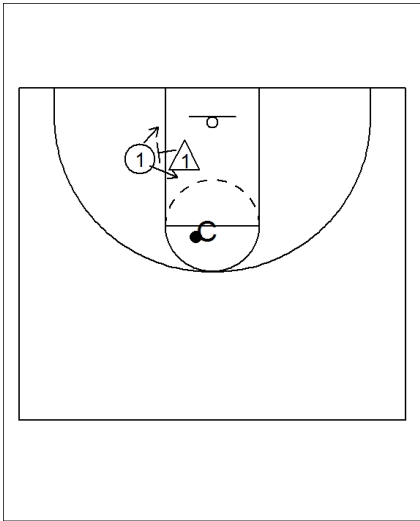




1-on-1 blockout



REBOUND DRILLS: 1-ON-1 BLOCKOUT

Skills Covered

- *Rebounding Technique
- *Aggressiveness

Alignment

- *Coach can decide where the group will be rebounding from. These spots can change throughout the drill.
- *Coach starts with the ball and will be the shooter for the drill (from about 12-15 feet).

Running the Drill

- *Defender is in proper defense position.
- *Coach shoots the ball.
- *Defender 1 must yell "Shot!" and then blockout 1 when the shot goes up.

- *1 must try to get an offensive rebound. If they get the rebound they attempt to score.
- *If Defender 1 gets the rebound, they are done.
- *Rotate: offense, to defense, to out.

Drill Variations

- *Defender must get two successful rebounds in a row before they are out.
- *Make sure to have the blockout from different spots on the floor.
- *Defense does pushups or sprints for giving up an offensive rebound.