



BUBBLE REBOUNTING DRILLS

"BUBBLE DRILLS"

It is a full court regular game, where you work on your offense and defense with KBA Bubbles on each rim to work on your team's rebounding skills.

The scoring system as follows:

- 1 point for defensive rebound
- 2 points for an offensive rebound
- 1 point for a turnover

Also you, the coach can have discretion on how you want to score the points. (i.e, good hustle play could be worth 1 point)

"Cut Throat Bubble Drill"

It is a half court game and you can go "3 on 3" or "4 on 4" and sometimes "2 on 2". The scoring system is as follows (Decide whether to make emphasis on offensive rebounding or defensive rebounding. You can do both, we just think it is more effective if you focus on one.

The scoring system as follows:

- 1 point for offensive or defensive rebound
- 1 point for a turnover

To play "Cut Throat", split your team into different teams (i.e, teams of 3, 4 or 2) Decide who plays offense and who plays defense and who is to wait on the baseline. For example, let's say you have 12 members on your team-you would probably want to go with 4 teams of 3. Two teams play at a time, one on defense and one on offense. The other teams wait at the baseline for their turn.

***Defensive Rebounding Drill**-The team that gets the offensive rebound stays on and the other team rotates off.

***Offensive Rebounding Drill**"-The team that gets the offensive rebound stays on and the other team rotates off. Also, anytime someone turns it over, they are rotated off.

"WAR DRILL"

This is a half court drill. You can split the guards or post up and you can use however many players. Coach stands up top, shoots the ball and everyone attacks the glass. It is a game to 4 points, whoever gets the rebound wins the point. Losing team runs a war drill. (Sprints)

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