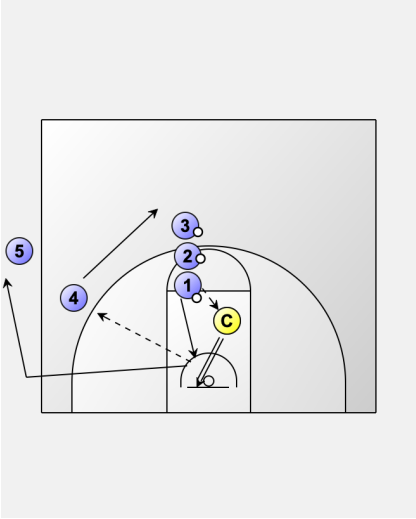


Form Rebound and Outlet



Players take turns performing a high point form rebound after giving their ball to the coach to throw it off the backboard.

Emphasis is on being loud yelling "shot" or "rebound" when the ball goes up, aggressively attacking the ball and grabbing it with two hands at the highest possible point, chining the ball, turning away from traffic in the middle, and delivering a good hard outlet pass to a wing player who has called "outlet".

After the wing player receives the outlet pass, that player goes to the back of the rebounding line, and the passer goes to the back of the outlet line.

A variation is to have the rebounder take two escape dribbles towards the sideline before passing to the wing player who simultaneously moves up the sideline to create a good passing opportunity.