

# Weakside Rebounding

## How The Drill Works:

Two offensive players located on the wing and corner. Two defenders in weakside positions near split-line. Coach has a basketball on the opposite wing. The coach shoots the basketball and the two defenders must box out the offensive players and secure the offensive rebound.

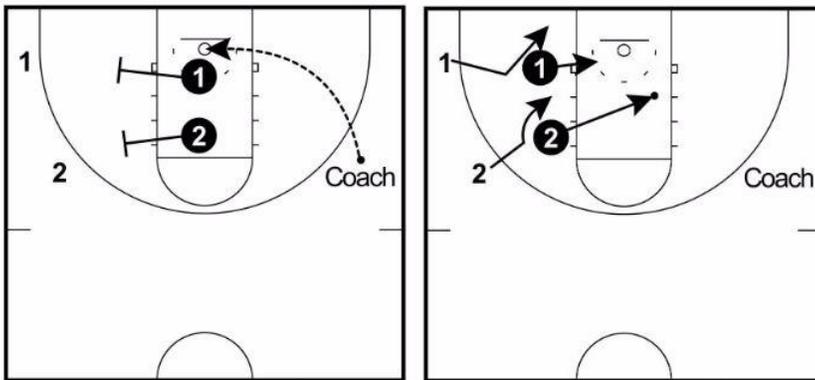
## Purpose:

This is a great drill to get players used to boxing out from a help position. Many players have a habit of not worrying about boxing out when they're already in help. This drill focuses on the players finding their players and making contact when the coach goes up for a shot.

## Setup:

- Offensive players are positioned on the wing and corner.
- Defensive players (x1 and x2) are positioned in the correct help positions.
- The rest of the players form two lines. One behind each offensive player.
- Coach has a basketball.

## Instructions:



1. The coach begins the drill by shooting the basketball while the defenders are in correct help positions.
2. The offensive players (1 and 2) both crash the boards looking to secure an offensive rebound.
3. The defensive players (x1 and x2) must leave their help position, find and make contact with the offensive player they're guarding, and then pursue the defensive rebound.
4. If the defense secures the rebound, they are rewarded by staying on defense while the offensive players rotate out and a new two players come in to offense.
5. If the offensive team secures the rebound, they switch to defense for the next repetition and the current defensive players rotate out to the end of the line and a new set of offensive players come in.

## Scoring System:

The drill is scored individually on how many defensive rebounds you can get.

Any time a player secures an offensive rebound, both defensive players receive a point.

There are no points awarded for an offensive rebound.

At the end of the drill, whichever player has the most points wins!

## Coaching Points:

- There is no out-of-bounds in this rebounding drill. Players must pursue the basketball until one of the teams secures it.
- Start your defenders in the help positions that you emphasize with your defense. Some have the players helping from split-line and others start them on the edge of the key.
- Players must alternate lines, so they get repetitions from both the wing and the corner.
- Defenders must seek contact and be the first one to initiate contact on the box out.
- Make sure your defenders stay low and can always see their man and the coach who has the basketball.
- Remind your players the importance of boxing out in this position. Frequently, a rebound is made on the opposite side of where the shot came from.