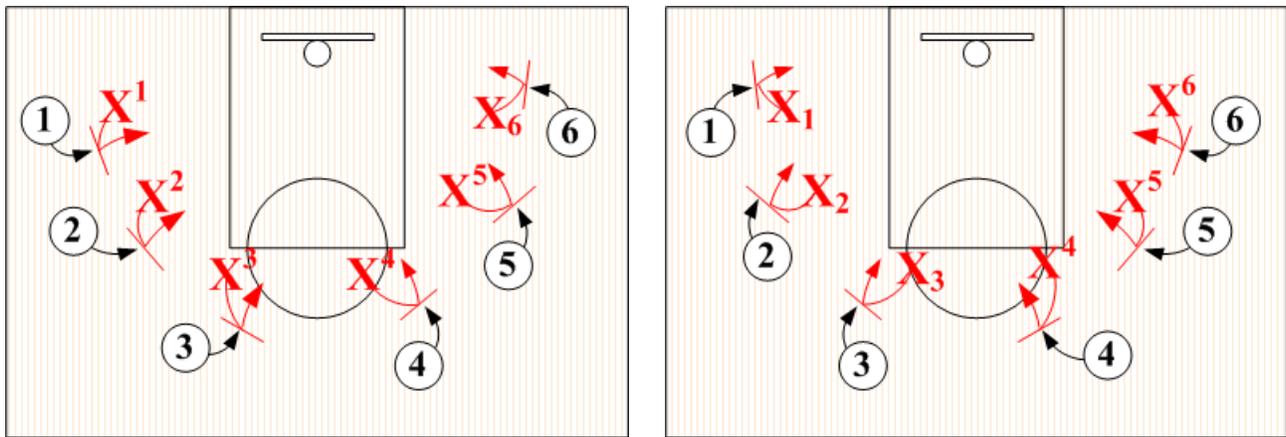


“Boxing Out” Drills – Defensive Rebounding

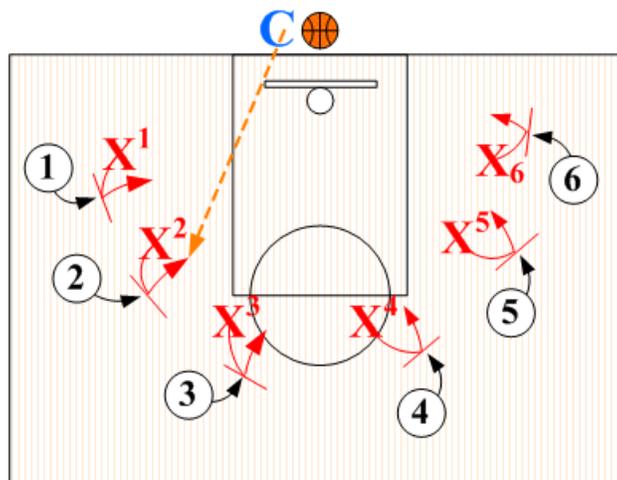
Basketball is a game of habits. Once proper boxing out techniques are taught and learned, they should become a vital component of every drill and scrimmage. In fact, all drills should end on a defensive rebound or made shot. Following are a couple of proven teaching drills that can be used to teach or review proper footwork and techniques.

Basic Boxing Out Techniques

Boxing out fundamentals should be taught and reviewed at the start of every season on all level. A good teaching drill to use is a simple semi-circle rebound drill. This drill not only checks individual player's boxing out techniques; but, just as important, mentally, it gets the players thinking about boxing out. Players are paired up and arranged in a semicircle around basket. Coach stands under the basket with ball and assistant coaches walk around checking the rebounding technique of each individual player.

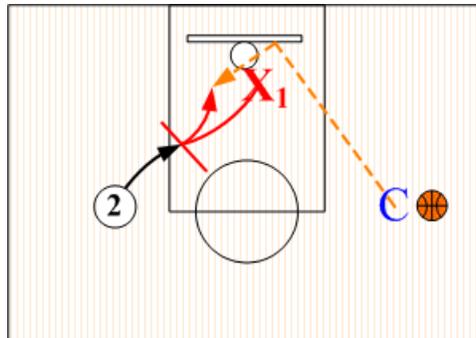


Phase 1. When coach yells "SHOT", the offensive players move in a predetermined direction toward the basket, and the defensive players box out using the "Arm to the chest, butt to the gut" technique. After several repetitions of boxing out in both directions, offensive and defensive players switch positions.



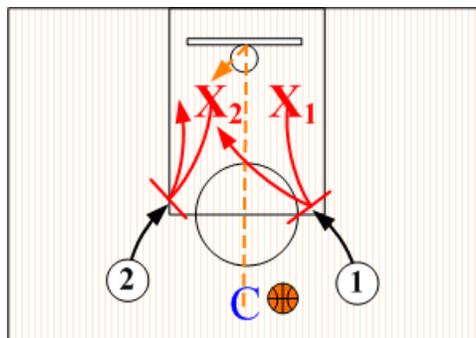
Phase 2. Once every player has been checked for proper rebounding technique, drill becomes live. When the coach yells "SHOT", the defensive players box out. To make sure the defensive players maintain inside positioning and have their hands up, the coach will make crisp chest passes to players at random. Assistant coaches again check for proper technique.

Helpside Rebounding (1-on-1)



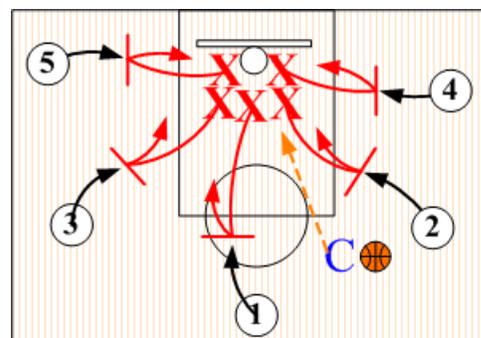
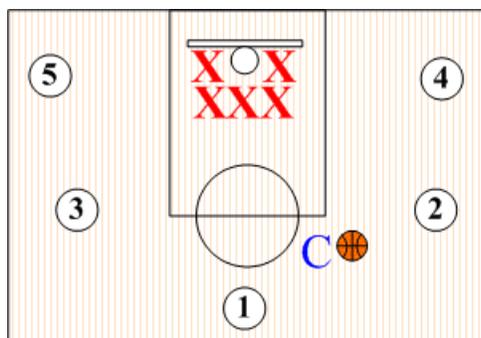
One-on-One Rebounding (Live): On the shot, defensive rebounder X1 must “Find” (locate) and Hit (block out) opponent O2 outside the paint (3 second area) using a forearm to the chest in an elbow high position. Once contact is made anticipate miss and go after the ball. Do not allow the rebound come to you. Read the shot and shooter. 70% of shots are going to come off on the opposite side of shooter. Rebound the ball above head with two hands. Do not allow ball to hit the floor. Offensive player anticipates the miss and tries to get inside to rebound and make a quick putback shot. Defender X1 must stop any put back attempt by O2. The coach/shooter should shoot from both sides of the court as well as from both sides on the baseline. It does not matter if the shot is made or missed since the primary purpose of the drill is to locate and box out. Players rotate from offense to defense to end of line.

Helpside Rebounding (2 on 2)



Two-on-Two Rebounding (Live): Same as above drill except that four players are involved in getting the rebound. Two defenders start out under the basket and two offensive players are outside the three point line. On made shots go again.

Helpside Rebounding (5 on 5)



Five-on-Five Rebounding (Live): Five defenders start out under the basket while five offensive players station themselves outside the three point line. On coach’s shot, all five defenders must Hit (Box out) their opponent outside the paint area and aggressively rebound with two hands.

Competition: Play games to 5-6 points with a successful offensive putback counting as one point. On defensive rebound, defense goes to offense. Players cannot score points while on defense.