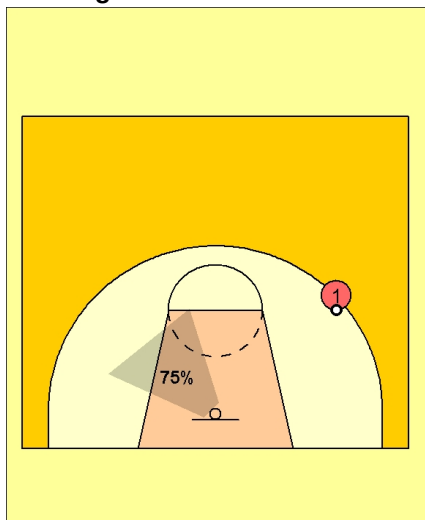


Reading the rebound



Learning to read the bounce and watching the ball as it approaches the rim to be able to anticipate where it go is often not talked about in good rebounding.

Understanding tendencies:

- In general, shots taken from the wing on one side of the floor will rebound on the other side (75%)
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- Also most shots off the back board will come off the front rim (also 75%).
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- The longer the shot, the longer the rebound 3 point shots will often bounce out to the short corner or elbow.

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- The less arc, the harder and quicker the ball will come off the rim.

Players need to learn and understand how the rebounds are likely to move and anticipate the bounce.

This drill is a simple pairs shooting drill, except you are putting an emphasis on the rebounding aspect of the drill.

The shooter shoots for a set amount of time (approx 1 min set). The shooter can simply work on any aspect of their shooting that they want to or mix it up a little. They shoot on the move and at game speed.

The rebounder will outlet the ball after each made or missed shot and get position based on where the shot is being taken from.

If on a missed shot, the rebounder can not get to the ball before it bounces once, he/she gets a score of "+2". If he can not get to it before it bounces twice he gets a score of "+ 10"

The rebounder's total score at the end of the minute equals the number of push ups he owes.

Note: If the ball bounces three times before they can reach it, there is something wrong with the effort of this individual!

