

Rebounding

Arguably one of the few game stats that determines whether your team is going to win or lose. Statistically, the team that dominates the boards generally wins the game.

The anatomy of a rebound can be broken up into five phases :

1. Locate
2. Contact
3. Seal and Hold
4. Explode
5. Retrieve

Locate

The first component of rebounding the ball is locating both the player or area you are assigned to box out and the ball in flight. Court awareness, keeping your body in proper ball-player-basket relationship and vision of the ball greatly improves your chances of quickly reacting to the shot.

Contact

There are two reasons why the second most important aspect of rebounding (or boxing out) is making contact with your opponent.

1. If you are able to get yourself between your opponent and the basket, you are better able to create and control the buffer zone, thereby increasing your chances of collecting the rebound.
2. Secondly, making contact may enable you to push off your opponent in a direction which would put you in an advantage for collecting the rebound.

Seal

Once contact is made, you may be required to seal out your opponent, especially if your opponent is very persistent. The seal phase is essentially designed to enable you to control the buffer zone between your opponent and the basket.

Explode

In theory, if all 5 players were to seal and hold properly, the rebound would hit the ground before it was picked up. In reality, however, there are more players with quickness and athleticism and merely sealing and holding may not be enough. Players who only seal and hold may find themselves flat footed and unable to get to the rebound. What should be taught is to deter momentum of the attacker and to explode to the ball.

Retrieve

There is no success on the boards if we do not end up with the ball. Retrieving the ball is a matter of persistence by the rebounder after exploding to the ball and safely chinned and the outlet is made.