

## REBOUNDING

Players are taught when and how to use their bodies to gain position to offensive rebound. At the same time players are taught to have defensive balance whenever a shot is taken. Not all players can go for the rebound; some must be protecting the basket as safeties. Rebounding needs to be emphasized in every drill or activity. It is through this emphasis that players build a rebounding mentality.

### Early Clock

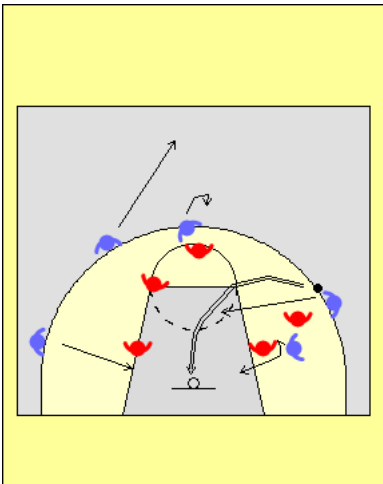
A shot taken early often has an easier time to be rebounded since the defence has not had a time to get set. Coaches must decide what shots are acceptable during the early clock and who should rebound these shots.

### Mid Clock

During the half-court offence, the players should have a better understanding of what shots will be taken and when. Coaches can have more control at this time on who should be in rebounding position. This should be built into the offence.

### Late Clock

Many offensive rebounds can be picked up at this time during the clock as many shots are forced and can have random caroms off the basket. During this phase, safeties become a priority.



One rule that can be used in all game-like drills is that players below the foul line extended go for offensive rebounds. Those above the foul line extended become safeties. This tactic provides the opportunity for rebounding to be practiced in every drill.

The other way is to assign rebounding responsibilities by position or individual player. The main issue with this method is that some players never have to learn to rebound both offensively and defensively except in drills designed for rebounding.

Rebounding is an integral part of the game and should be stressed at all times.