BASKETBALL

Partner Task Sheet
Peer Coaching

Skill: Rebounding

Partner 1	Partner 2

	Wide Base - Your Best "Jumper's Feet"	
	Elbows at 90 degrees - "L" Elbows	
	Drop knees and hips & LOAD to jump	
	Off the Bounce: TIME the JUMP	
	Squeeze the basketball with ELBOWS LOCKED OUT	
	Bring it to your chin - strong and with a sound base	
	"Chin" the basketball with high elbows & bottom out	
	Pivot with a RIP (ready to pass, dribble, or shoot)	

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