

FDBA Domestic Coaches Drill Book: Rebounding

Name: Contest the Rebound Drill

Drill No: 15

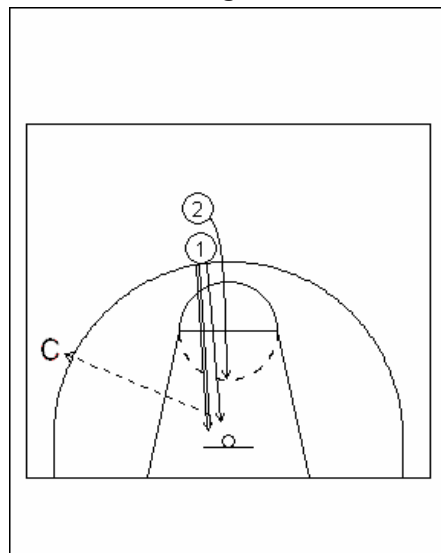
Description:

Player with the ball starts at the 3 point line, with another player directly behind them
 Coach is on the wing to receive the outlet pass
 Player throws the ball hard against the glass and goes to rebound as the player behind contests and puts pressure one

As the ball is rebounded, the rebounder executes $\frac{1}{4}$ turn in the air, keeping the ball secure and throwing the outlet pass to the coach

Build by adding a player who stands on the base-line and snaps at the ball if the rebounder brings it down
 Introduce a "bust out" dribble by the rebounder before the outlet.

Diagram A.



Variations:

Points of Emphasis:

1. Carry hands above shoulder.
2. Chin the ball on the catch.
3. Explode and catch ball at peak of jump.

Diagram B.

