

FDBA Domestic Coaches Drill Book: Rebounding

Name: Superman Drill

Drill No: 14

Description:

This drill is an effort drill and works on players having active feet and moving quickly from one side of the hoop to the other.

Player starts with the ball on one side of the basket.

Throw the ball to the other side, quickly moving feet to get to the side of the basket for rebound

Variations:

1. Set amount of time
2. Set amount of baskets
3. Reverse lay-up finish
4. Catch the ball and throw it in one motion

Points of Emphasis:

1. Carry hands above shoulder
2. Maintain sight off ball
3. Explode and catch ball at peak of jump

Diagram A.

