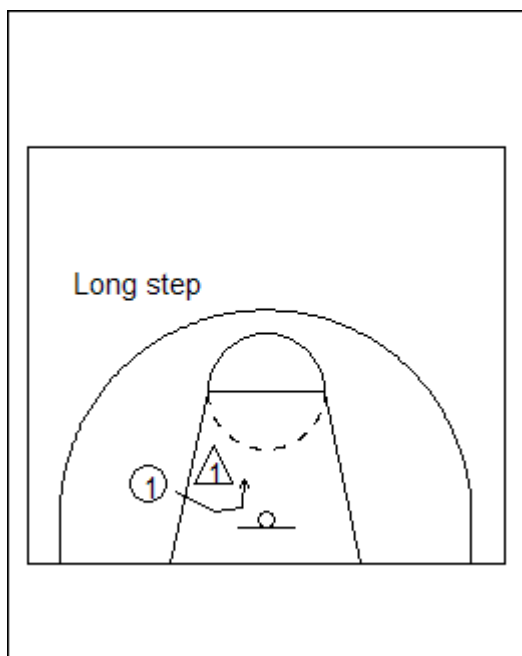




Mario DeSisti: Rebounding

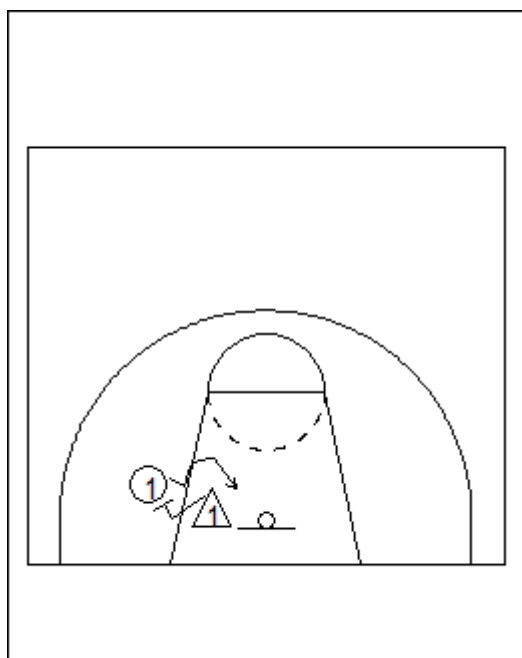


1

Weak side rebounding

Attack their back with a long step. Swim your arm to get inside position. Hold down on their shoulder with your elbow. This prevents him/her from jumping.

Use a slight butt push to knock them off balance and prevent jumping. Never push in the back.



2

Spin back

If the defense drops low and presents his/her back spin back to the inside.

Be a snake not a bull dozer

Boxing out

Do not allow the offensive rebounder a direct line to the basket. If the offense crosses your face a front pivot box out. If the defense attacks your back, back pivot.

Keep your inside arm up. This helps you be a better rebounder. Your baseline arm is down to help prevent the offensive player from going baseline.

