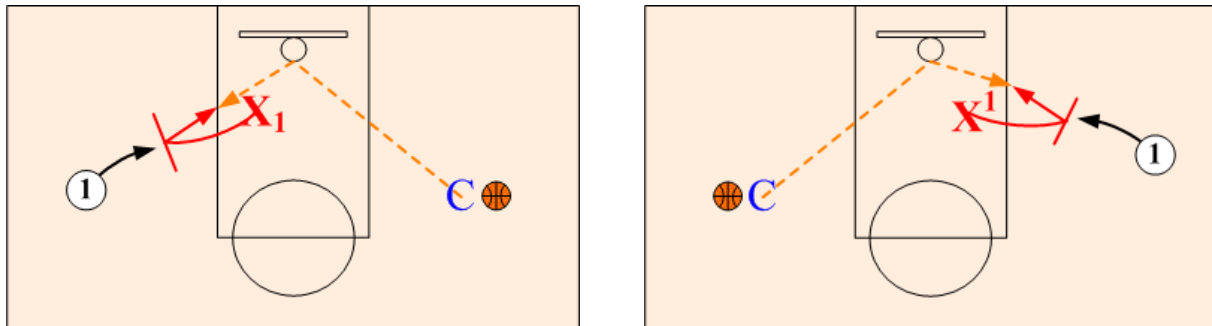


Helpside Defensive Rebounding

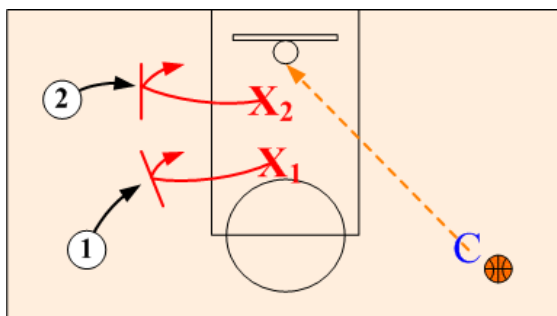
70% of missed shots will rebound to the opposite side of the basket.

Boxing out on the helpside requires the defender to locate and close out during "Flight Time" in order to establish contact. In initiating contact, defenders should use an aggressive "Hit (box out) & Go Get (get the rebound)" technique. Since defensive rebounding requires a team effort, blocking the opponent out is just as important as obtaining the rebound.

Drill: One-on-One



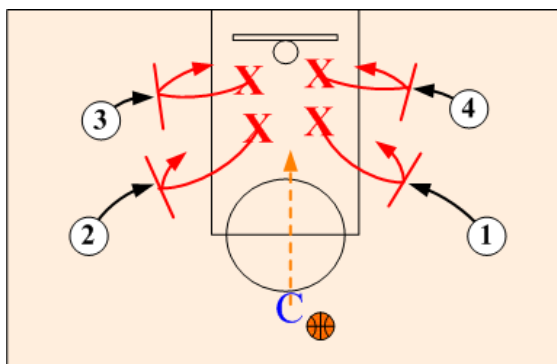
On the shot, defensive rebounder X1 must "Find" (locate) and Hit (block out) opponent O1 using a forearm to the chest in an elbow high position. Once contact is made anticipate a miss and go after the ball. Rebound the ball above head with two hands. Offensive player anticipates the miss and tries to get inside to rebound and make a quick putback shot. Defender X1 must stop any put back attempt by O2. The coach/shooter should shoot from both sides of the court. On made shots go again. Players rotate from offense to defense to end of line.



Live Two-on-Two

Once the basic helpside rebounding techniques have been taught or reviewed, go 2-on-2 live with coach varying shooting locations.

Make sure all players assume the top and bottom tandem starting positions.



Live Four-on-Four

Use this 4-on-4 variation to review and reinforce "Helpside Rebounding" as needed throughout the season.

Coach moves to various shooting locations. This will incorporate both "Ballside" and "Helpside" rebounding techniques.

Variation: Play games to 5-6 points with a successful offensive putback counting as one point. On defensive rebound, defense goes to offense. Players cannot score points while on defense.

Coaching Tips

1. Defensive rebounding is a coordinated team effort, and every player must realize that it is just as important to box out and prevent their opponent from getting the rebound as it is to obtain the rebound.
2. Be sure to develop an aggressive rebounding attitude as well as an instinct for the ball.
3. During a game, players can be expected to be in a "Helpside" support position on shots from 40% to 60% of the time.
4. If the opponent is a prolific offensive rebounder, facing guarding becomes a viable option. In face guarding, the defender sacrifices the rebound to maintain an aggressive face to face position with both hands up preventing any chance for an offensive rebound.
5. When the offensive player is passive and watches the ball, then the defender can just use an "Arm Bar" to block their path to the basket.
6. In stepping out and attacking the offensive rebounders, it will establish a rebound perimeter further away from the basket which, in turn, will eliminate any athletic opponent's over the back tip ins or tip dunks.
7. By being further away from the basket, since a longer defensive rebound will be secured, it is much easy to get out into lanes and push the ball in early offense.