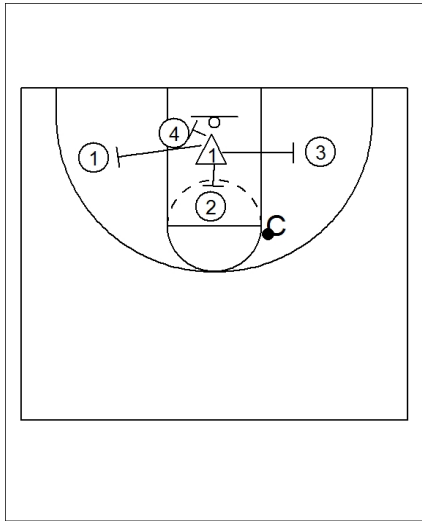




Gauntlet drill



REBOUND DRILLS: GAUNTLET DRILL

Skills Covered

*Rebounding Technique

Alignment

*There are four offensive players and one defensive player in this drill.

*Defender 1 starts out in front of the basket.

*1 starts at the left wing, about 14 feet from the basket.

*2 starts just in front of the free throw line.

*3 starts about 10 feet out, along the baseline.

*4 starts in the block opposite the coach.

*Coach is at the right elbow, with the ball.

Running the Drill

*Defender 1 at some point in this drill will box out each of the offensive players.

They will box them out in numerical order: 1, 2, 3, then 4.

*Drill starts when C shoots the ball.

*1 will go blockout 1. 1 attempts to get an offensive rebound. Whoever gets the rebound passes the ball back to C.

*C shoots right away when they catch the ball

*Defender 1 must now get to 2 to box out 2.

*2 goes for the offensive rebound. Whoever gets the rebound passes back to C.

*C shoots again.

*Defender 1 must get to 3 to box out. 3 goes for the offensive rebound as well. Whoever gets the rebound will pass the ball back to C.

*C shoots again.

*Defender 1 must get to 4 to box out 4. Whoever gets the rebound passes back to C.

The goal of the defender is to get 4 defensive rebounds.

0 defensive rebounds = 4 down&back sprints

1 defensive rebound = 3 down&back sprints

2 defensive rebounds = 2 down&back sprints

3 defensive rebounds = 1 down&back sprint

4 defensive rebounds = 0 sprints