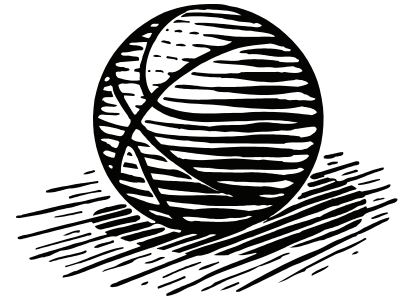


Name _____

FUNDAMENTALS

“Rebounding”



Principles: Assume shot will be missed, hands up
Go up TALL + small, come down BIG + WIDE, chin the ball, elbows out, OFF and DEF

Jump stop, jump off 2 feet
Go Up Tall + Small
Come down BIG + WIDE

Self Toss off backboard
Catch ball in air

Self Toss off backboard
catch ball in air
chin it - BIG + WIDE

Self Toss off backboard
catch ball in air chin it
Pivot and Pass to outlet person

Partner Toss
Stand 12 apart, toss to partner,
go up get it, chin it and protect
from partner- pivot away

Partners - Jump Ball
Coach tosses ball to pair
favors one player, winner
chins and protects

Partners - Loose ball
Coach rolls ball to favor one,
pick up, chin, pivot, protect

Defensive Rebound
Partner up - def in front of
offense with ball, offense
shoots ball over 'D', D boxes
and goes to get it

Close Out Rebound
Partners 12 feet apart,
pass, close out, off. shoots,
"D" boxes and goes for it