

# REBOUNDING

TEACHING POINTS	COMMON ERRORS
<b>Shooters</b> <ul style="list-style-type: none"> <li>• Watch the flight of the shot and judge its likely rebound direction</li> <li>• Follow through shot and move quickly around defender to drive strongly to post</li> <li>• Strong movement towards ball and good position to gather tips from aerial contests</li> <li>• Other shooter tries to position on goal post side of defender (but not directly under post), so they are ready for a pass or catch the rebound</li> </ul>	<ul style="list-style-type: none"> <li>• Not completing the follow through on the shot before moving for the rebound</li> <li>• Slow movement into rebounding position after the shot</li> <li>• Contacting the defender by not moving around the opponent</li> <li>• Non-shooter positioning too close to goal post</li> </ul>
<b>Defenders</b> <ul style="list-style-type: none"> <li>• The defender on the shot should recover quickly, turn and deny the space of the shooter to contest a rebound with a wide balanced base.</li> <li>• Defender of non-shooter tries to position on the side of the shooter facing the baseline (not directly under the post) so that they can use either hand to prevent an easy shooter to shooter pass or contest a rebound.</li> <li>• If shot hits the ring and bounces back towards the shooter it is normally rebounded by the defender over the shot, if shot bounces over the ring it is normally rebounded by other defender.</li> <li>• Take the ball early in front of the head with extended arms to prevent a contest from the shooter behind. Pull ball in.</li> <li>• If rebound is going out of court, defender should protect space and let ball bounce out. If there is a possibility that the attacker may be able to rebound, it is better to tip the ball out of court.</li> </ul>	<ul style="list-style-type: none"> <li>• Not turning and denying space effectively after the shot is taken to contest a rebound therefore letting the shooter move around the defender easily</li> <li>• Slow movement into rebounding position</li> <li>• Contacting the shooter on the turn to deny space when contesting for a rebound</li> <li>• Not covering the shooter to shooter pass</li> <li>• Rebounder on the non-shooter positioning too close to goal post</li> <li>• Not snatching the ball into the body</li> <li>• Not communicating with the other defender and spoiling each other</li> <li>• Thinking the ball is going to bounce out of court</li> </ul>

## 1. Explanation and Demonstration

## 2. Basic Movement / No Equipment

Stand facing partner, jump as high as possible, "high five" with both hands with partner.

Wall jumps; standing side on to a wall, swing arms and jump as high as possible to touch wall. Repeat 10x each side, try to beat previous height.

## 3. Basic movement with equipment

Work with a partner. Defender to recover from defence of shot, step across body and turn to deny space to contest a rebound, work to keep partner behind. Shooter pretends to shoot then try to move around defender.

## 4. Add a ball.

Thrower (T) out-side the circle to pass the ball to the goaler on the move within the circle, defender to contest the first ball; if unsuccessful they defend the shot (using a variety of techniques) and turn to deny space to contest a rebound. If they are successful at the first intercept or if they rebound the ball, pass an outlet pass to T leading in transition.

## 5. Add an opponent

Galer 1, from outside the circle, passes the ball in to goaler 2 (who takes a shot).

Galer 1 works to enter the circle to get a quick pass or a good rebound position.

Defender 2 defends the shot and turns to deny space to contest a rebound.

Defender 1 defends to deny a goaler to goaler pass and works to set a good rebound position.

Once the ball is rebounded by a:

- goaler; a second shot is taken
- defender; an outlet pass is given to the other defender who is leading out of the ring in transition.