

FDBA Domestic Coaches Drill Book: Rebounding

Name: Reaction Rebounding

Drill No: 13

Description:

This drill is great for developing reaction speed and finishing the shot after rebounding

Player starts facing away from the basket with heels on "dotted D"

Coach throws the ball up against the board, player turns and rebound, powering the ball up and in

Variations:

Add second coach or player under hoop with bump pad to put pressure on finishing the shot

Points of Emphasis:

1. Correct stance - low and wide - the whole time.
2. "L's" up - Thumbs at shoulders
3. Power lay-up off two feet.

Diagram A.

