

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.

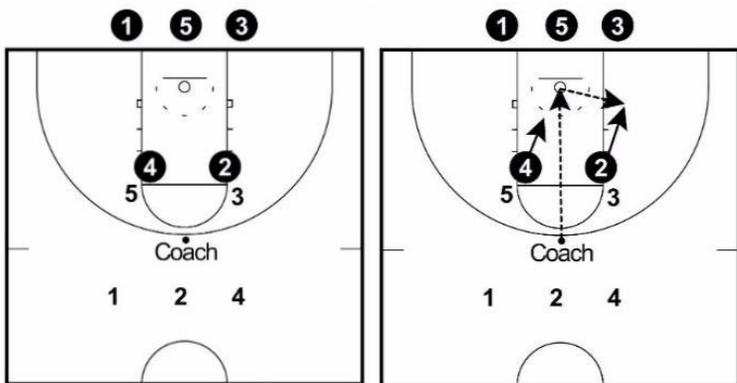
Purpose:

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 drill is the winner!

Variations:

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 get one bonus point.

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.