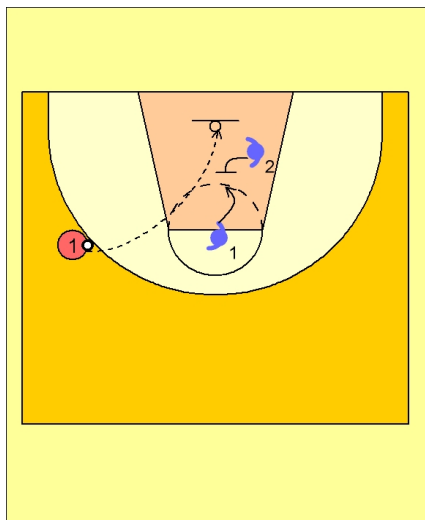


### Battle under the boards



In order to work on block out techniques, reading techniques and add a complete element. Try this three person drill.

### Battle Under the Boards

As in the "reading the rebound" drill, there is 1 minute on the clock for a player to shoot game shots at full speed. A player (in this case, 1) starts at the free throw line and comes in as the shot is being attempted, the other (2) must block out and gain good position while watching the flight of the ball and anticipating the rebound.

On a rebound, the ball is passed out and the person who got the rebound must touch the free throw line and crash the board for the next shot. Players keep score to decide who gets the most rebounds in 1 minute.