

Rebound Ball Lead up Activities

Karly Ely

Name: Pass and Catch

Standards: #1

Equipment: Ball and rebound frame

Group Size: 4-5 students per "frame"

Description:

- Students take turn throwing and catching the ball off the frame.

Name: 1 on 1 Rebound Ball

Standards: #1, #2

Equipment: Ball and rebound frame

Group Size: 4-5 students per court

Description:

- Play only using one frame.
- Rock Paper Scissors for ball.
- Play to one point.
- Player with ball gets three steps to move in position to throw. Encourage them to use different angles and read the defense.
- The defensive player then tries to get into position to catch. After they catch, they can throw right away (which is what they do right away, you need to encourage them to MOVE to get a different angle!!).
- Continue this until one player doesn't make catch, the throw misses the frame, or the ball lands in the "forbidden zone."
- Rotate next two players in to play.

Name: 2 on 2 Rebound Ball

Standards: #1, #2

Equipment: Ball and two rebound frames

Group Size: 4-5 students per court

Description:

- Play only using one frame.
- Rock Paper Scissors for ball.
- Play to one point.
- Player with ball gets three steps to move in position to throw. Encourage them to use different angles and read the defense.
- Each team gets up to three passes before they have to attempt a throw to the frame; they do not have use all three passes.
- The defensive players then tries to get into position to catch. After they catch, they can throw right away (which is what they do right away, you need to encourage them to MOVE or PASS to their teammate to get a different angle!!).
- Continue this until one player doesn't make catch, the throw misses the frame, or the ball lands in the "forbidden zone."
- Rotate next two players in to play.

Full Court Rebound Ball

Name: Full Court Rebound Ball

Standards: S1.M5 Passing and Receiving, S1.M7 Offensive Skills, S1.M10 Shooting on Goal, S2.M2 Creating Space with Offensive Tactics, S2.M8 Using Tactics and Shots

Equipment: Ball and two rebound frames

Group Size: Two teams per court

Description:

- Two “frames” placed on opposite sides of the playing area.
- A 3 meter radius area marked off with cones in front of each frame; this is the “forbidden zone.”
- To score a point, a player must throw the ball off the frame and then the ball must hit the ground outside the “forbidden zone” before the other team catches it.
- No defense is allowed; you cannot intercept/knock down passes, stand in front of a player about to attempt a shot, or touch a player with the ball.
- The team without the ball can only put themselves in the best position possible to catch a throw that rebounds off the frame.
- Each team is allowed up to three passes before they must attempt a throw off the frame.
- A player is allowed up to three steps before they must either take a shot or pass to a teammate.
- Teams can throw at either frame; this allows them to “reverse the court.” This makes the defense have to cover the whole court.
- If a ball is dropped, it changes position on the spot. The team gaining possession must “reset” by touching the ball to the ground, and then they can resume play right away.
- After a score, the ball changes possession. The team gaining possession must “reset” by touching the ball to the frame. They then must throw the ball to a teammate; this pass doesn’t count as one of their three passes.
- Change of possession also occurs if a team throws at the frame and hits the springs of the frame.
- If a team throws a ball at the frame and misses the frame completely, the defensive team gets a point and the team that threw gets the ball back.