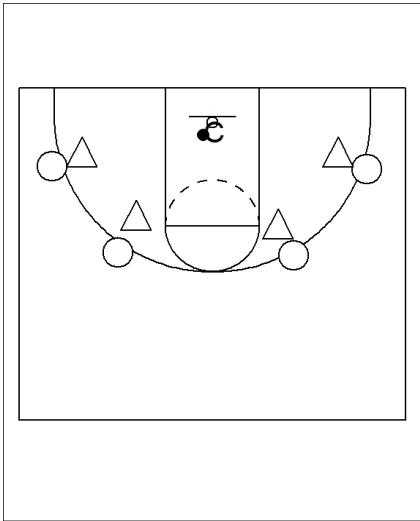




**Calhoun blackout drill**



**REBOUND DRILLS: CALHOUN BLOCKOUT**

Skills Covered

\*Blockout technique

Alignment

\*Four offensive players line up around the three point line. One defensive player will be assigned to each of the offensive players.

\*Defensive players start by facing the offensive players (their back to the coach).

\*Coach stands underneath the basket holding a basketball in front of them.

Running the Drill

\*When the coach slaps the ball, the drill begins.

\*The goal of the offense is to do what they have to do to touch the ball the coach is holding.

\*The goal of the defense is to prevent the offense from touching the ball.

\*Defense must make contact, turn and blockout the offensive player.

\*The drill goes for five seconds.

\*Offense and defense switch.

Drill Variations

\*Keep score. Give a point to the offense if someone touches the ball within five seconds. Give a point to the defense if they prevent the offense from touching the ball. First team to \_\_\_\_, wins. Losers run.