

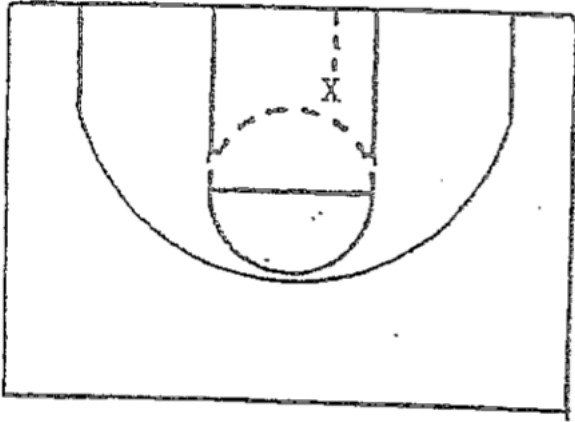
NC State Basketball



Rebounding Drills

DRILLS FOR IMPROVEMENT

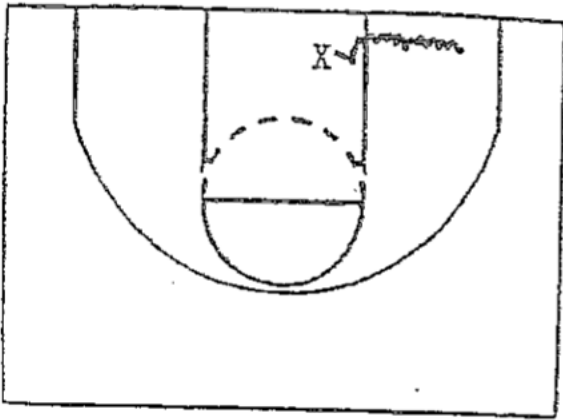
Rebounding



Individual Technique: Defensive Rebound

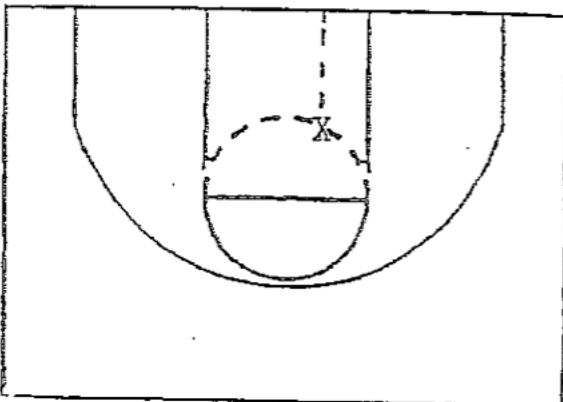
1. Stand two steps back and throw the ball against the backboard.
2. Jump and grab the ball at the top of your jump.
3. Pull the ball down to just below your chin with elbows out.
4. Land on balance and turn to the outside and find the outlet.
5. Take ten rebounds on both sides.

NOTE: More advanced players should turn in the air and land facing to the outside for the outlet.



Individual Technique: Rebound vs. Pressure

1. Drill begins as the one above.
2. As the rebounder turns to the outside and the opposing team is pressuring the outlet pass.
3. Fake the outlet pass and take one or two hard dribbles to the corner to defeat the pressure.



Individual Technique: Offensive Rebound

1. Stand half way up the line.
2. Throw the ball hard off the backboard and rip the ball out of the air.
3. Land on balance with the ball held firmly under the chin.
4. Take the ball strong to the basket and finish with a power lay-up.
5. Take ten rebounds on both sides.

NOTE: Add a power dribble and/or shot fake and repeat