

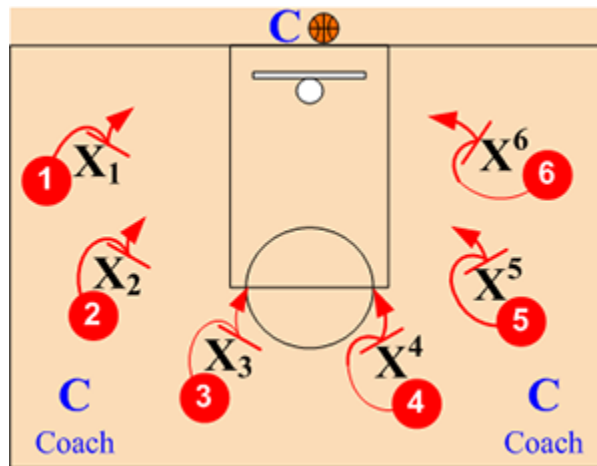
## "Box Out the Defender" Drill

### Drill Objectives:

- To teach and review the basic offensive rebounding techniques.
- To teach players to be active during FLIGHT TIME (the time it takes the ball to leave the shooter's hand, hit the rim, bounce to its highest point, and descend to a point where it can be rebounded).
- To develop an offensive rebounding attitude as well as an instinct for the ball.

The three basic offensive rebounding techniques should be taught and reviewed at the start of every season on all level. A good teaching drill to use is a simple semi-circle rebound drill. This drill not only checks individual player's boxing out techniques; but, just as important, mentally, it gets the players thinking about rebounding offensively. Players are paired up and arranged in a semicircle around basket. Coach stands under the basket with ball and assistant coaches walk around checking the rebounding technique of each individual player.

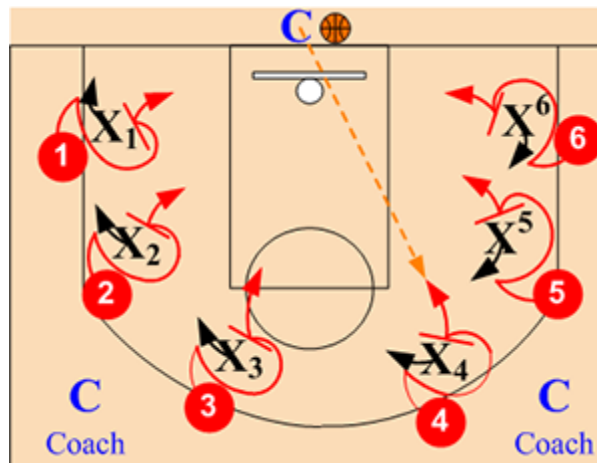
### Phase 1



When coach yells "SHOT", the offensive players execute the designated offensive rebounding technique. After several repetitions in both directions, offensive and defensive players switch positions. Teaching sequence:

- Step Around Technique.** Defenders turn and watch the basket.
- Arm-Over Technique.** Defenders passively box out.
- Spin Move Technique.** Defenders aggressively deny the arm-over move.

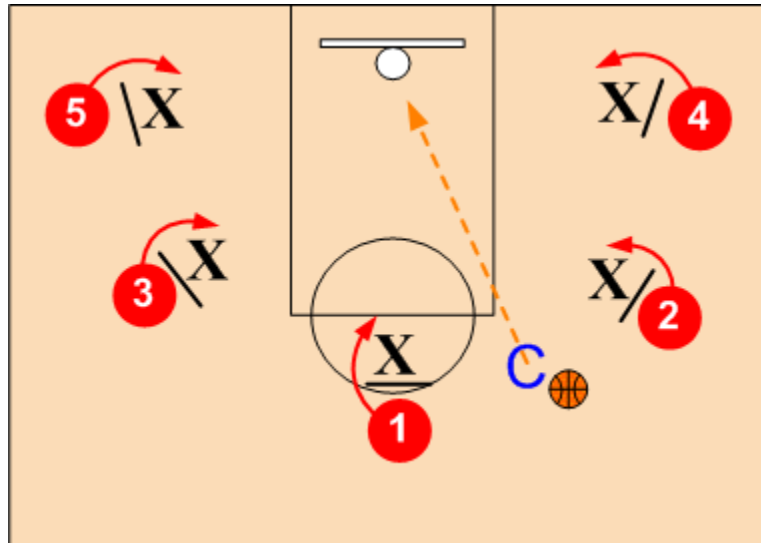
### Phase 2



Once every player has been check for proper rebounding techniques, drill becomes live. When the coach yells "SHOT", the defensive players box out. To make sure the offensive players have their hands up in

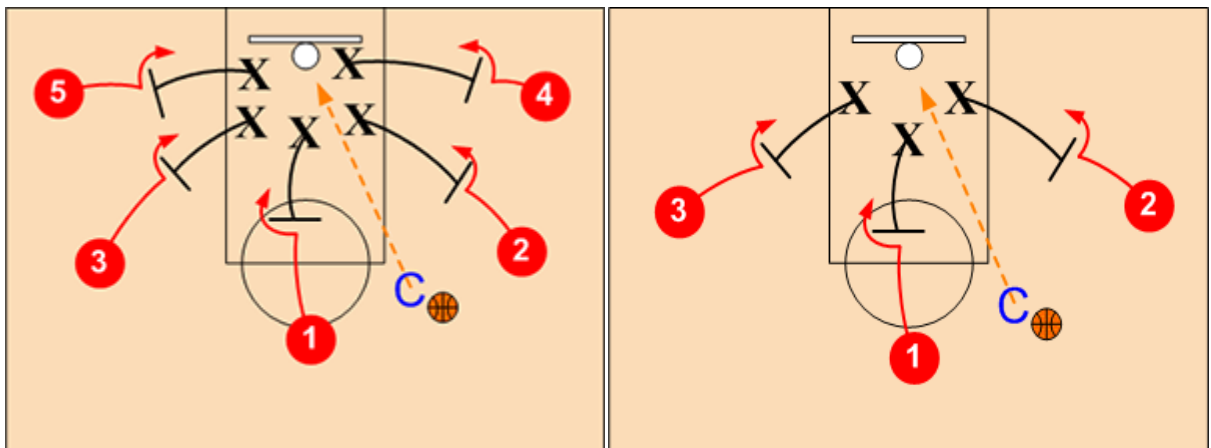
establishing inside position, the coach will make crisp chest passes to players at random. Assistant coaches again check for proper technique.

### Competition



Coach shoots the ball from different spots on the court. Play games to 5-6 points with a successful offensive putback counting as one point. On defensive rebound, defense goes to offense. Players cannot score points while on defense.

### Variation



Have defensive rebounders start in a sagged off, "Helpside I" position around basket and close out on shot. For better observation, break drill down into One-on-One, Two-on-Two, or Three-on-Three rebounding competition.