

FDBA Domestic Coaches Drill Book: Rebounding

Name: Box Out Rehearsal

Drill No: 11

Description:

This drill is used to teach players how to box out their man when a shot is taken.

Players on the baseline are on offence and the players in-court are defence.

The offence must move in a predetermined direction from the coach and only 1-2 steps.

When the coach calls "shot" the players yell "box" they then must initiate contact with a forearm and one foot forward, they then pivot to box out when the offence tries to move in the predetermined direction.

Variations:

1. Build up to allow the offence to go any direction.
2. Allow offence to fake and change direction.

Points of Emphasis:

1. Initiate contact
2. Stay low in stance
3. Pivot to get defence on your back
4. Keep hand above shoulders

Diagram A.

