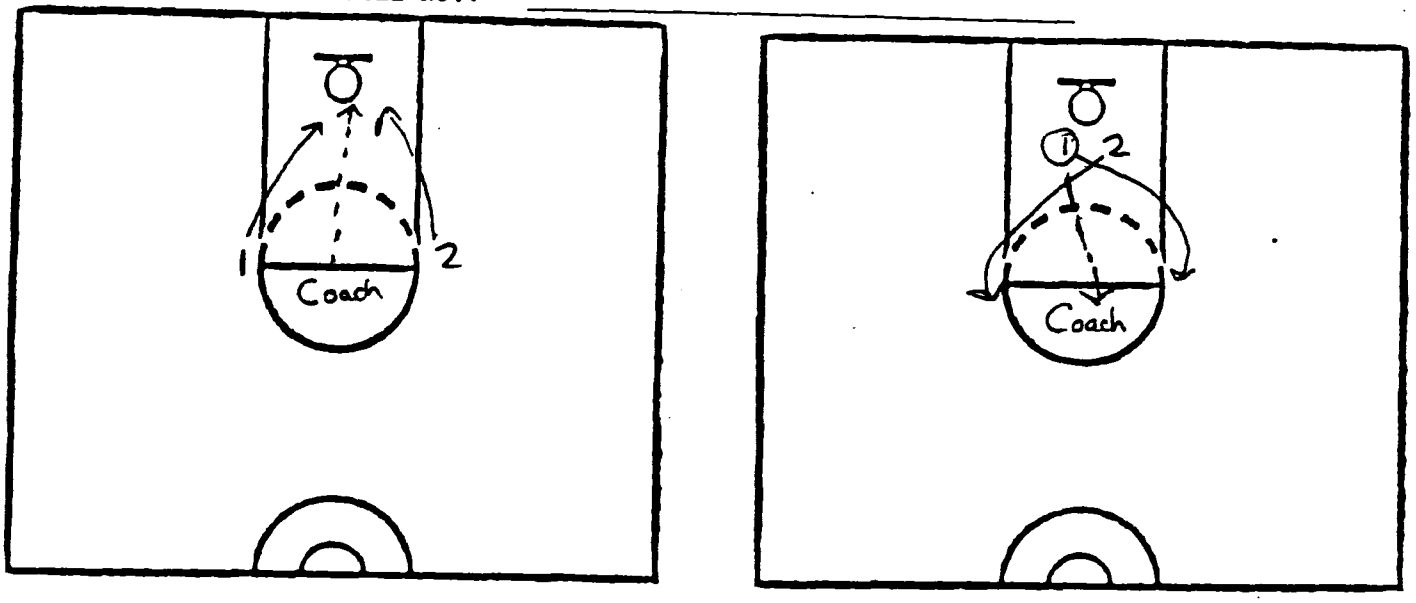
BIG MAN DEVELOPMENT
COACH BUDDY MASON
LYNCHBURG HOOPS

REBOUNDING

DRILL NAME: Speed Rebounding

DRILL NO.: _____



PROCEDURE:

1. Players align as shown with Coach having ball.
2. Coach shoots ball and Players #1 and #2 go for the rebound.
3. Whoever rebounds the ball outlets back to Coach and Players return to original positions on opposide sides.
4. Drill continues for specified time interval.

COACHING POINTS:

1. Jump to the ball.
2. Be physical.
3. Be aggressive.
4. Snap outlet passes.

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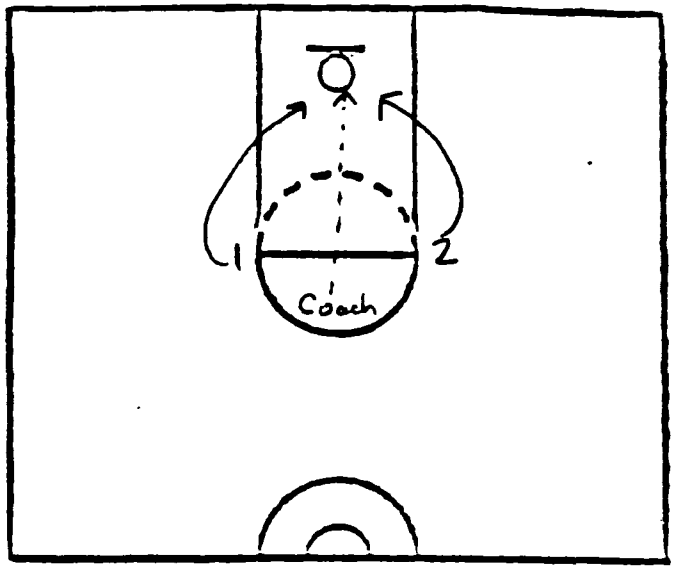
REBOUNDING

Drill Name: Turn - Rebound - Play

Drill No.: _____



PROCEDURE:

1. Players align as shown with Coach having ball.
2. The players face the Coach.
3. When the Coach shoots, the players turn and rebound the ball.
4. The players then play 1-on-1 in the lane.

COACHING POINTS:

1. Be aggressive.
2. Go to the ball.
3. Be physical.
4. Finish plays.

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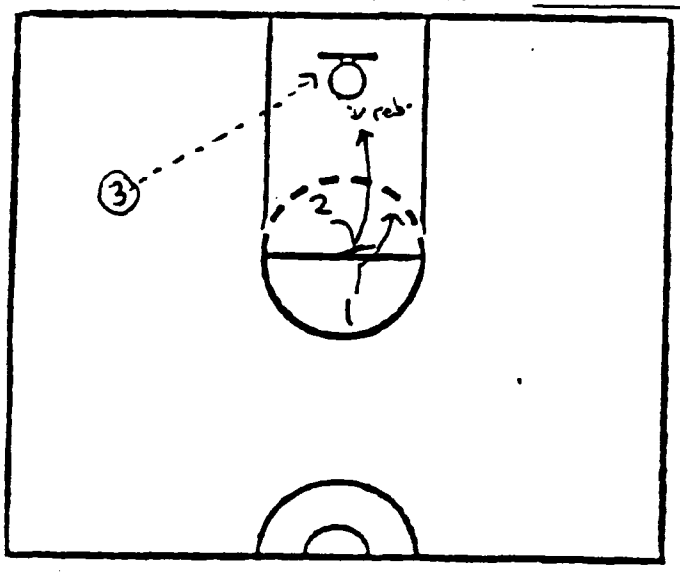
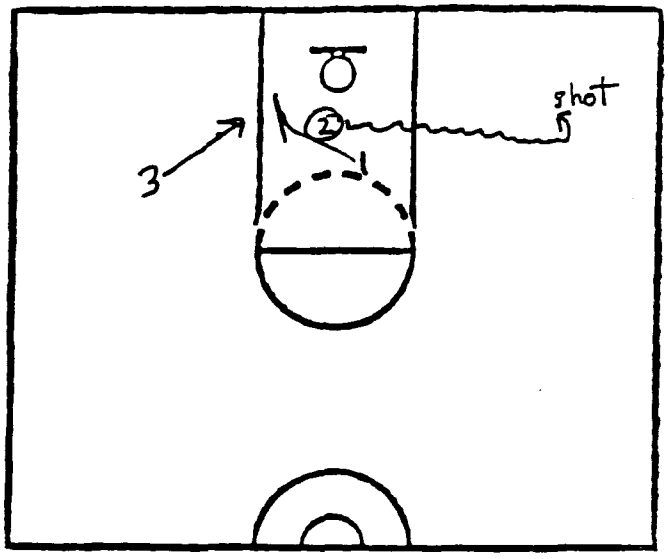
DRILL NAME: 3-Man Continuous Rebounding

DRILL NO.: _____

(A)



(B)



PROCEDURE:

Diagram A

1. Players align as shown with Player #3 having the ball, and Player #2 defending.Player #1.
2. Player #3 shoots the ball (from at least 15').
3. Player #2 blocks out Player #1.
4. If offensive player gets the rebound, he plays 1-on-1 in lane with defensive player.

Diagram B

1. If defensive player gets the rebound, he becomes the next shooter by dribbling out to 15' for a shot.
2. Player #1 (Offensive Player) becomes the next defensive and goes to block out #3 who has become the next offensive rebounder.
3. Drill continues for specified time interval.

COACHING POINTS:

1. It is best to use a rebounding lid to make all shots misses.
2. Emphasize block out technique.
3. Emphasize man first, ball second.
4. Be physical.