

Rebounding Technique

Rebounding consists of jumping combined with reaching and catching to secure the ball after a missed shot. The most important factors are the timing of the jump and the position of the rebounder. A shorter person who gets in good position and who times a jump correctly may be able to rebound a taller jumper. Offensive rebounding is retrieving your own or your teammate's ball; defensive rebounding recovers the ball after the opponents miss a shot.

Defensive rebounding is easier because the defender usually is in a better position when the shot is taken. The defender should always try to stay between the opponent and the goal. When the shot is taken, the *guard* should pivot to face the basket and try to keep the opposing player from getting close to it. Guards should keep the elbows and legs wide so that the opponents cannot move around them. If the opponent is taller than the defender, the opponent must be kept farther away from the goal than must an opponent who is the same height or shorter .

The eyes should be focused on the basket and the path of the ball monitored closely as it gets there. A ball that hits the front rim will usually rebound well over the head. One that hits the far rim may bounce more than once and fall near the basket area. One that hits the back- board and misses the rim is most likely to fall quickly toward the floor and will rebound at the opposite angle. A flat shot is likely to bounce away from the basket area. Successful players practice watching all types of shots to learn to estimate the probable paths and move into position quickly.

The jump should be timed so that the ball can be caught as high as possible. Reaching up with one hand to pull the ball down toward the other hand is most effective if the player can control the ball with one hand; otherwise both arms must be extended and the reach will be shorter. As the ball is caught, it should be brought toward the waist with the elbows projected out from the sides, the hips flexed, and the shoulders hunched over to protect the ball from the opponents' .The offensive rebounder should immediately attempt to shoot again. Even if unsuccessful, the shooter may draw a foul.

The defensive rebounder must try to get the ball away from the basket. The first move might be to pivot away from the basket and the opponent and then either dribble toward the sideline or look for an outlet pass to a teammate near the sideline. The team that wishes to develop a fast break should practice a quick outlet pass and avoid a lot of dribbling. Drills to practice the fast break are presented later in this chapter.

Tall players can afford to be farther away from the basket than can short players. They will also be able to reach over the heads of opponents but must avoid pushing them from behind or allowing the arms to be drawn down over the shoulders of the person in front. In this situation, they must practice lifting the ball back above the head as they catch it as they would push the ball back up to the basket if on offense.

Common Movement Problems and Suggestions

The following are common movement difficulties encountered during the instructional process. Additional instructional suggestions are presented.

- The amount of flexion of the lower extremities in preparation for the jump varies depending on the movement preceding the jump. This can change the timing of the jump. The following are principles to consider when instructing in the jumping situation.
 - Less lower-extremity flexion is necessary in a jump that is preceded by a run or a hop. In this situation, too much flexion detracts from the vertical lift of the jump by dissipating the forward momentum of the run or the hop rather than transferring it vertically.
 - Stationary jumps require more lower-extremity flexion for generating force. The more time that is taken to build force and vertical distance to push against the floor, the more force production that is possible. The lower extremities should not flex beyond the sitting position (thighs parallel to the floor) due to the added effort of pushing against the floor to ~elevate the body into the jump.
- The quicker the extension during the force- production phase of the jump, the higher the possibilities for vertical lift. This demonstrates the power of the jumper. When the player flexes the lower extremities of the body too much in preparation, the amount of effort required for a quick extension is increased.
- Jumping should be mainly upward with as little forward motion as possible. This is accomplished by directing one's force application primarily downward for an equal and opposite reaction upward. The angle of takeoff for the jump can be too far forward when the body is not fully extended upright at the moment of takeoff.
- Arms should always be utilized in the jump regard- less of the position or the type of jump. The arms facilitate the transfer of momentum from body parts to the total body at the moment of takeoff.
- The eyes should always be focused on the ball. The jump is always begun before the ball reaches its peak or immediately following the rebound of the ball.
- Landing stance from the jump should be shoulder width with weight equally distributed over both feet to be able to respond to the next movement demand.