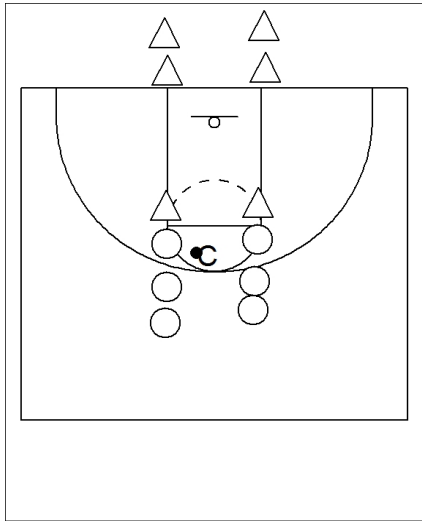




### Maroon-gold rebounding



### REBOUND DRILLS: MAROON-GOLD REBOUNDING

#### Skills Covered

- \*Defensive blockout
- \*Offensive rebounding

#### Alignment

- \*Two lines, one at each elbow and two lines, one at each lane-line (out of bounds)
- \*Coach is out on the perimeter with a ball.

#### Running the Drill

- \*In this diagram the triangles are in maroon and are the defenders. The circles are in gold and on offense.
- \*The goal of each player is to have their practice jersey on the maroon side when the drill is over.

\*Coach shoots the ball.

\*The two defensive players box out the two offensive players. All four players attempt to get the rebound.

\*Whichever team gets the rebound, that group will be maroon. The two player team that did not get the rebound will be in gold. This means that if gold got the rebound, they then have to switch their practice jersey to maroon and then go to the baseline lines. And the maroon team then has to turn their practice jersey to gold, and go to the two lines out at the elbows.

\*Coach will tell the team the length (minutes) of the drill before the drill starts.

\*At the end of the drill the players who are wearing maroon, win. The players that are wearing gold, lose. Losers run.

#### Drill Variations

\*This can be done with 3 players.