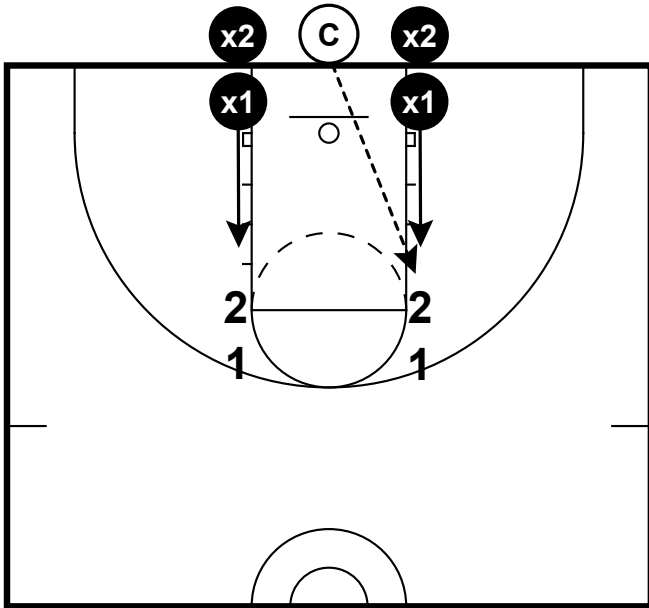


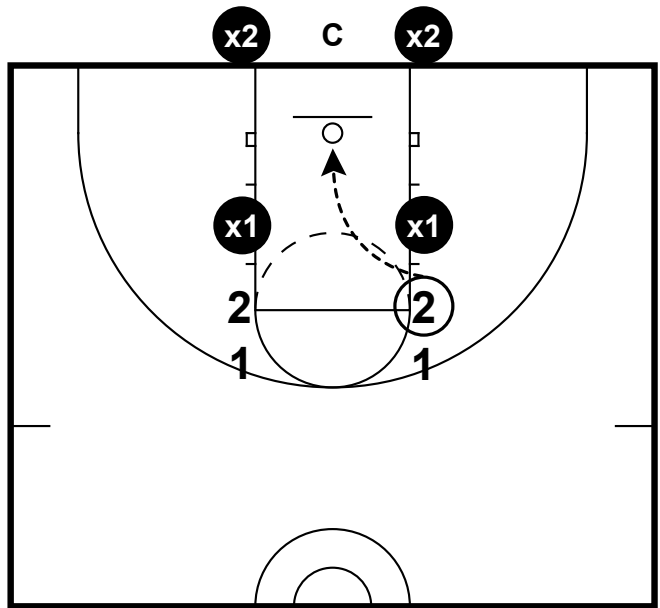
# Rebounding Drills

2-on-2 Creighton Blockout



Divide into 2 teams of 4 or more: Team 1 vs. Team 2. Coach rolls out the ball and both defenders (1) closeout properly.

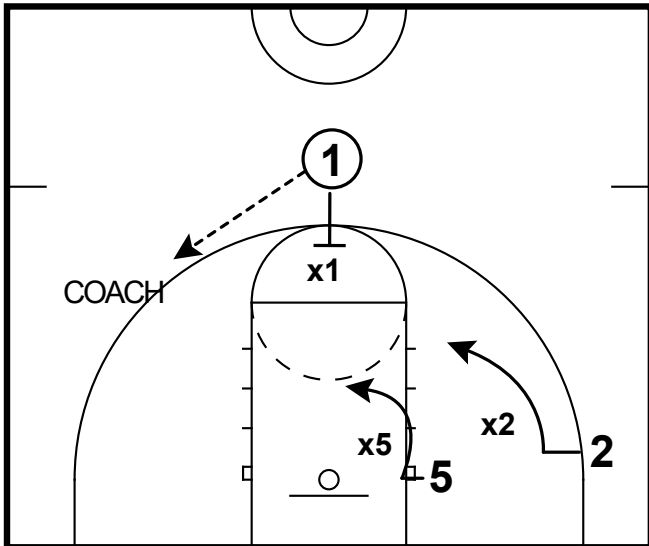
2-on-2 Creighton Blockout



Offense (2) shoots on the catch and this basket is worth 1 point. Then, immediately following the made or missed shot, both teams scramble for the put-back. Play this out until one team scores. Special notes:

- No out of bounds (within reason)
- Let them play (within reason)
- Rotate lines accordingly (offense to defense, etc)

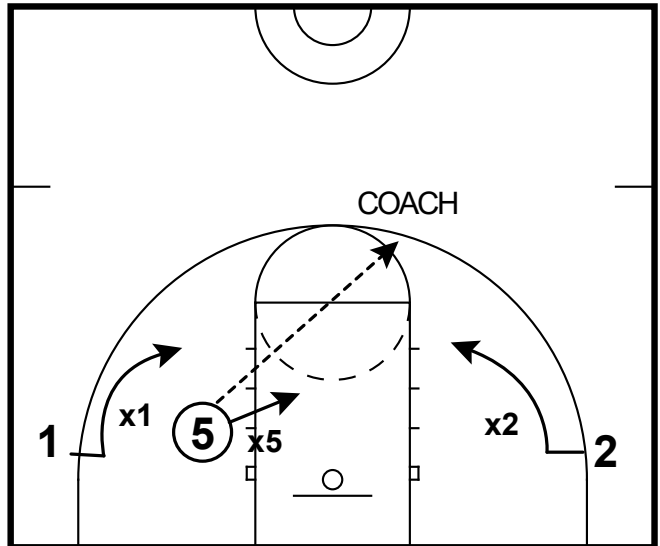
Point Pass & Crash



Point Pass & Crash:

- A. Pass is Made to the Coach
- B. Coach Shoots
- C. Offensive Rebounders fight to the High Side
- D. Play it Live

Post Pass & Crash

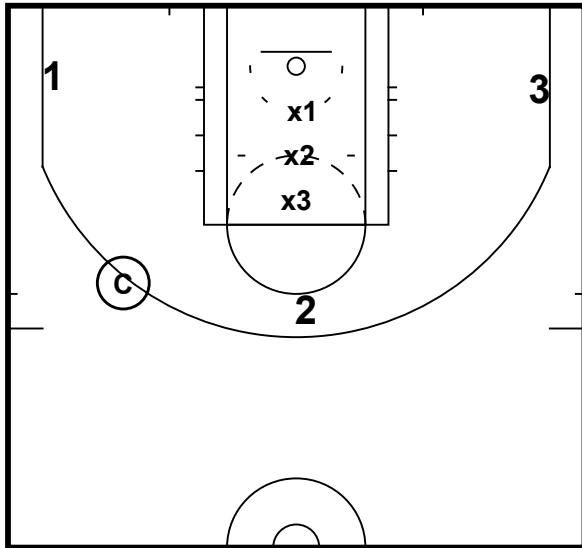


Post Pass & Crash:

- A. 5 Makes the Pass out of the Post
- B. Coach Shoots the Ball
- C. Players fight to the High Side
- D. Play it Live

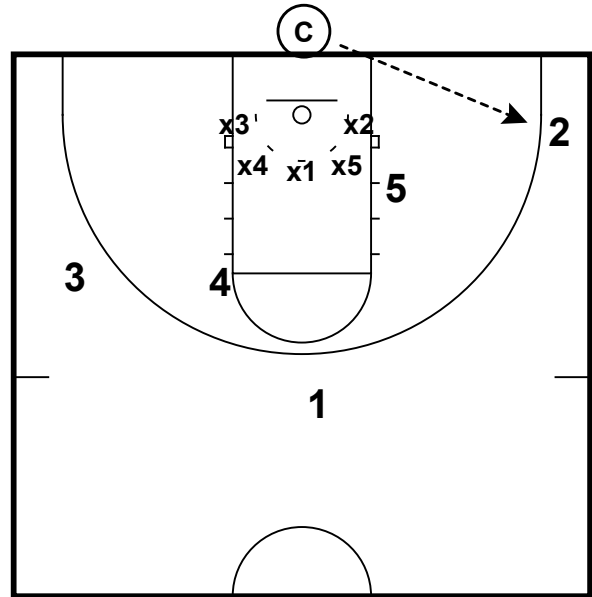
# Rebounding Drills

Kentucky Rebounding



Coach shoots, defense must box out.

Rebounding Drill: Closeout Rebounding

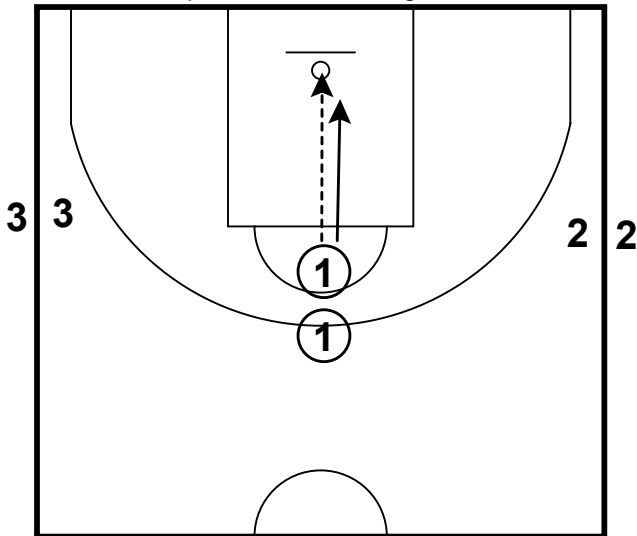


Coach passes to any of 5 offensive players

Player must shoot immediately upon receiving the pass

Defensive players closeout to proper defensive positions (shot closeout, gap, help, etc.)

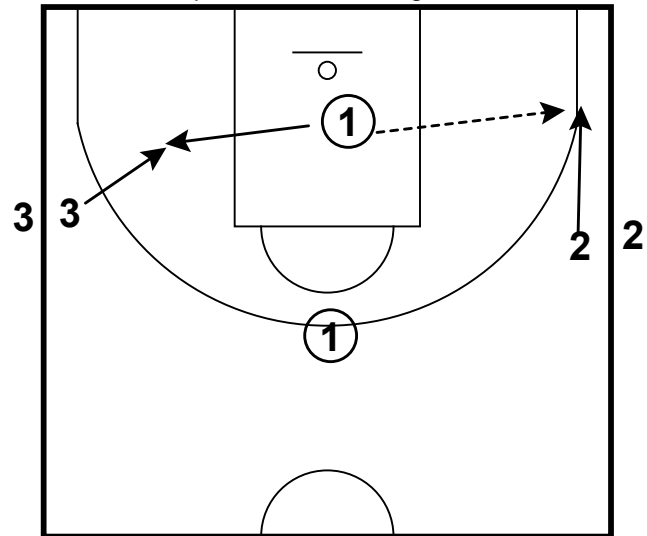
Spanish Rebounding Drill



Players in line 1 have basketballs

Player 1 throws ball off the board and goes to rebound it

Spanish Rebounding Drill



Player 1 secures the rebound and throws pass to either side.

In this example they pass to player 2 who has cut toward ball

Immediately after the pass, Player 1 goes to weakside to box out player 3

Player 2 takes a shot

Player 1 and 3 play "live" basketball.

If 3 gets rebound they try to score. If 1 gets it the drill ends