






BOXING OUT

While height is a definite advantage, when getting rebounds positioning is more important. Coaches will yell, "Get a body on someone." What this really means is "box out."

INSTRUCTIONS FOR BOXING OUT

	<p>1. Be aware of when the shot is being taken. Whoever is guarding the shooter should yell out when the ball is released. This allows teammates who can't see the shot time to react.</p>
	<p>2. Pivot toward the basket immediately after shot goes up.</p>
	<p>3. Put your body between the basket and the player you are guarding.</p>
	<p>4. Bend your knees slightly and extend your arms away from your sides.</p>
	<p>5. Keep your opponent away from the basket by maintaining body contact. You want your opponent to be pinned behind you and you must know where they are by the contact.</p>
	<p>6. Rebound the ball aggressively. Do not wait for ball to fall to you but rather jump and reach for it!</p>

Boxing out is absolutely essential when you're on defense, or else you're going to give up lots of offensive boards.
Great rebounders always box out.



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