



Year 8 Basketball: Lesson 5 – Rebounding

Big Question

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

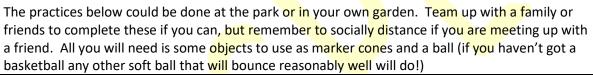
Warm Up

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



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





