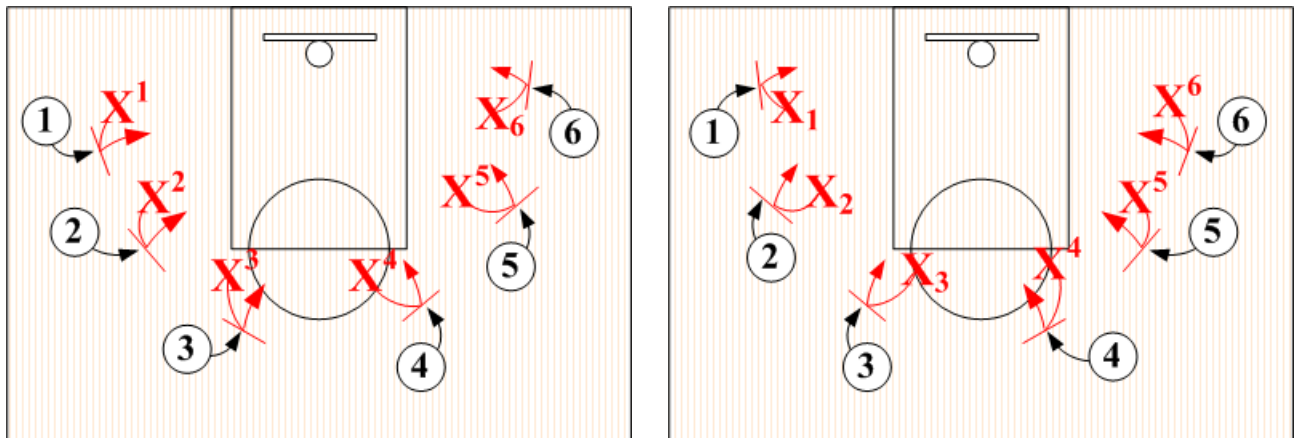


“Boxing Out” Drills – Defensive Rebounding

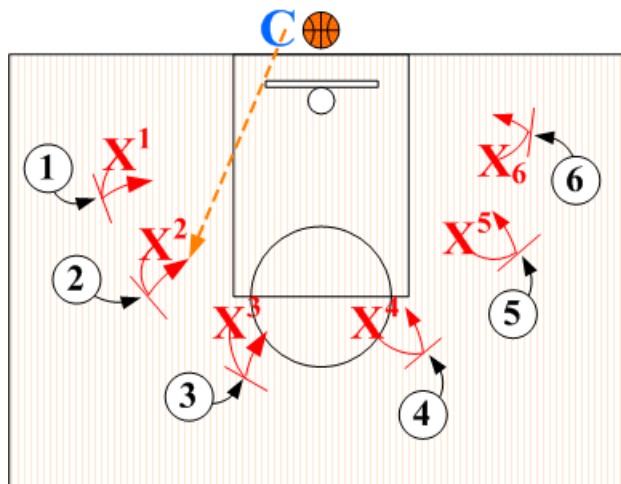
Basketball is a game of habits. Once proper boxing out techniques are taught and learned, they should become a vital component of every drill and scrimmage. In fact, all drills should end on a defensive rebound or made shot. Following are a couple of proven teaching drills that can be used to teach or review proper footwork and techniques.

Basic Boxing Out Techniques

Boxing out fundamentals should be taught and reviewed at the start of every season on all level. A good teaching drill to use is a simple semi-circle rebound drill. This drill not only checks individual player's boxing out techniques; but, just as important, mentally, it gets the players thinking about boxing out. Players are paired up and arranged in a semicircle around basket. Coach stands under the basket with ball and assistant coaches walk around checking the rebounding technique of each individual player.



Phase 1. When coach yells "SHOT", the offensive players move in a predetermined direction toward the basket, and the defensive players box out using the "Arm to the chest, butt to the gut" technique. After several repetitions of boxing out in both directions, offensive and defensive players switch positions.



Phase 2. Once every player has been check for proper rebounding technique, drill becomes live. When the coach yells "SHOT", the defensive players box out. To make sure the defensive players maintain inside positioning and have their hands up, the coach will make crisp chest passes to players at random. Assistant coaches again check for proper technique.