

REBOUNDING KEYS

Basketball rebounding is a skill that is required by all players regardless of their position or size. Players and teams that are good at rebounding, will be more successful on the offensive and defensive ends of the court.

I think it's obvious to see how critical rebounding is to a player's and a team's success. The basketball rebounding tips I have included below should serve as an outline of the fundamental skills needed to be an effective rebounder.

Offensive players that can rebound the basketball effectively help create more scoring opportunities for themselves and their teammates.

Defensive players that can rebound the basketball effectively help prevent their opponent from getting more scoring opportunities.

GENERAL REBOUNDING TIPS

> All players are responsible for rebounding.

> Players should be aware of when and where a shot is taken.

> Players should call out "shot" when a shot is taken to help alert their teammates.

> Players should assume the shot will miss and go to their rebounding position.

> Players should locate the player they are supposed to BOX OUT. They should then block their opponent out. This will put them in a better position to get the rebound.

> Go toward the basket for the rebound after they have successfully boxed out their opponent.

> Be prepared for the basketball to go to the opposite side from where the shot was taken. A missed shot is more likely to rebound to the opposite side.

> Players should go aggressively to where the ball is.

> Players should gain control of the ball and keep it.

> Players should move the basketball. Their move will depend on whether they are on offense or defense.

COACHING TIPS FOR OFFENSIVE REBOUNDING:

- Players should assume the shot will miss. They should anticipate where the rebound will go and go aggressively after the basketball.
- Players should tip the basketball in on a missed shot. The tip-in is when a player jumps, rebounds, and shoots the basketball before landing back on the floor.
- Players should keep the basketball high after rebounding it. This helps protect the ball from being stolen or slapped away.
- Players should, as often as possible, shoot without dribbling the basketball.
- Players should use the dribble when they rebound the basketball and have an open scoring lane.
- Players should pass to an open teammate who has a better scoring opportunity. They can also pass the basketball back out to a guard to re-set the offense.

COACHING TIPS FOR DEFENSIVE REBOUNDING:

- Players must block out their opponent after each shot. This puts them in a good rebounding position and keeps the offensive player from getting to the basketball.
- Players should hold the ball tightly under their chin after rebounding the basketball. This is known as "chinning the ball". This helps protect the ball from getting stolen away by the offensive player.
- Players should not rush into passing or dribbling the ball after a rebound unless their team is running a fast break.
- Players should make good outlet passes to their teammates after rebounding the basketball.
- A baseball pass to a teammate far down the court. An overhead pass to a teammate around the mid-court line. Or a chest pass to a teammate positioned toward the side of the court.