

## FDBA Domestic Coaches Drill Book: Rebounding

Name: 3 v 3 Box Out

Drill No: 16

### Description:

Coach throws the ball to a player to shoot.  
Defensive players are in proper position relative to the ball—  
3 is in a help position, 2 is one pass away.

On the shot the players box out and rebound, if the offense  
gets the ball they may play and try to finish the shot.

### Variations:

1. Let the defence transition down the other end after se-  
curing the rebound.

### 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.

