

Youth Basketball Drills & Sample Practice Plans

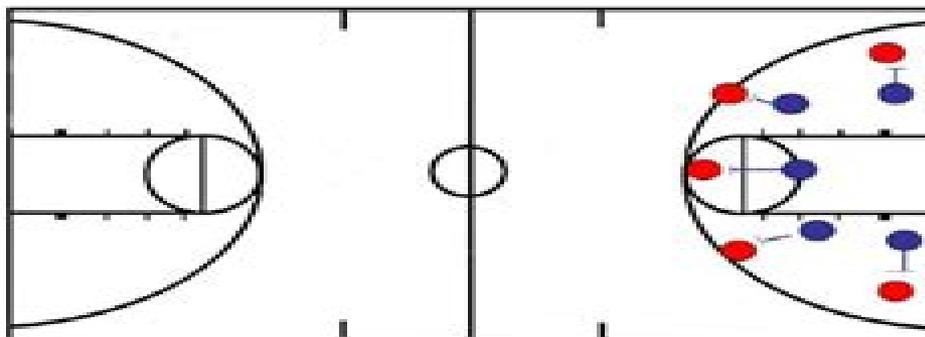
Rebounding Drills

With offensive rebounding you *at least double* the number of opportunities you have to score (the original shot plus the shot you will get after the rebound). With defensive rebounding, you drastically reduce the other team's opportunities to score. This being said, you can see why it's so important that your team develop good rebounding skills.

51. Box-Out Drill

This drill should be started without using the basketball. For this drill there are 5 defenders and 5 offensive players. The players on defense start off by "guarding" the players on offense. The players on offense move around the court. When the coach shouts "Shot", the players on defense must find the player that they are guarding and box that player out, putting them in good position to rebound the ball. The offense should attempt not to be boxed-out and be in a position to rebound the ball. After a few practices have the teams switch places (defense is now offense). As the players get comfortable with the fundamentals of boxing out, the coach should then begin to shoot a basketball and have the players actually get the rebound.

Box Out Drill



52. Foul Shot Box-Out Drill

For this drill, your team will be practicing the proper way to box out during a foul shot. Break your team into groups of five. One group will be on offense with a shooter on the foul line. The other group will be on defense. All the players, except for the player shooting on the foul line are to line up in the proper spots for a foul shot. Two of the players on defense get the closest positions to the basket. The next two spots belong to the offensive players. The order continues in this fashion until all spaces or all players are occupied. The foul shooter will shoot the ball and all the players must attempt to get

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