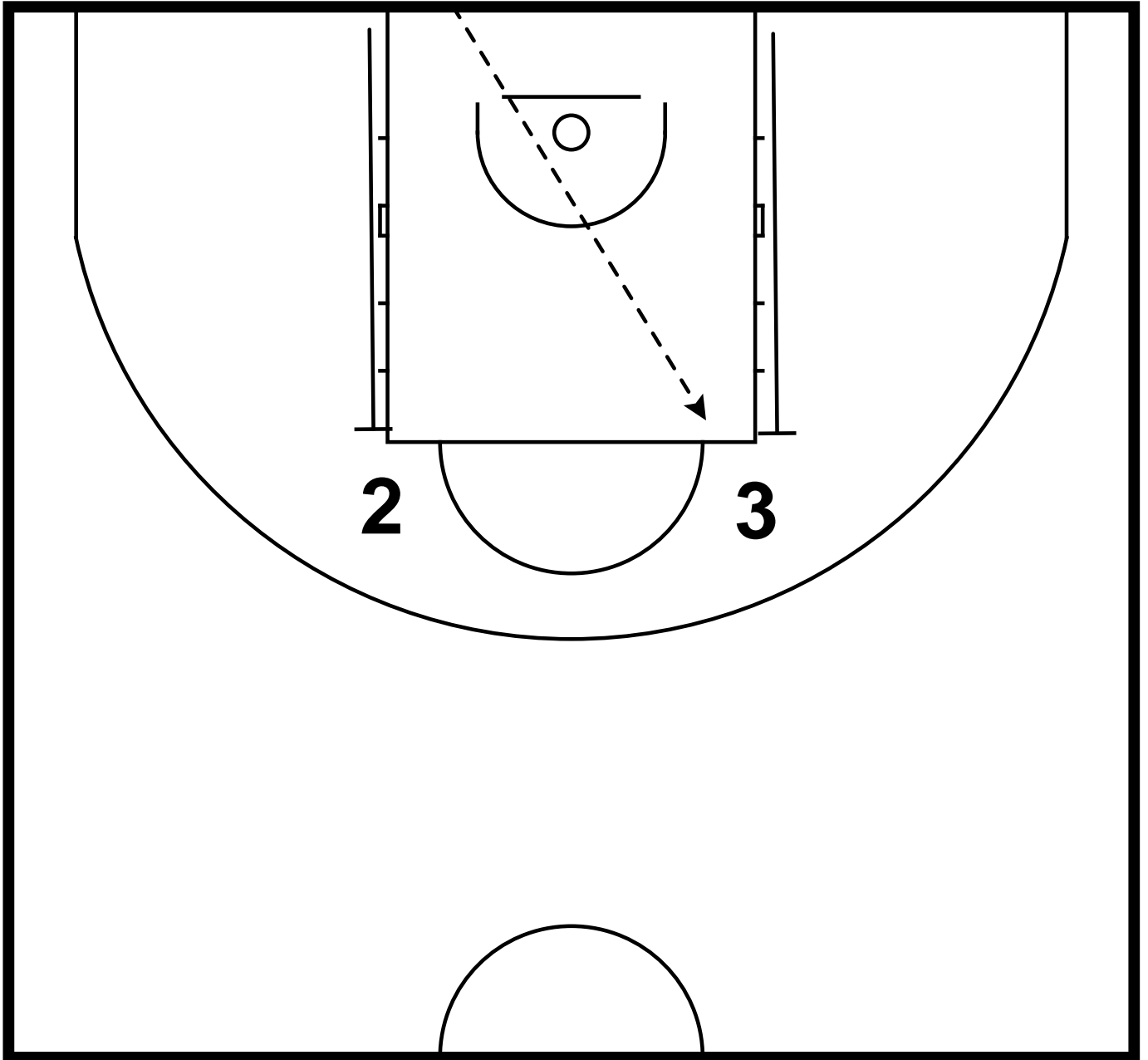


Close Out/Box Out Drills - Rebounding

1 5 4 6



2 players on elbows, 2 on baseline at lane line.
One of the players on baseline has the ball.

Player with ball passes to either elbow where player must catch & shoot. Made shot & play resets (no score recorded for shooter).

On pass both players on baseline must close out & box out.

Players score individually -
1 point for defensive rebound
2 for offensive rebound
- 1 for missed box out
1 for made shot

Play to pre determined score or time limit.

Close Out Teaching Points

- sprint towards man
- stutter steps to slow down with hands up & butt low.
- Make contact with offensive player before chasing rebound