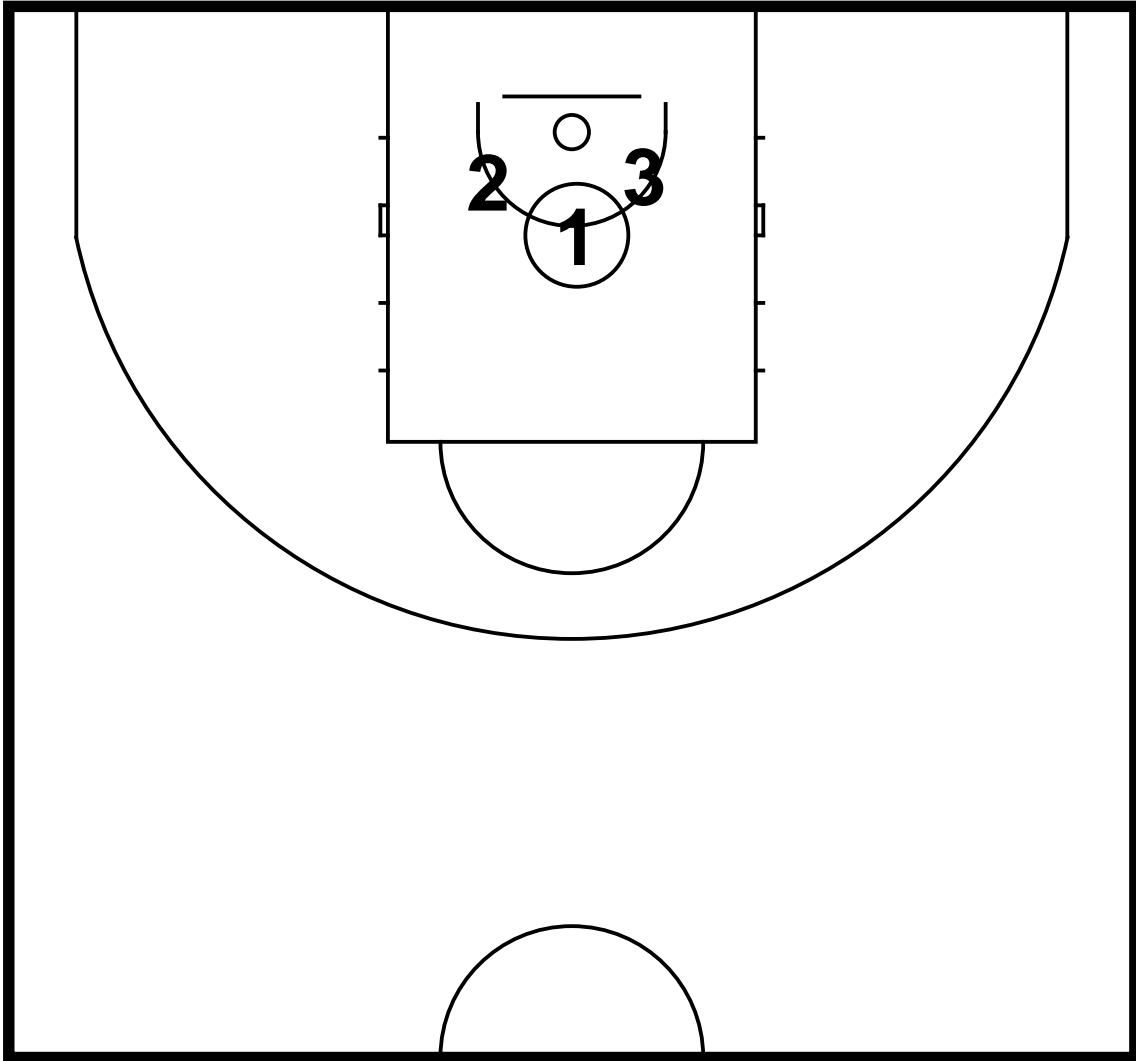


# Lakers

War  
Drills - Rebounding

## 4 5



A very simple drill that sees 3 players all inside the no charge circle, one of whom has a ball. On the coaches signal the player with the ball puts up a jump shot.

All 3 players on court compete for the rebound with the successful rebounder immediately putting the next shot back up without dribbling the ball.

All players again compete for the rebound counting their own individual rebounding score. The first player to reach 5 rebounds steps out of the drill & the next player steps in from the baseline.

Run the drill for 2 - 3 minutes only - possibly a couple of times during a session to encourage aggression & desire for the ball on rebounds.