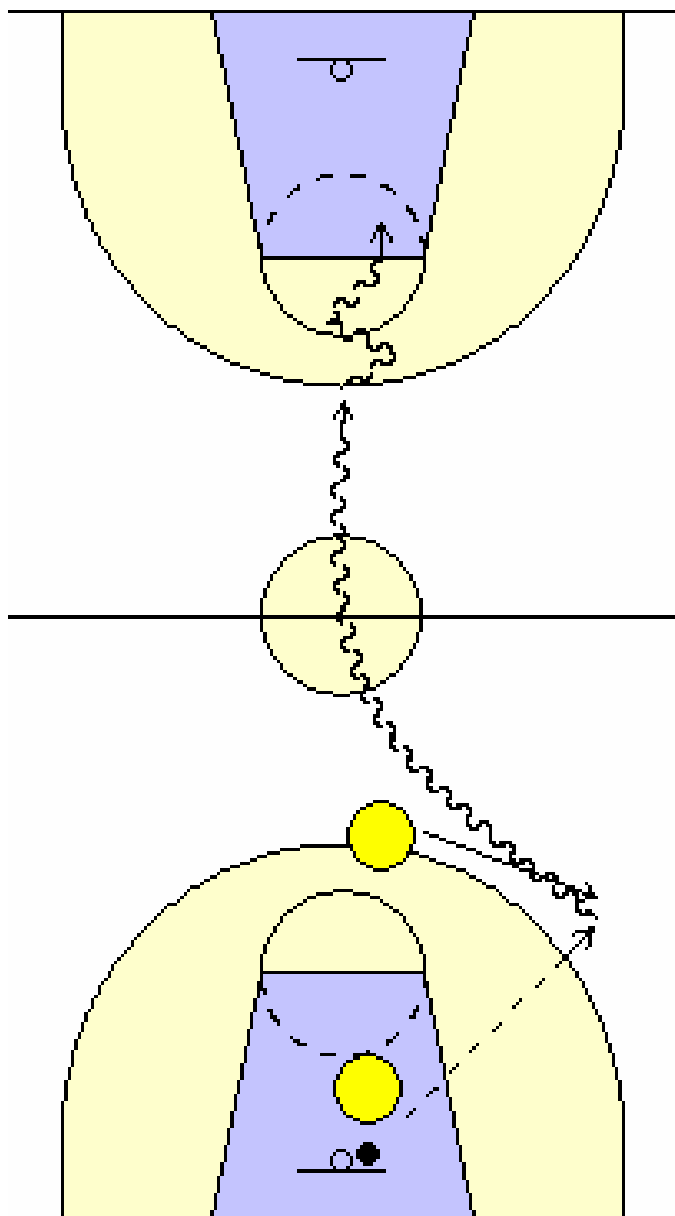
Outlet man leads to the side looking for the pass, receives the outlet turns with eyes up attacking the middle of the court with an aggressive dribble.

As the player dribbles to the top of the key they perform a stutter step on side dribble, (advance to crossovers, behind back, reverse spin, combos) then drive to the pull up jump shot.

Variations :

This can be run at both ends of the floor at once.

Add defence once coach is happy with drilling.



2.6 Shoot, Box, Boards, Outlet.

Description:

Diagram A

Player 0 shoots, if basket is made the player shoots again.
 If the basket isn't made, player 1 in defence boxes out the shooter. Player 0 in offence tries to rebound.
 Player 1 in defence after boxing out shooter goes for rebound.

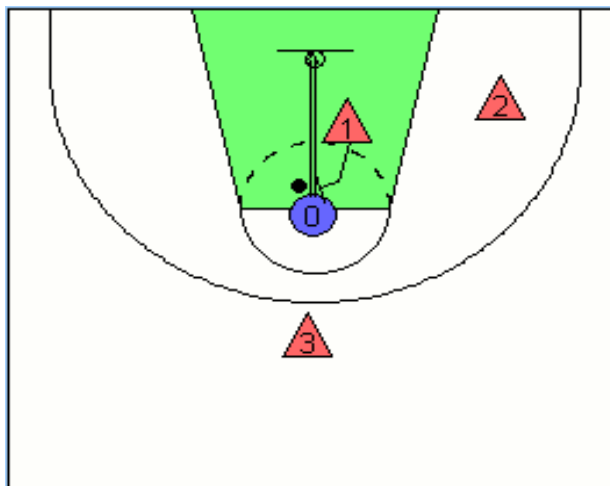


Diagram B

After player 1 in defence has the rebound they are to pass the ball out to the outlet player 2.

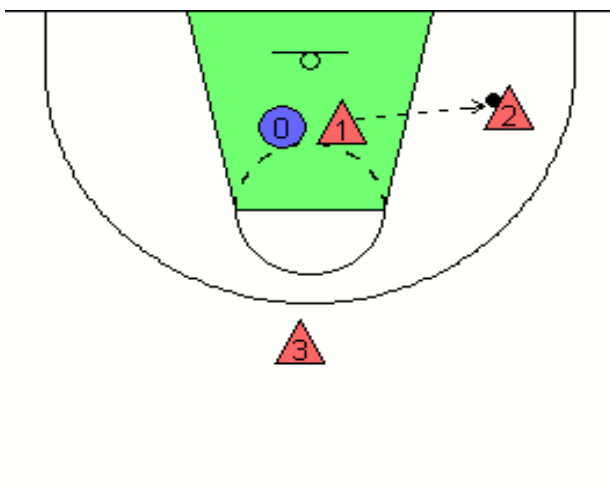
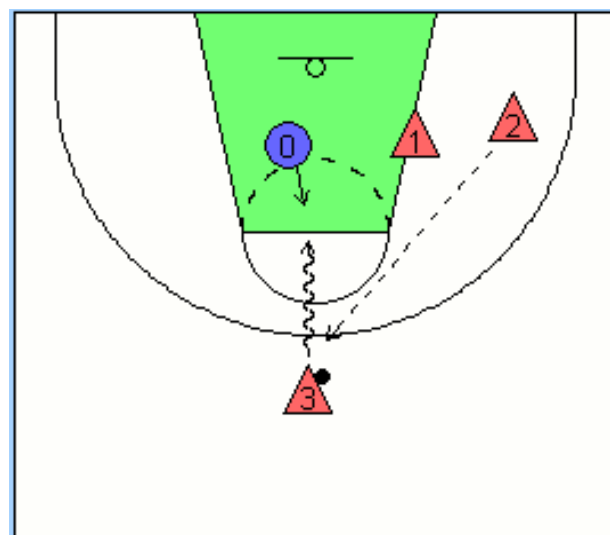


Diagram C

Player 2 is then to pass the ball to player 3.
 Player 3 can then shoot a three pointer or go to the free throw line.
 Player 0 starts outside the dotted lines & closes out contesting the shot.
 Now player 3 becomes the shooter & the other players rotate clockwise.



2.7 3 on 3 Reverse Rotation Blockout.

Description:

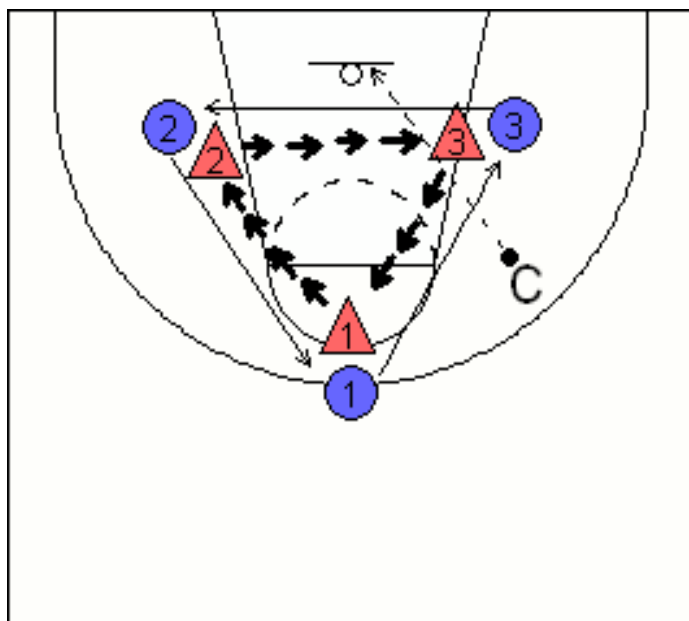
Offence rotates around the key in one direction.

Defence is in stance & slides around the key inside the Offence in the opposite direction.

Coach is on the wing with a ball. When coach is happy with sliding technique they throw the ball up off the backboard.

Defence scrambles to block out the Offence.

If Offence gets the board play 3 on 3 in this half to a score or stop. After either a score or stop the Defenders run transition down the floor to play 3 on 3.



2.8 Blockout the Runner.

Description:

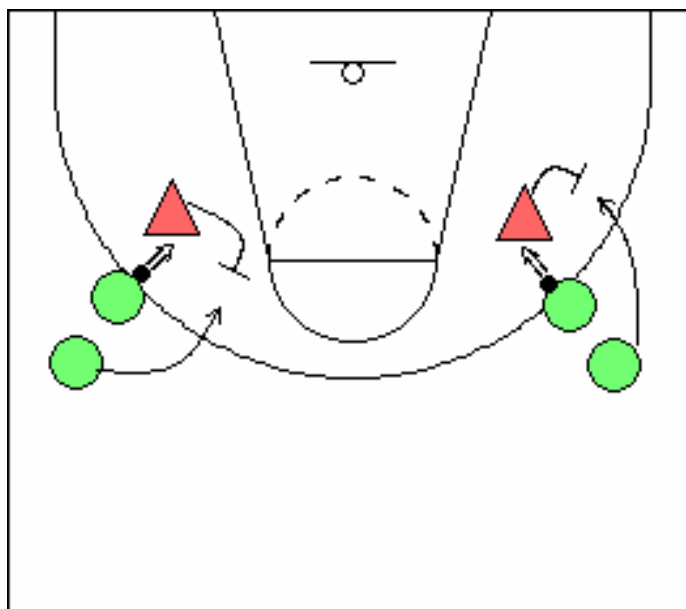
3 players line up on either side of the court. The first player in the line will be the defender.

The second player has the ball & will shoot.

The third player will crash the boards as the ball is shot & the first player must block that player out.

If the offence gets the ball, play 1 on

1. If the defender gets it the drill is over.
2. Shooter becomes defender. Rebounder becomes shooter. Defender goes to end of the line.



2.9 Dribble, Pass, Block Out.

Description:

The defender starts with the ball & takes 1 dribble then passes to the player marked 1.

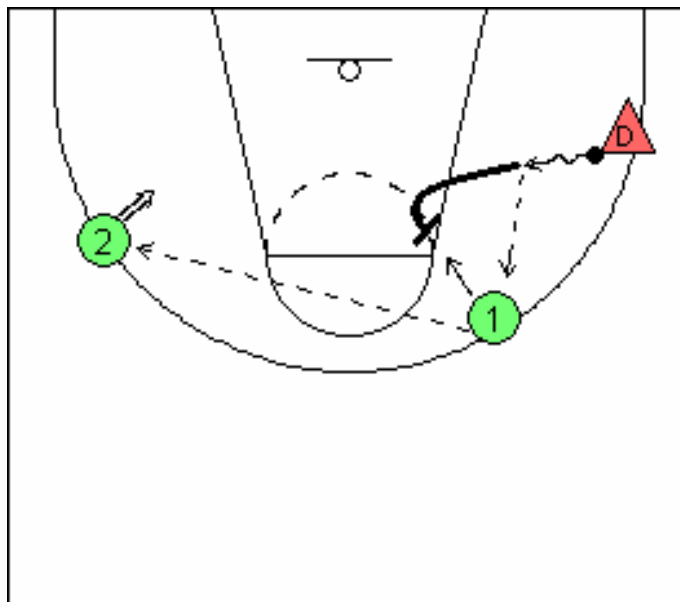
1 then skips the ball across court to the wing (2).

The defender quickly swings around to face up to 1.

The wing (2) player shoots the ball as soon as they receive it.

The defender now blocks out 1 & they play until the defence comes up with the ball or 1 scores.

Rotation is D to 1, 1 to 2, 2 to D.



2.10 Free Throw Blockouts.

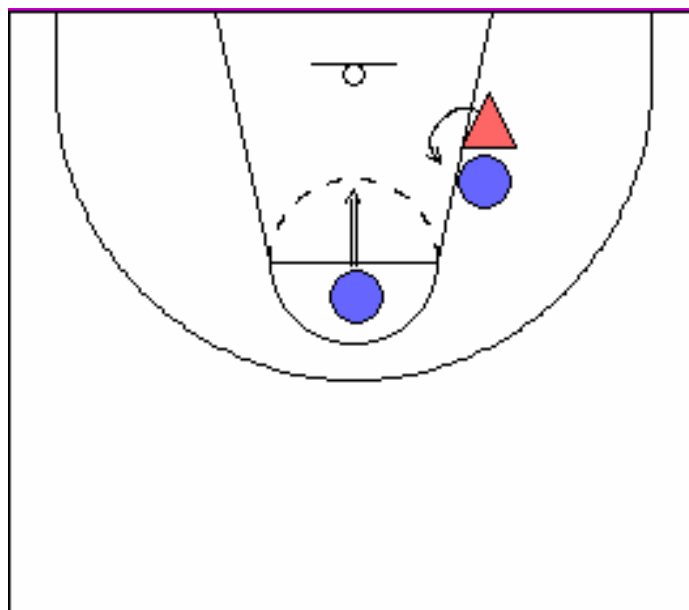
Description:

Simple drill of having a player shoot the F/T & the defender must block the Offensive rebounder out.

Have the defender pushing with the low side rear foot & stepping across the Offence with the high foot.

Defender must make & maintain strong body contact to block-out. Play 1 on 1 until Defence comes up with the ball or Offence score. Use both sides of the key.

Note: If the Free throw goes in play on as if it missed

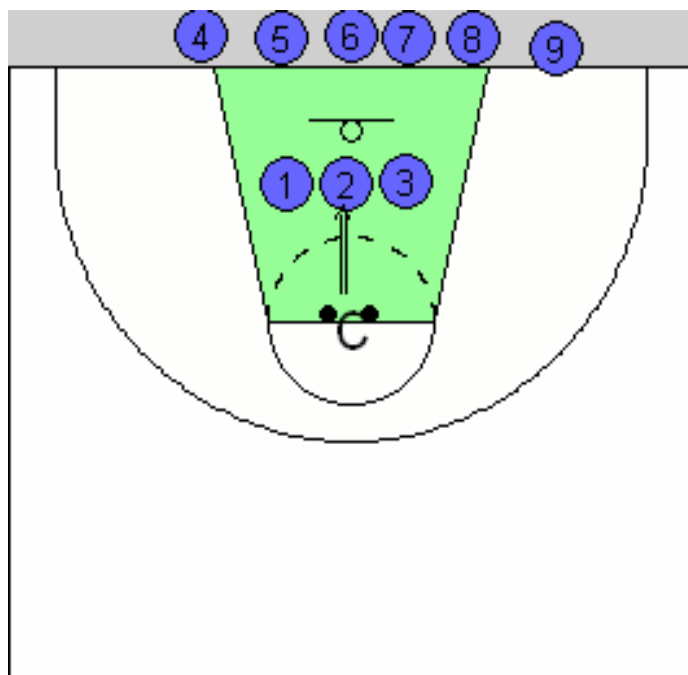


2.11 Animal.

Description:

3 players rebound & a coach is at the foul line with 2 balls. The coach shoots 1 ball to start the drill.

- Players stay in the key & below the f/t line.
- Fouls are okay and encouraged - no flagrant or injury causing fouls.
- Players play 2 on 1 after the rebound & continually rebound the ball out of the net to make 3 put back baskets each.
- If that ball exits the keyway the coach shoots the next ball so the rebounders can continue quickly & not leave the key.
- The waiting players rebound the loose ball returning it to the coach quickly.
- When each player has made 3 baskets they quickly step out & the next player in line joins the remaining players in the rebounding fight.
- Play to a time or set amount of repeats as determined by the coach.



2.12 3 on 3 Rebounding.

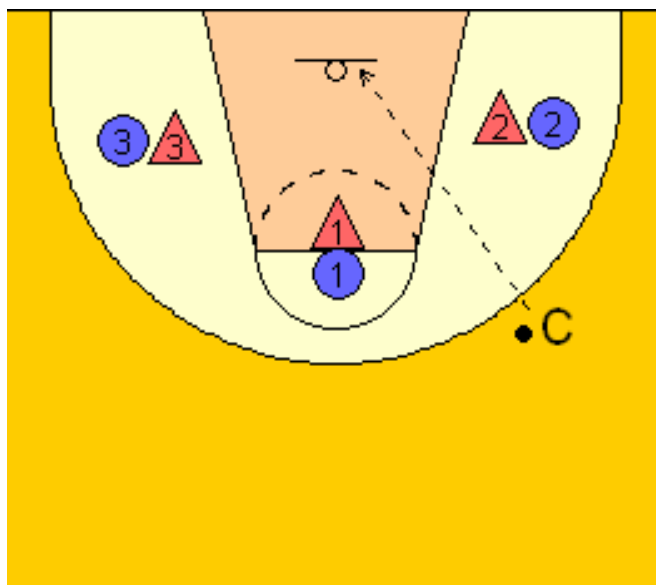
Description:

Players are split into two teams of 3.

Coach shoots the shot & players contest the boards even if the shot goes through the basket.

The defensive team must get 3 rebounds in a row to switch

Rebounds must be with 2 hands & a good outlet pass must be completed to the coach





2.13

Rebounding Workout Session.

Boxing Out/ Rebounding.

Note: Do these one after another with minimal breaks



Board Taps.

3 x 10 Board taps.

10 left, 10 middle, 10 right.

Athlete powers up tapping the backboard or wall with hands making quick contact contact with ground.



Board Taps with Ball

3 x 10 Board taps with ball.

10 left, 10 middle, 10 right.

Athlete power steps up hard with ball, land balanced chinning the ball.

Take a step back, power step into jump and repeat

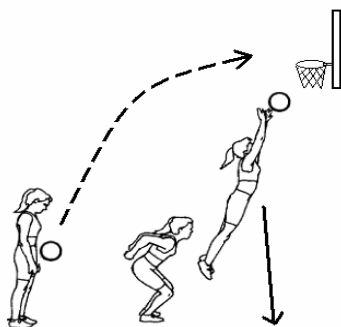


Peak Rebounding.

Toss the ball off the backboard from just inside the foul line. Player then rebounds the ball. This is done 10 times on each side of the backboard.

Player must leap as high as possible and rebound the ball at their peak.

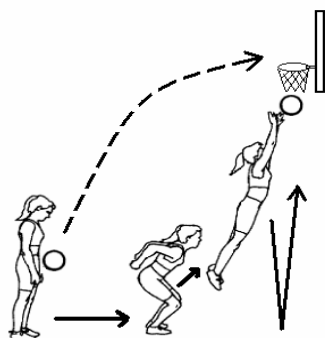
Land with a solid base and chin the ball. Repeat 10 times from each spot.



Board, Chin, Shot.

Toss the ball off the backboard go up hard off 2 feet, rebound the ball, land with ball up or no lower than chin, make quick contact with the floor and explode up hard shooting the shot. This is done 10 times on each side of the backboard.

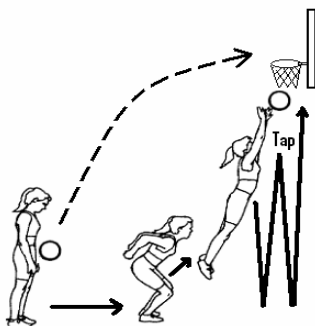
Fingers to rim on shot.



Board, Tap, Shot

Toss the ball off the backboard go up hard off 2 feet, rebound ball, land with quick contact and explode up hard tapping the backboard hard with the ball, come back down to the floor, go up hard shooting the shot. This is done 10 times on each side of the backboard.

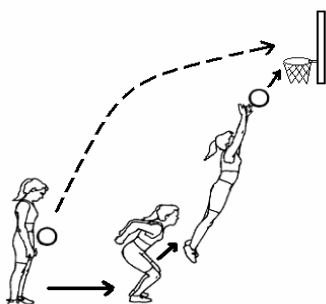
Chin ball.
Smack board hard. Fingers to rim on shot.



Board, Tap, Shot

Toss the ball off the backboard go up hard off 2 feet, rebound ball, land with quick contact and explode up hard tapping the backboard hard with the ball, come back down to the floor, go up hard shooting the shot. This is done 10 times on each side of the backboard.

Chin ball.
Smack board hard. Fingers to rim on shot.





Bacchus Marsh Basketball Association

Coaches Manual



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Chin ball.

Smack board

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