



CENTRAL LOUDOUN BASKETBALL LEAGUE - PRACTICE RESOURCES



CENTRAL LOUDOUN  
BASKETBALL LEAGUE

***Rebounding***  
**MANUAL**





# **CLBL**

## ***Practice Drills Manual - Rebounding***

### **Included in This Manual**

- *Introduction to Rebounding*
- *Points of Emphasis for Rebounding Drills*
- *3 Drills with Detailed Pictures/ Descriptions*
- *Diagram to Show Proper Set-Up and Drill Execution*
- *Modifications for Beginner/ Advanced Athletes*

### **Important Information**

- *No part of this document may be reproduced, stored using a retrieval system, or transmitted by any means without written permission from the author*
- *Includes electronic, mechanical, recording, photocopying, and all other means*
- *The presented information is intended for use as an educational resource, not as a substitute for proper medical advice*
- *Please consult a physician or health care professional before performing the exercises in this manual or any exercise regimen*
- *Discontinue any exercise that causes pain or severe discomfort and consult a physician immediately*
- *The authors of this manual do not make any warranty in regard to the content presented and accept no responsibility for its misuse*

### **More Information**

- *For information about our training programs in northern Virginia and Maryland, please visit [www.TrueAP.com](http://www.TrueAP.com)*
- *For information about our other training resources, including performance training Manuals and DVDs, please visit [www.TrueAP.com/store](http://www.TrueAP.com/store)*
- *See Rob Rose's blog for weekly updates at [www.TrueAP.com/blog](http://www.TrueAP.com/blog)*

## ***Introduction***

Rebounding is another very important aspect needed to help your team win basketball games. Offensive rebounding gives your team extra chances to score, while frustrating the defense. On the other side of the ball, having the ability to hold opponents to 1 shot each time down the court is key to a good defense. Defensive rebounding combined with a quick outlet pass can be an effective offensive weapon, getting the transition game and fast break going, for a lay-up at the other end. Good rebounders typically have “an attitude” that every rebound is theirs and are very aggressive on the boards. You’ve got to want it more than your opponent!

### **Main Points/ Cues for Rebounding Drills:**

1. Locate your man.
2. Locate the ball.
3. Keep your body between the ball and your opponent.
4. Try to get the ball at its highest point!
5. Quickly bring the ball into your body to protect it from your opponent.
6. Land in a strong, ready position and look for an “outlet” opportunity.

## Boxing Out

### Recommended Sets and Reps:

- 5 sets of 5 repetitions for each partner

### Description:

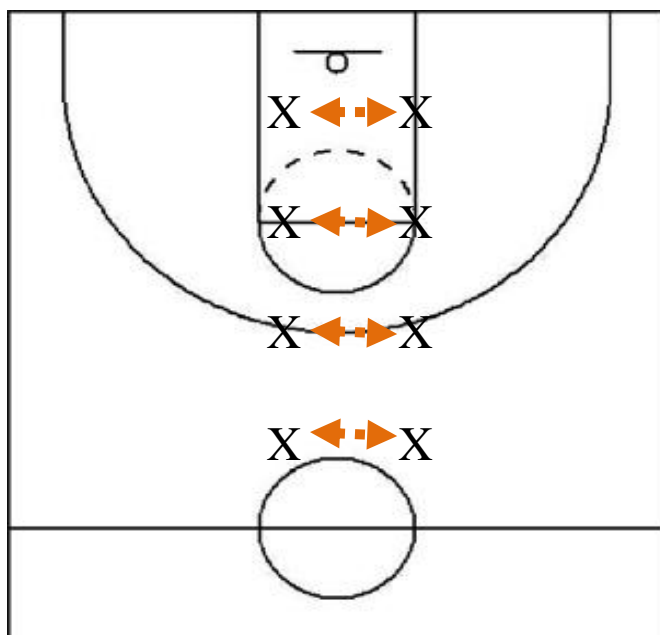
- 1). Coach yells out "shot!"
- 2). Defensive player backs into his offensive partner.
- 3). Defensive player simulates locating the basketball.
- 4). Defensive player should be in wide low stance and hold position until coaches says to get back into starting position.

### Drill Set-Up:

- Begin with partner standing 2-3 yards apart.
- Pick one side to be offense and another side to be defense.

**X = Athlete**

**\* = Basketball**



## DYNAMIC: REBOUNTING



## PROGRESSIONS:

1. 1 Step, then Turn into Box Out
2. 10 Ft. Sprint into Box Out
3. 10 Ft. Sprint into Box Out, then Jump for Rebound
  - a) No ball needed
  - b) Once box out is held for 2-3 seconds, coach yells "Ball" and rebounder jumps and pretends to secure the rebound
4. Add Ball
  - a) Same as #3 but with ball
  - b) Third player will be needed in each group to toss the ball to rebounder



## Bringing the Ball In

### Recommended Sets and Reps:

- Perform 4 sets of 5 repetitions on each side, alternating each set

### Description:

- 1). Coach shoots the basketball off the backboard without hitting the rim.
- 2). First player in line jumps up and tries to grab the ball at the highest point possible.
- 3). Once they have gripped the ball, they quickly bring it into their body to protect it from their opponent.
- 4). Land in a low stance and quickly get the ball back to the coach.

### Drill Set-Up:

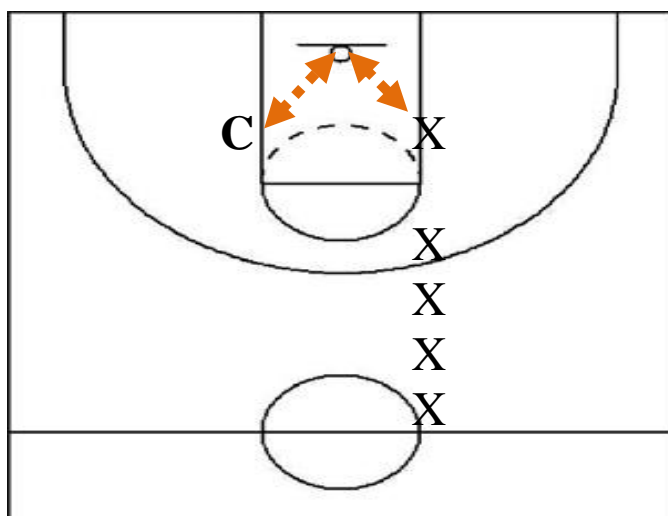
- Coach stands on 1 side of the basket.
- Players line up on the opposite side of the basket.

**C = Coach**

**X = Athlete**

**\* = Basketball**

**◀\*▶ = Path of the Ball**



## DYNAMIC: REBOUNDS



## PROGRESSIONS:

1. "Lob" to Player (No backboard)
2. Coach Toss – Use Backboard
3. Coach Toss – Add Box Out
4. Coach Toss – Box Out and Outlet Pass

## Outlet Man

### Recommended Sets and Reps:

- Perform 1 set of 10 reps from both side of the basket

### Description:

- 1). Coach shoots the basketball off the backboard without hitting the rim.
- 2). First player in line (P1) jumps up and tries to grab the ball at the highest point possible.
- 3). Once they have gripped the ball, they quickly bring it into their body to protect it from their opponent.
- 4). Land in a low stance and quickly pivot and pass ball to the next player in line (P2 - outlet man).
- 5). Outlet man dribbles ball to the coach and then takes turn as rebounder.

### Drill Set-Up:

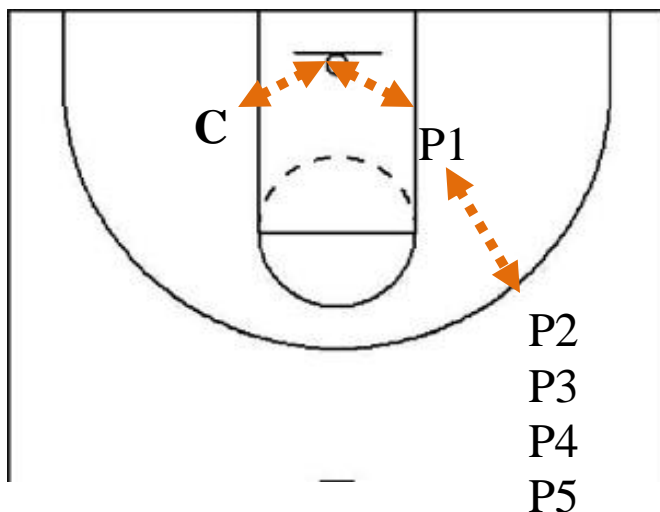
- Coach stands on 1 side of the basket.
- Players line up on the opposite side of the basket.
- Players go from outlet man to rebounder to back of the line.

**C = Coach**

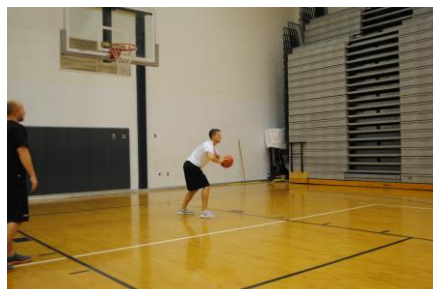
**P# = Athletes**

**\* = Basketball**

**◀ • ▶ = Path of the Ball**



## DYNAMIC: REBOUNDING



## PROGRESSIONS:

1. "Lob" to Player (No backboard)
2. Coach Toss – Use Backboard
3. Add Opponent