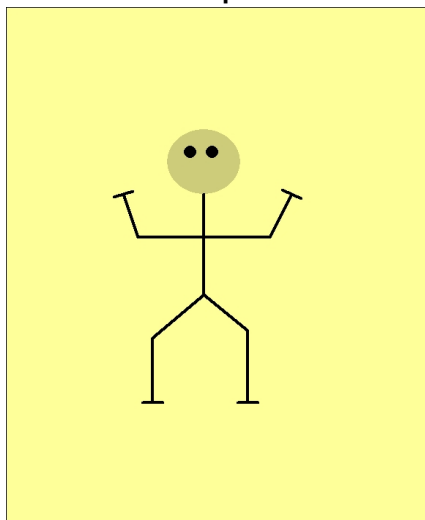


Block out technique

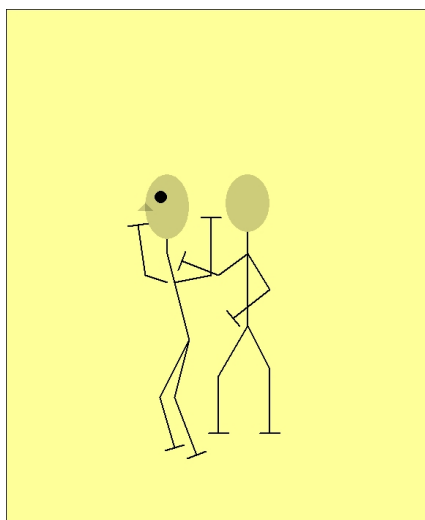


A good rebounder can be the result of several different things

1. Size,
2. Jumping ability and quickness,
3. The ability to go and get it: Aggressive/relentless
4. The ability to gain and maintain position,
5. Intelligence: understanding and reading the bounce.

The first two things are largely up to recruiting and talent. The third can be improved upon but may be more a factor of the players up bringing (proximity of you house to the railroad tracks)

4 and 5 are the areas coaches can help to improve in their athletes.



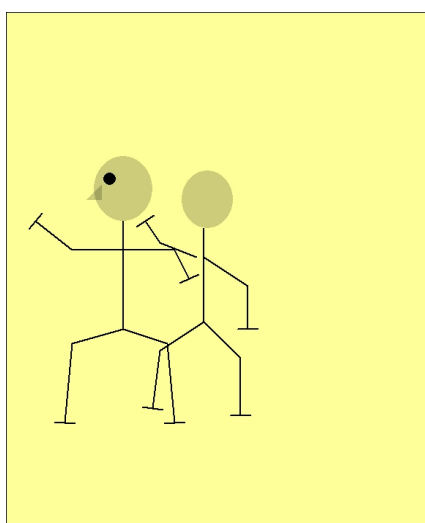
It is important to realize that blocking out can take many forms and it is not the same in every situation. Blocking out is all about gaining position and controlling space.

Standard "Full Blockout".

This is a typical and often effective blockout position in matchups that are close to the basket. A player usually gains this position after a full pivot, making contact but not significantly displacing their opponent. (this would be a foul)

Bent knees, wide balance stance, hands up with elbows out.

A player must gain this position between the opponent and the basket in order to control a space where they think the rebound will go.



Half Blockout

In situation where the match up is farther away from the basket, it is often better to step into the player with a forearm and feel them while watching the flight of the ball and being ready to go and get it.

From this position, it is easy to front pivot or reverse pivot into the opponent in order to maintain rebounding position.

This type of block out is also often used under the basket when players are standing side by side.

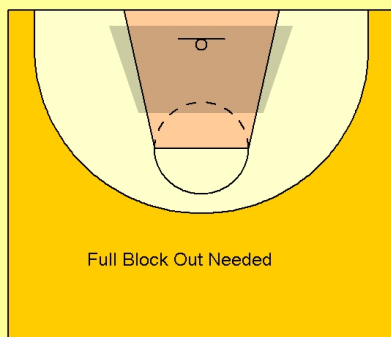
It is important in this case the player does not extend the forearm pushing off to gain an advantage.



Face Guard

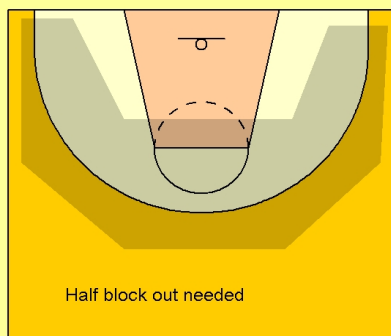
In the case of guarding a very athletic, active offensive rebounder it may be necessary to face guard the opponent. The technique is very similar to screening. The defence does not look at the hoop or the ball but is only concerned with taking the great rebounder out of the play.

This is usually only necessary on the perimeter.

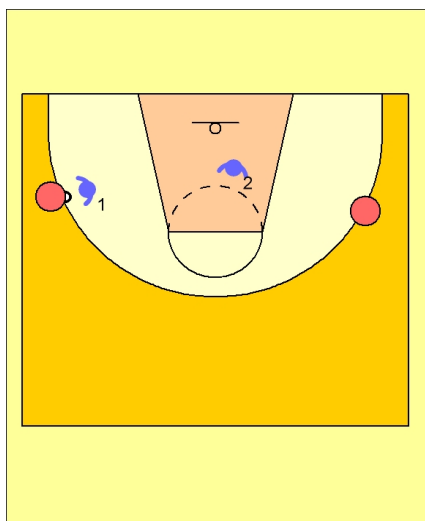


Determining when each blockout is necessary is a matter of time and space.

In a match up close to the hoop a full blockout is often better because the defence does not have the time or the space to get around the defence.



On a perimeter match up, if the defence completely turns their back as in a full block out, the offense has too much time and space to get around them and get position. Quickness becomes more important than position the farther away you get. Therefore a half blockout is more effective in maintaining position.



The weak side blockout

Probably the most difficult block situation is in guarding a perimeter rebounder on the weakside on a long shot situation.

In this case, 2 is good help defensive position and able to rotate on baseline penetration.

However, if the shot goes up, it is a very difficult rebounding situation.

2 can not go all the way to the offensive player to block out in this situation. He/She does not have the time or space to blockout effectively.

2 must get in a position that blocks a possible path to the basket of the defence if they decided to go to offensive board. It is important that 2 control the space that the rebound is likely to go, and then anticipate and move quickly once the it

hits the rim.

