

Oregon Youth Basketball League
Evaluation Instruction Rubric - 3/4 Rebounding

Skill:	Rebounding					
Grade Level:	3/4 Grade co-ed (targeted skill is in gray box)					
General Description:	A basketball player should not simply stand and watch to see whether a shot goes in or not. Players need to get in the habit of positioning themselves advantageously for rebounds. They should react immediately by "boxing out", getting between the opposing player and the basket and making contact with the opponent's body.					
Category		1	2	3	4	5
Boxing or Blocking Out		Uses a front or rear pivot to turn while watching the offense. Secures the ball "chin high" and pivots to the outside ready to throw an overhead	Able to use both a front or rear pivot to turn while watching the offense. Boxes out.	Player understands distribution areas and positions themselves accordingly.	Player moves to the basket for rebounds.	Player watches as the shot is taken and doesn't react to the ball.
Jumping		Player is able to secure the ball at the highest point. Lands with balance after securing the ball, keeps the ball chin level with their elbows out.	Player is able to secure the ball at the highest point.	Player is able to catch the ball above their head while jumping.	Player is able to catch the ball above their head.	Player catches the ball with both feet firmly planted on the ground. Slow with movement after securing the ball.
Overall		Player meets general description and should be considered an excellent rebounder for his/her age.	Player nearly meets the general description and should be considered a dependable rebounder for his/her age.	Player meets some of the general description and is a dependable rebounder when the ball is within close proximity.	Player occasionally meets elements of the general description and could be considered a fair rebounder for his/her age.	Player is unable to rebound effectively. Player is a poor rebounder.

Drill 1: Sky and Score
Form one line of offensive rebounds at the free throw line. The coach is at the top of the key with the ball. The coach takes a shot, which hits off the backboard. The first players in line moves in from the free throw line to get the rebound and goes right back up and scores. Vary the rebound so players must watch where the ball hits and anticipate when they should jump to catch the ball at the top of their jump.

Drill 2: Glass Cleaner
Form one line at the top of the key. The first two players move down into the lane, while the third player moves out to an outlet position. The coach is at the free throw line with the ball. The first player in the pair (closest to basket) faces the coach with the ball at the free throw line. This player is defense and will box out the offense on the shot. The coach shoots, the defensive rebounder calls "Shot!" and pivots to box out the offensive player (second player). The rebounder secures the ball and pivots to the outside to throw a crisp, two-handed overhead pass to the outlet, who calls for the ball while giving a target. The outlet passes to the coach, and moves to the end of the line at the top of the key. The offensive player steps down to face the coach and becomes the new defender. The defensive rebounder moves out to become the next outlet. The next person in line at the top of the key moves down to become the offensive player.