

dirty work required of rebounding. Players should develop the tradition of rebounding (for themselves and their team) because it enhances a hard work core value.

Reinforcing the Motivation

Coaches can convince players to rebound if players understand that it is essential for ball possession as well as for the fast break and that it is important (the third most important factor) to winning.

Praise and encourage players who give maximum effort in rebounding, and single out individual players for particular rebounding accomplishments (e.g., most rebounds in a half, most defensive rebounds for the game, best blockout, most consistent rebounder). Make sure that they know how much their coach and teammates value rebounding as a team skill and that their efforts to perform well in rebounding will be rewarded.

After all players feel responsible for rebounding and understand why they must rebound, then explain and demonstrate the fundamental rebounding skills.



Rebounding Rules

Four concepts (the big bullets of the boards) apply to offensive and defensive rebounding and are critical for any player or team to be successful in rebounding:

1. **Assume** that each shot is missed and do the assigned job.
2. **Keep hands up** when in rebounding areas, on offense or defense.
3. **Use 2-and-2** rebounding—when going for any rebound (offense or defense), rebound from two feet with two hands. Go up tall and small, and come down big and wide.
4. **Capture and chin the ball** on all rebounds; use two hands to capture the ball and chinit to protect the ball. Chinit—two hands, the fingers point up, the ball under the chin or from shoulder to shoulder (the power position), the elbows out and up (big and wide).

Assume is the prompt used to remind players and coaches to assume that every shot will be missed. When that becomes a habit, players are conditioned to focus on carrying out their rebound assignment on every shot attempt. Even on an uncontested layup by a teammate, players should always assume a miss—then they will develop the habit of rebounding consistently.

The verbal prompt *hands up* is a reminder of this essential skill needed in rebounding, especially when players are blocking out on defense or near the offensive rebounding basket. The arm position is shown in many of the figures in this chapter. Players should start in quick stance, ready to jump (the legs bent, sit into the stance), with the hands up and ready to rebound the ball (the upper arms horizontal and level with the shoulders, the forearms vertical and slightly forward). The rationale for teaching players the hands-up arm position is the following:

- Keeps players ready for a quick rebound (hits the rim and bounces directly to the player with no time to respond).

- Allows players to prevent the opponent from rebounding (just get close, with the hands up). This prevents the opponent from getting his hands up to rebound the ball.
- Makes a difference when players are blocking out on defense. The hands-up technique prevents the defensive rebounder from using the illegal method of hands down to feel and hold the offensive rebounder (see figure 8.1).

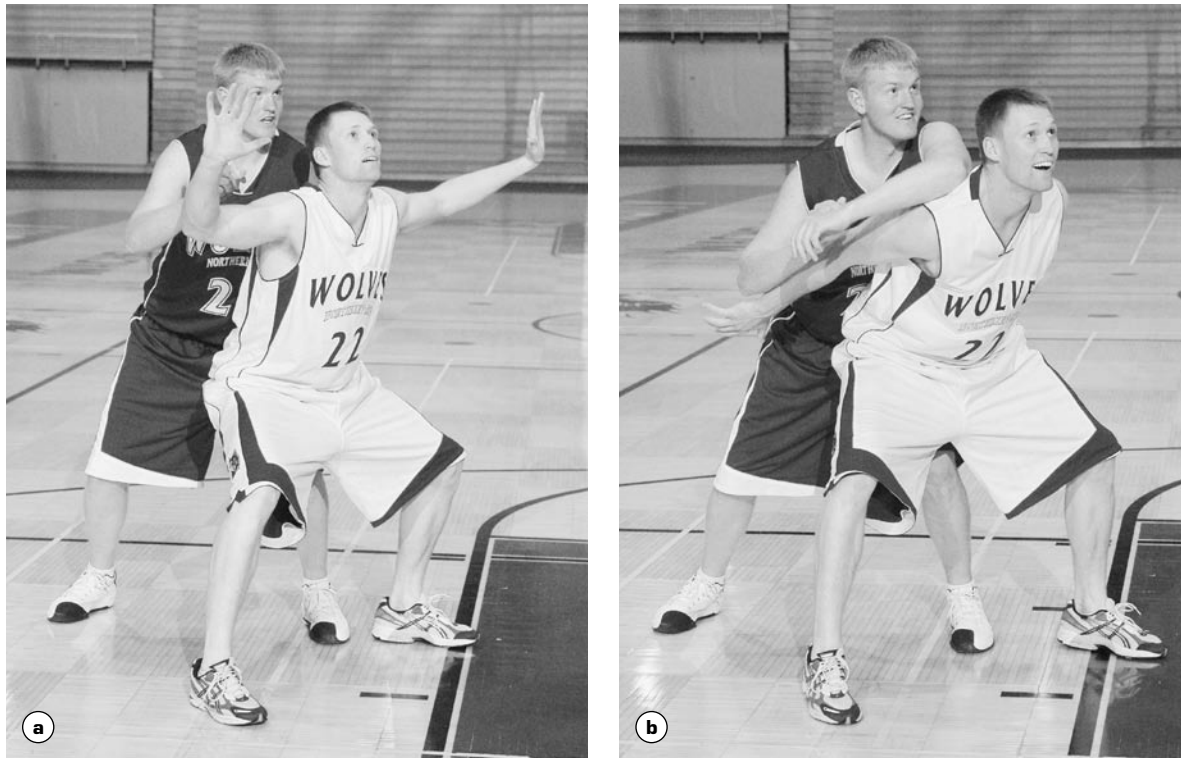


FIGURE 8.1 Hands-up rebounding: *(a)* hands up (offense and defense), *(b)* improper defensive blockout (hands down).

The term *2-and-2 rebounding* refers to the important skill of rebounding from two feet with two hands. Hall of Fame coach Jim Brandenburg popularized this concept. Because rebounding is a contact skill, players should use a quick stance (sit into the game), with the feet shoulder width before and after jumping into the air for a rebound. Likewise, the effective rebounder needs to capture the ball securely with both hands, preferably at the peak of the jump.

The teaching technique for 2-and-2 rebounding is as follows:

- Get into a rebounding ready position (quick stance, the hands up).
- Execute the 2-and-2 rebound (go up tall and small and come down big and wide) (see figure 8.2).
- Capture and chin. Grab the ball with two hands and rip it to a position under the chin or into the power position and against the chest. The fingers should be pointed up, not out, the elbows should be out and up, and the ball should be forcefully squeezed under the chin.
- Protect the ball (chin the basketball). This technique is shown in figure 8.2b.

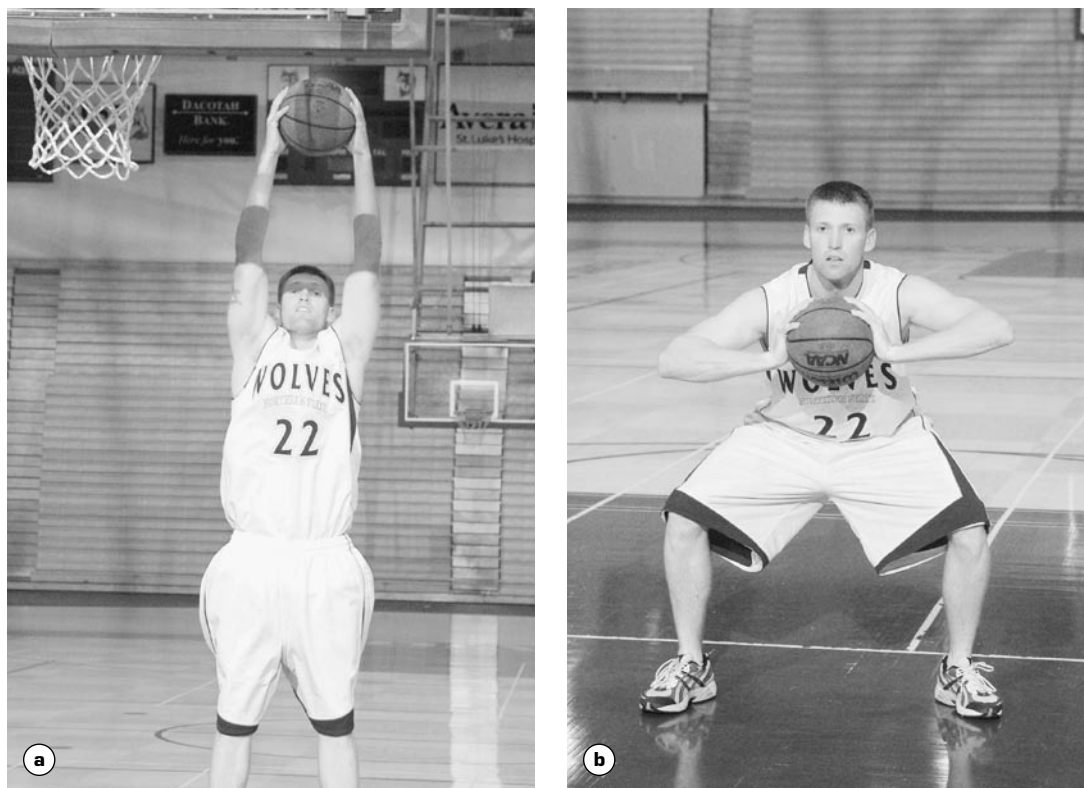


FIGURE 8.2 2-and-2 rebounding: (a) go up tall and small, (b) come down big and wide, capture and chin the ball.

CRITICAL CUE:

- Rebounding:
- 1) assume,
 - 2) hands up,
 - 3) 2-and-2,
 - 4) capture and chin.

All players need to learn the “big bullet” principles that are essential to successful rebounding: assume, hands up, 2-and-2, capture and chin.

Defensive Rebounding

The suggested rebounding technique requires that players gain the inside position on an opponent, block out the opponent, and then get the rebound. Getting a position between the basket or the ball and the opponent enhances the defense’s positional advantage to secure the rebound bouncing from the rim or the backboard. Although rebounding seems to consist of three distinct phases, these occur as quickly as if they were a single action. The rebounding technique is commonly referred to as *blocking out*, but it is sometimes also called *boxing out* or *checking* an opponent.

All players should understand the following fundamental rebounding principles associated with blocking out.

- See or hear the shot (teammate guarding the shooter calls *shot*).
- Assume that the shot will be missed.
- Locate the opponent.
- Go to the opponent and block out.
- Go to the ball.
- Get and keep the ball.
- Move the ball out or down the court.

See or Hear the Shot

Players must be aware of when and where a shot is taken. Whether they are guarding an opponent on defense or attempting to get open on offense, they should know where the ball is at all times. Coaches should emphasize to players the need to position themselves so that they can see both their assigned player and the ball on defense and use their peripheral vision while moving to get open on offense. Players who are blind to the ball usually have other problems with fundamental skills, such as positioning and movement, that should be corrected.

Once players see a shot being taken, they call out *shot* to alert teammates (who may have momentarily lost sight of the ball) that they should get in position to rebound (hear the shot). The defender guarding the shooter has the primary responsibility for making the defensive call. However, none of these verbal alarms are as effective as a player's own observation of the shot being released.

Assume That the Shot Will Miss

Every shot attempt means a potential rebound. Players must learn to assume that every shot will be a miss and to go to their rebound assignment. When players develop this habit, they will be conditioned to do their assigned rebound tasks every time a shot is taken, regardless of the outcome.

Find the Opponent

Almost without exception, young players fall into the habit of watching the flight of the ball when shots are in the air—the most common rebounding mistake. This can prevent them from being able to gain an advantage in rebounding position. Once the ball is in the air, their first reaction should be to locate the opponent they are responsible for blocking out or the opposing player nearest to them (visual contact before physical contact).

This does not mean that players should not be aware of the direction and distance of the shot, but they must avoid becoming spectators when the ball is in the air. Coaches should train players to be active rebounders by teaching them to locate an opponent while maintaining a sense of the direction and timing of the shot. Move the feet; rebound with the feet.

To determine whether players are only watching the shot in flight, use a simple rebounding drill in which the opposing player holds up a given number of fingers after the shot is released by another player. After rebounding the ball, the player guarding the offensive player should be able to report the number of fingers the opponent held up. If not, the player probably was focusing too much on the ball in the air and not enough on the opponent.

Go to the Opponent and Block Out

Now the player has set the stage for the next step—the actual blocking out of the opponent. Players may not have difficulty with the first three steps, but blocking out is challenging for almost all players, especially for beginners.

The purpose of boxing or blocking out is to gain a positional inside advantage over an opponent for a rebound. Normally, a player is more likely to rebound a missed shot

CRITICAL CUE:
Visual contact until physical contact on rebounds.

CRITICAL CUE:
Assume a miss is the most important rebounding principle.
