

## FDBA Domestic Coaches Drill Book: Rebounding

Name: Circle Box Out Drill

Drill No: 12

### Description:

This game is fun and competitive whilst it teaches the players to stay low and on balance.

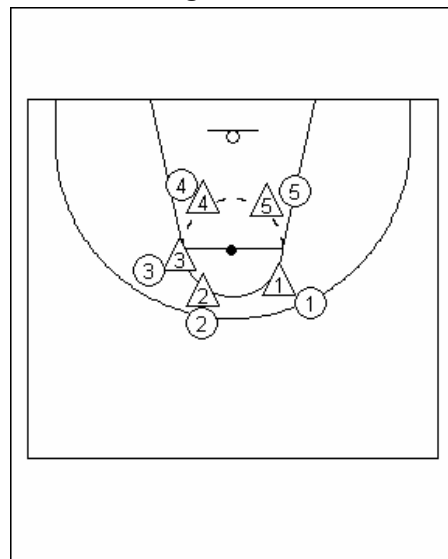
Players match up according to ability.  
Defence is inside the circle and offence is on the outside.

The coach places a ball in the middle of the circle.

When the coach signals go the offence must attempt to get the ball as quick as possible without fouling (give some leeway to add pressure on the defence to stay low and on balance)

Coach times how long the defence can box out the offence.

Diagram A.



### Variations:

1. Give the offence a run up
2. Make the defence switch players before blocking out

### Points of Emphasis:

1. Must stay low and keep head behind toes to stay on balance
2. Initiate contact and pivot accordingly.
3. Maintain contact with offence with back.