

Rebounding

Just Do It

Rebounding matters!

- Top 25% rebounding college teams had a winning record 83% of the time!
- One college team tracked % of time boxed out. When they hit their targets, they were 65-1.
- If a team does 10% better on offensive and defensive rebounding, it leads to an increased point differential of >7 points which will decide many games
- Rebounding matters for all positions. Forwards/Centers might lead the team in rebounds, but guard rebounds are critical and often lead to transition baskets. The best shooter of all time (Curry) averages 5 rebounds per game

Rebounding is mix of effort and position

As Charley Barkley, the shortest player in NBA history to lead the league in rebounding, said:

Effort: “I always laugh when people ask me about rebounding techniques. I've got a technique. It's called just go get the damn ball”

Position: “Most of it is position and timing. If you get the best position, you're going to get the rebound”

“I'm hungrier than those other guys out there. Every rebound is a personal challenge” – Dennis Rodman (7 rebounding titles)

Rebounding

Rebounding targets

Defensive Rebounding Percentage (DREB%):

- % of rebounds teams secures on defense
- Example: 70% would mean if opposing offense takes 10 shots, defense secures 7 rebounds
- For College average is 73% with top 5% of teams securing ~80%

| Significant Problem | Needs Work | Good | Excellent |
|---------------------|------------|------|-----------|
| <60% | 65% | 70% | 75% |

Offensive Rebounding Percentage (OREB%):

- % of rebounds teams secures on offense
- Example: 30% would mean for every 10 shots offense takes, they secured 3 rebounds
- For College average is 27% with top 5% of teams securing ~35%

| Significant Problem | Needs Work | Good | Excellent |
|---------------------|------------|------|-----------|
| <10% | 15% | 20% | 25% |



Great video about boxing out
<https://www.youtube.com/watch?v=jIBTjguvX94>

Rebounding

Defensive rebounds = Boxing Out

1. Locate offensive player
2. Make contact, spin and seal the player
3. Push player away from hoop clearing out restricted area
4. Jump – Go get the ball!
5. Secure it with two hands vs. trying to tip with one hand
6. Over time will learn to read the rebound and get better position

Good: Defenders located offensive players, then boxed out, keeping offensive players out of the restricted area, allowing defense to secure easy rebound



Bad: Defenders looking at basket when shot went up; never found defender to box out; leaving room for offensive players to run in and grab rebound



Rebounding

Offensive rebounds = effort

- Two roles for offensive rebounding: Crashers and 'Get Backs'
- Crashers try to get offensive rebounds every shot
- Get Backs get back on D as soon as shot to prevent fast break
- Coaches will decide (A) if 1 or 2 players take Get Back & (B) if the Get Backs will be the player(s) furthest back or designed player(s)
- When other team gets rebound or shot made, Crashers must turn and SPRINT back without regard for their player (if not pressing)

