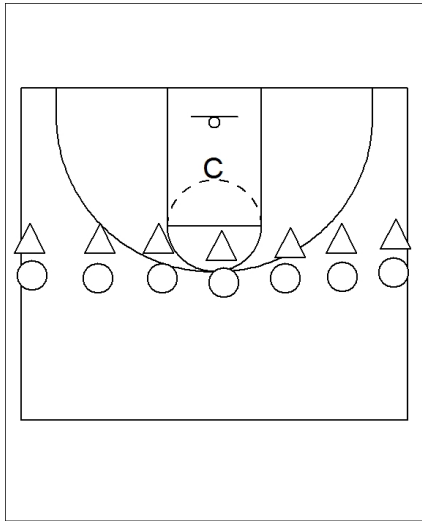




Partner technique



REBOUND DRILLS: PARTNER TECHNIQUE

Skills Covered

*Blocking out technique

Alignment

*Pair up the players

*One partner lines up facing the coach. These will be the offense.

*Other player will face the offensive player.

Running the Drill

*The coach will let the offense and defense know which direction the offense will be going. This will keep everyone going in the same direction and prevent any unnecessary collisions.

*On the coach's whistle the offense will take steps to the called side (let's say the right side).

*Defensive players will yell "Shot!" when they hear the whistle. They will then put their right forearm into the chest area of the offensive player. They will then step through with their right foot. As they turn they will have their hands up and their backside into the offensive player. The defensive player will also move with the offensive player, maintaining contact and hands still up.

*Make sure to do to both right and left.