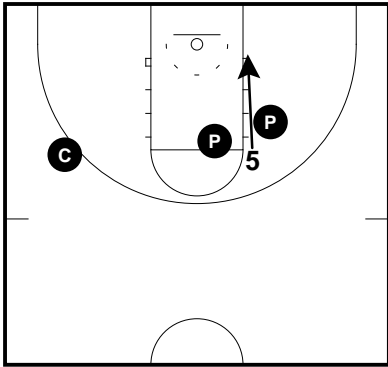


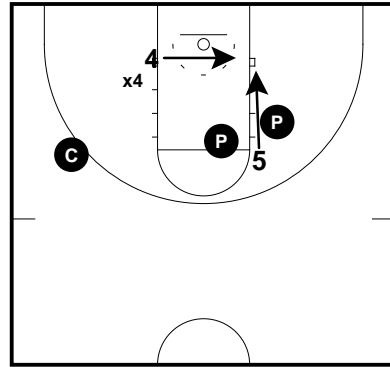
Rebounding Drills
Rebounding



Opposite Thru 2 Pads

Coach shoots the ball on the wing
2 pads are "traffic" for the 5 man.
5 man must get thru contact to rebound.
5 man finishes at rim.

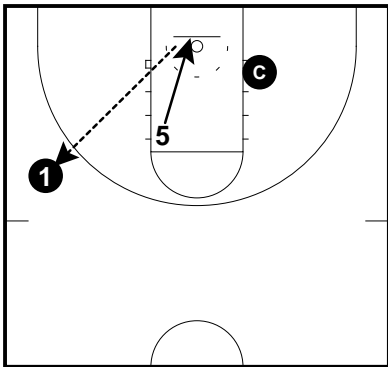
Rebounding Drills
Rebounding



Opposite Thru 2 Pads

Add a posting 4-man, who posts, also must get opposite.

Rebounding Drills
Rebounding



Rebound & Outlet

Coach Shoots to Miss Opposite.
5 Rebounds tapping ball against glass.
5 Lands, Pivots, and Passes to Outlet Man.

Rebounding Drills
Rebounding

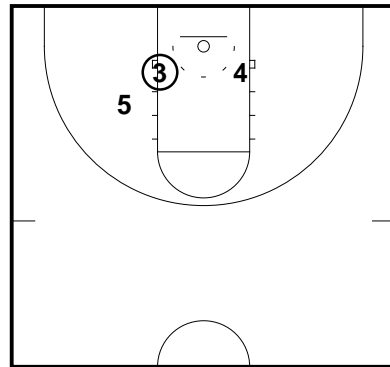
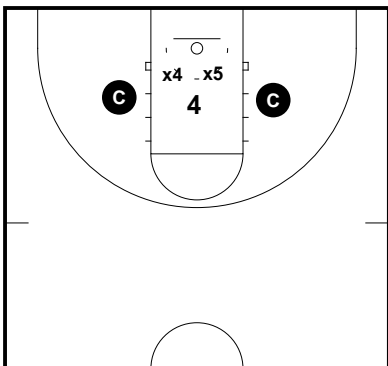


Figure 8 Rebounding

Similar to 3 man weave.
3 throws off glass, immediately goes behind 4.
4 gets rebound, goes behind 5.
CONDITIONING & REPETITIVE EXPLOSIVE JUMPING.

Rebounding Drills
Rebounding



Reb/Put Back Thru Box Out

X4 & x5 are dummy defenders simply as interference.
Must complete 5 shots.
Coach shoots, 4 goes through defenders
Finish thru contact.
Immediately goes behind defense and repeats.