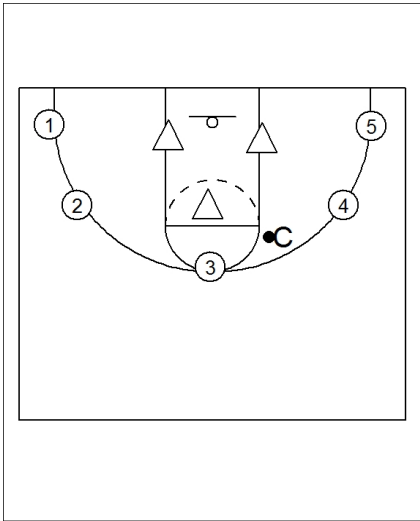




5 line scramble



REBOUND DRILLS: 5 LINE SCRAMBLE

Skills Covered

- *Rebounding
- *Communication
- *Hustle/Effort

Alignment

- *Three players line up in lane facing rim
 - one on each block and one just inside the free throw line
- *Remaining players divide evenly into five lines standing on the three point line facing the rim.
 - one in each corner, one line at each wing, one line at top of key. Lines are numbered 1 through 5 (players must know numbers).

*Coach stands about 15 feet away from the rim, anywhere, with the ball.

Running the Drill

- *Coach yells three out of the five numbers (for example 2, 4, 5).
- *Coach shoots the ball and everyone in the gym yells "shot!"
- *Players from the three lines called must crash the basket hard as soon as ball is released.
- *The three players in the lane must turn and locate crashers, make body contact, and secure the rebound. Do not just look at the ball and rim.
- *Players must get three rebounds before being allowed to leave the lane and get in crashing lines.

Drill Variations

- *Make players get more or less than three rebounds before leaving the lane, depending on the skill of rebounders.