

J REBOUNDING

An important skill is catching the ball after a missed shot. Successful rebounding is important either as an attacking move or to secure the ball in defence. Rebounding depends on good position and anticipation.

Offensive rebounding:-

- * Be ready for every shot the team takes.
- * Watch where the ball is shot from.
- * Anticipate the rebound location.
- * Be ready to move immediately towards the basket or ready to defend.

Defensive rebounding:-

- * Prevent the player from shooting.
 - * Once shot is released turn back on player.
 - * Be in a position to jump for the ball as it bounces off the backboard.
 - * Avoid a position too far underneath the basket.
 - * As you turn towards the basket, step in front of opponent's path to the ball
- BLOCK OUT



Rebounding



DEFENCE

- * Stay between player and basket.
- * Jump for the ball.
- * Stretch out to catch the ball.
- * Grab ball firmly with both hands.
- * Secure the ball and protect it on landing with a jump stop.
- * Make a quick pass to an outside team-mate - the outlet pass.
- * Team-mates should be moving to get open for a pass.

GO FOR EVERY SHOT -
ASSUME THAT EVERY SHOT WILL
MISS

ATTACK

- * Move towards the basket - bring hands up above the shoulders.
- * Fingers and palms open and facing basket.
- * From ready position, arms and hands up, jump to reach ball at the top of the jump.
- * Grab the ball with both hands and keep it high.
- * Land with both feet and immediately go back up quickly for another shot.

DON'T DRIBBLE BEFORE SECOND
SHOT - PUT IT STRAIGHT UP.
MANY BASKETS ARE SCORED ON
THE 2nd, 3rd OR 4th REBOUND.