



# DRILL OF THE WEEK

## "2 on 2 WEAKSIDE REBOUNDING"

### DRILL PURPOSE

This is a competitive rebounding drill that teaches players to get to the weakside board from a help position. It's a simple drill but it gets your players working hard and teaches a valuable skill.



### INSTRUCTIONS

1. Split your squads into two teams (Black and White)
2. Games played to 11, a point for a rebound, two points for a score
3. Defense starts in stance on the split line (Black)
4. Offense starts on the weakside elbow extended or corner
5. The Coach shoots the ball
6. Defensive players must block out the offensive players
7. If the offense gets the ball, they try to score
8. If the defense gets the ball they outlet to the point guard
9. The two defensive players go to the end of the line
10. The drill continues until one team scores 11 points

### POINTS OF EMPHASIS

1. Defense must first locate their man and make contact before turning back to the rim to find the ball
2. Defense must stay low and in stance throughout the boxing out period
3. Offensive players must remain elusive and avoid being boxed out
4. Teach the offensive players to continue to play after initial contact is made on the box-out. Most players concede they can't make a play on the ball once initial box-out is made. Fight!!!!