



Year 8 Basketball: Lesson 5 – Rebounding

Big Question

How can we demonstrate the techniques and skills of rebounding in Basketball?

Warm Up

A good warmup for Basketball should include some dynamic work. After you have done a pulse raiser try these dynamic exercises in order to warmup. Watch this youtube clip and copy some of the activities.

<https://www.youtube.com/watch?v=7vU7WYGM0-k>



Rebounding

Rebounding is a very specific but important skill in basketball as it means that you can win possession back off the attacking team and turn defence into your own attacking play.

What are the important elements of rebounding?

Watch the video clip demonstrating how to rebound effectively.

<https://www.youtube.com/watch?v=fvu-QCvfBzU>



The practices below could be done at the park or in your own garden. Team up with a family or friends to complete these if you can, but remember to socially distance if you are meeting up with a friend. All you will need is some objects to use as marker cones and a ball (if you haven't got a basketball any other soft ball that will bounce reasonably well will do!)

Activity 1 – Individual Rebound Drill

Find a suitable target, which doesn't need to be a hoop, that you can try some rebounds. This could be a brick on a wall or a branch of a tree. Watch the video and then copy the drill.

<https://www.youtube.com/watch?v=aX7NJTOYVPM>



Up the challenge

Can you do this faster? Get a friend to time how quickly you can do 10 rebounds.

Activity 2 – 1 v 1 – Rebound

Find someone to act as an opponent. Watch the video and then copy the game. You need a chair to put the ball on and then simply set a scoring system for you and your partner and play.

<https://www.breakthroughbasketball.com/training/1v1-postmoves-chair.html>



Get inspired

If you want to challenge yourself further or enjoyed this session and just want to do more, then take a look at this! You need some more friends and family and then play this game.

<https://www.youtube.com/watch?v=BJpCdFZdJ48>

