

## Coaches Corner: Rebounding

More often than not the team that wins the rebound count wins the match. After catching passing and shooting it is probably the most important skill in basketball. So what makes for successful rebounding ?



Firstly positioning, ideally players should look to get in front of the opposition and box out when the shot is going up. Unless you are shooting or directly defending the shot the player should have a wide low base with arms low and wide. This is not only the most effective way to block out it also puts the player in a position to launch at the ball. Swinging the arms upwards helps create momentum.

**JUMP.** For a coach there is literally nothing more frustrating than having the biggest kid on the court who doesn't get off the ground. If your tall's aren't jumping for rebounds bench them.

Players should aim to catch the ball with arms fully outstretched at the highest point of their jump. Once they have the rebound in their hands there are two techniques that can be used.

The first I'll refer to as an offensive rebound. Here the player aims to land with feet approx. shoulder width apart, after landing the ball is kept at full height slightly in front of the head. The player then shoots (or shot fakes and shoots), with a minimum required drop of the arms.

The second I'll call the defensive rebound, but can be used effectively at either end of the court. Here the player lands with feet at a minimum of shoulder width apart, as soon as the ball is caught it is pulled tight to the chest, directly under the chin. Elbows come up parallel to the ground providing maximum protection. Typically the player will be facing the base or side line after the rebound. So complete the move by pivoting hard away from the basket and look to pass the ball back up the court. In offence this allows for a reset and in defence it can start a quick transition.

For anyone shooting from inside the three point line, then they should look to follow their shot. If the shot is short more often than not the ball comes straight back in the direction of the shooter.

For the defender trying to block the shot, they should look to try and turn and block the shooter from moving forward as quickly as they can once the ball leaves the shooters hand.

I will finish with this observation, far too many players simply watch the ball once the shot goes up. They wait to see what happens and then react. It's pointless because we cannot do anything about the result once the ball is in the air. Instead that time can be used to get into position, block out and ready your stance, all of which will maximise your players chances of winning the rebound.

And remember

Good coaching always beats good luck