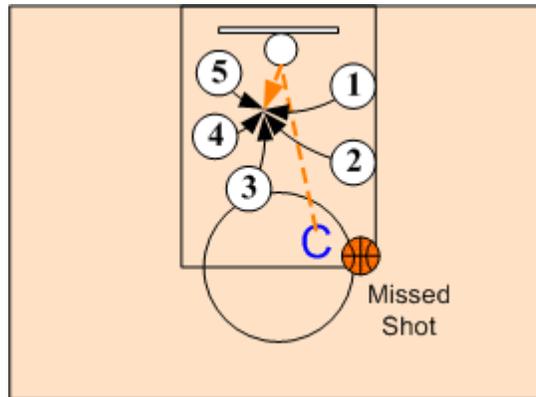


"War in the Paint" Drill

Rebounding and Scoring in Traffic

Drill Objectives:

- To anticipate and establish proper rebounding location of missed shots.
- To learn how to rebound and finish in traffic.
- To develop a competitive attitude.

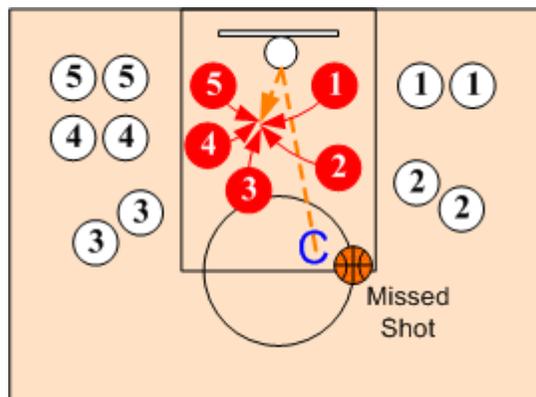


War in the Paint is an excellent drill for practicing offensive rebounding in traffic. Players are positioned inside the 3 second area. They can move around as desired. Coach shoots or tosses the ball up to the rim. The object is to rebound the missed shot and score. Once a player obtains the rebound the other players immediately become defenders and try to block or prevent all putback shots. Drill continues until a player scores.

Play games to 5-6 points with a successful offensive putback counting as one point.

Note: The drill resets any time the ball goes outside the three second area or out of bounds or the initial shot is made.

Team Competition



Players are organized into teams. Rotation: Player scoring a putback stays on and non-scoring players are replaced. First team to score 10 points wins.