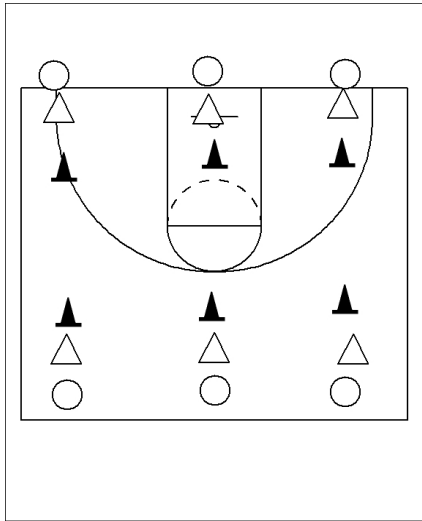




5-count box out



REBOUND DRILLS: 5-COUNT BOX OUT

Skills Covered

- *Blockout technique

Alignment

- *Players partner up
- *Players should spread out around the court.
- *Each group needs a ball or a cone. In the diagram the black triangles represent a ball or a cone.
- *One player will be on offense and the other will be on defense.
- *The offense will be facing the cone or ball. The defense will be facing the offensive player and standing directly in front of them.
- *The offense will start about ten feet from their cone or ball.

Running the Drill

- *All groups go at the same time.
- *Defensive players get in a proper defensive stance.
- *On the coach's whistle, the offensive players will try to touch their cone or ball. And the defensive player must make contact, turn and box out the offensive player for five seconds.
- *After five seconds the coach will blow the whistle to signify the rep is over.
- *If the offense touches the cone or ball before the five seconds is up, they win. If the defense keeps them from touching it, they win.

Drill Variations

- *Keep score. Player with the most points at the end of the entire drill wins. Losers run.
- Offense touches cone = 1 point
- Defense prevents offense touch = 1 point

- *Another variation can be to start both the offense and defense on their stomachs. On the coach's whistle they will get up and execute the drill. Starting on the floor requires more effort from both players.