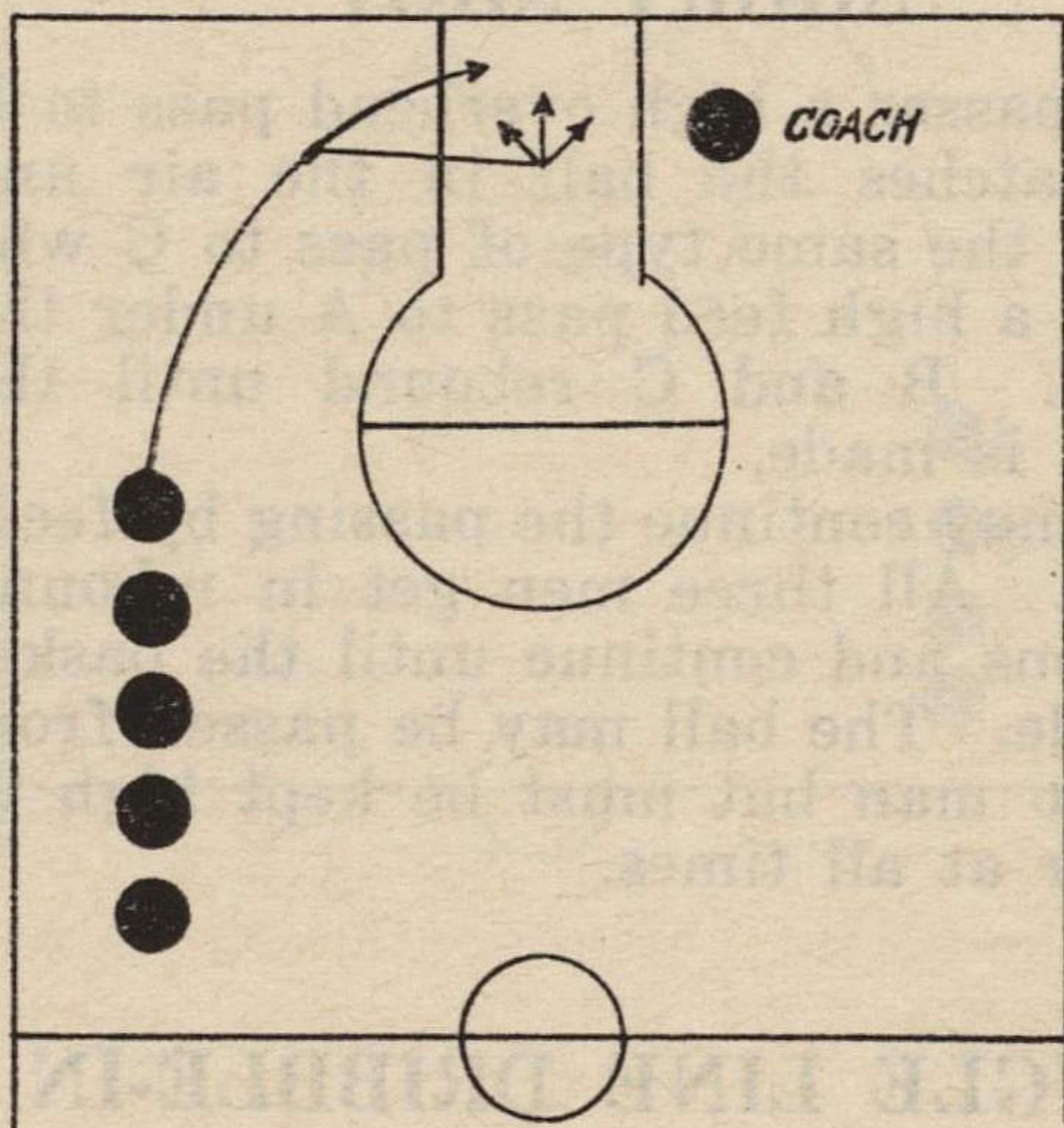


## SINGLE LINE REBOUND DRILL



The coach controls the ball and the player cuts for the basket. The coach may pass to the player for a feed shot or he may properly time a shot at the basket for a rebound by the cutting player. If a shot is taken the player will cut for a point in front of the basket where he will be in position for rebounds to the right or left or short or deep front rebounds. He attempts to lay them back in the basket and continues until a basket is made. The coach purposely misses the basket and with some practice is able to make the ball rebound as in usual missed shot situations.

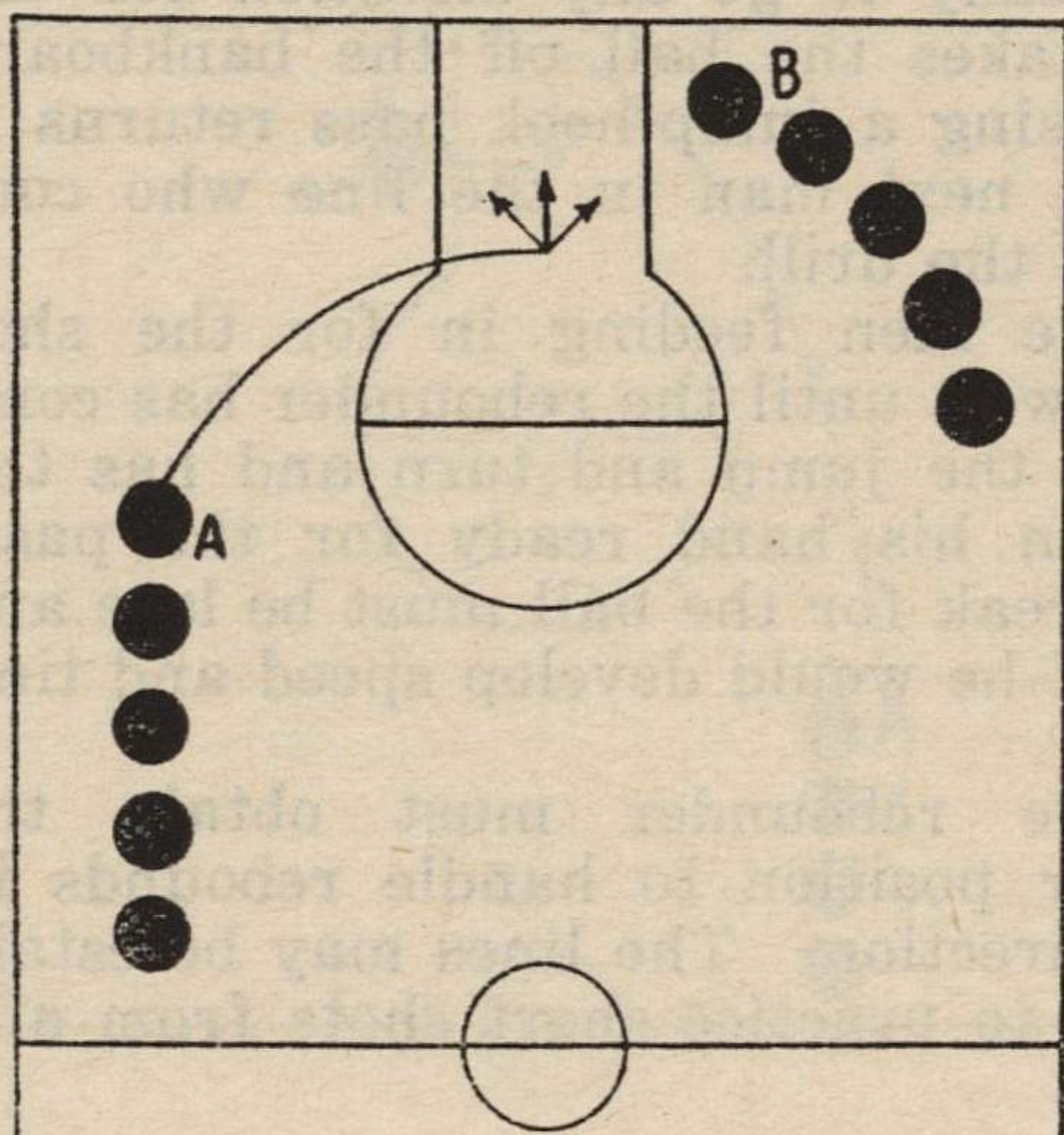
The same drill can be used on shots from out on the floor. The option of feeding the player for a shot occasionally is added to make the player cut in as he would under game situations.

## REBOUND DRILL WITHOUT THE BASKET

This drill may be best executed by removing the basket from one of the practice goals or may be carried out against a gymnasium wall. A single player may be used or an entire group.

The ball is tossed against the bank or wall and the players must rebound it back against the wall for a number of times. This drill is effective for practice in timing spring and in overhead fundamentals of rebounds prior to the use of the other drills given. Insist on the players catching the ball and shooting in the air. Some consideration may be given to slapping or batting the ball hard against the board as a last resort if the individual rebounds it from that attempt.

This drill may be used with a guard against the player or players. The rebound man must not give ground back to the defensive man and must maneuver to get his best rebound position.



## TWO LINE REBOUND DRILL

Player B intentionally misses a short shot and player A coming in to a point in front of the basket and about four to five feet out, sets his foot ready to jump in any direction and rebounds the ball. If A misses the basket, B aids him in rebounding until a basket is made. The ball is then passed to the next men who continue the drill.

In all rebound drills the coach should stress coming to a position in front of the basket as shown.