



The Rebounding Workshop

Kevin Sivils

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Basketball coaches around the world are constantly looking for ways to improve their team's rebounding on both the offensive and defensive end of the court.

The Rebounding Workshop contains both drills and concepts designed to help improve your team's rebounding. Included are 40 drills that cover a wide range of techniques to be repeated until perfected and honed into habits. Areas covered include:

- individual technique
- the best way to secure a rebound
- offensive rebounding
- defensive rebounding
- outlet passing to initiate the fast break
- rebounding agility drills
- competitive drills

Also included are a wide range of concepts for coaches to consider when designing their team approach to rebounding. Traditional and out-of-the-box rebounding concepts are presented for coaches to consider.

Regardless of the strategy and tactics adopted, the drills in The Rebounding Workshop can be modified and adapted to the needs of any team regardless of age, skill level or experience.

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