

Rebounding

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#1: Always be ready for the ball while **rebounding**

Always be ready for the ball to come off the board or rim anyway and anytime. I have seen too many players not be ready for the ball while trying to **rebound** and either it hits them in the face or more embarrassing than that it hits them in the hands and then goes out to bounds and guess what the other team still has the ball. So Always have your Hands ready for the ball.

#2: You must WANT the **rebound**

Rebounding techniques, Rebounding skills, and etc..can be taught, but I honestly believe some of the best rebounders are the ones that want to **rebound** and wanting the most **rebounds**. Don't get me wrong there are some techniques to improve **rebounding**, but if you have the desire and the want then you know what you're going to become the best rebounder on your team, in your league, in your conference and more!

#3: Positioning

The best position in **rebounding** is to be the first man to the ball keeping your body between your opponent and the ball (as I say ball, because the ball does not always come off the board or rim). With this idea also remember that not only having a body on your opponent, but there are 8 other guys on the floor that are wanting the ball too. So you're going to have to go after that ball no matter what. The most important fact is that your team gets the ball.

DEFENSIVE REBOUNDING

#1: HIT and REBOUND

First you have to go after your man and make contact, but that's only half. The second half is you have to get the **rebound**. Don't foul, but just "box out" by making contact first then pivoting and putting your butt into honestly I say knees! If you get them in the knees it's hard for them to get around, but don't be dirty about it either. So you box out that's only half the job. The other half is to release and **rebound**. Remember **rebounding** is an Attitude, Desire, and Want. So whoever goes after that ball the hardest and wants it the most will get it I promise!

#2: A Coaches Dream

I can remember always hearing praise in practice or in a game if all five of our players boxed out extremely hard! So hard that the **rebound** could hit the floor and having all five of our guys around it. Remember though someone still going to have to go after it. Though it is a coaches dream to see that. Invision that you're going to make this happen while you're the one going to get the **rebound**. Start improving your **rebounding** TODAY!

OFFENSIVE REBOUNDING

#1: OFFENSIVE REBOUNDING

In **Offensive rebounding** you have to go after them each and every time. I mean literally challenge want each and every missed shot. I say this with a warning though don't pick up stupid fouls for this. Be aggressive and want, but don't be stupid either. Use some kind of fake or spin move to try to get around your man, but you know what if you can not get don't foul. The biggest key is to go after each and everyone **rebound** because sooner or later your man is going to slip and miss a box out and in there for a and 1 score every time!