

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.

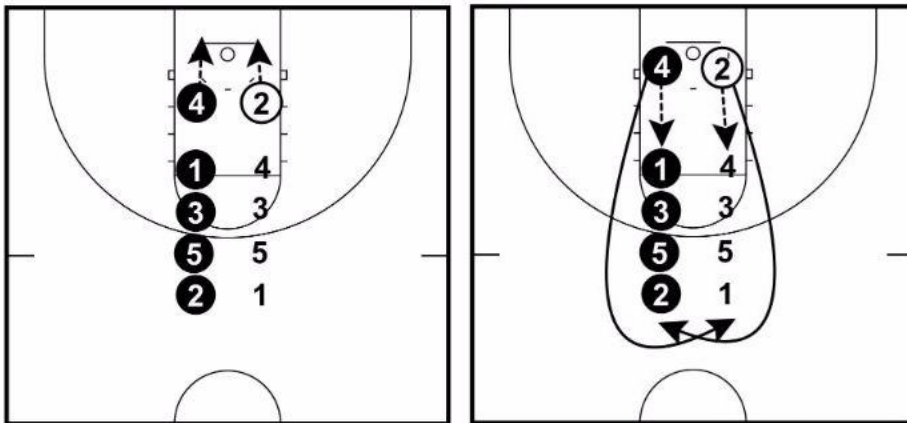
Purpose:

The purpose of this rebounding 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.