

# WAR DRILL

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The name “WAR” illustrates the hardiness, the toughness, the grit that we want his drill to emphasize. The drill has gained a lot of publicity due to the success we have had as a program in rebounding the basketball offensively and blocking-out our opposition on the defensive glass. This drill is successful in our program for two reasons: 1) Our players take great pride in the drill, and 2) Our coaching staff emphasizes the drill nearly every day in our practices. A rebounding mentality is developed throughout the drill by executing it with enthusiasm, toughness, and a champion’s effort!

## Areas of Emphasis:

### I. Offense

- A. The baseline and wing players attack the basket upon the ball being shot by the coach (we intentionally miss the shot to force a rebound situation). The point guard sprints back to half court to prepare for defensive transition.
- B. The objective is to create a rebounding opportunity for yourself or a teammate by flying to the offensive glass with tenacity and resilience. Avoiding the defensive blockout is a skill that provides a team with second chance scoring opportunities.
- C. Upon gaining possession of the ball, the offense attempts to score. IF the offense does complete the score with a basket, the ball is returned to the coach and the drill starts again.
- D. If the defense gets the rebound, the offense sprints back and converts to defense.

### II. Defense

- A. All five defenders begin inside the lane under the basket.
- B. When the coach shoots the ball, the defenders must escape the paint to meet their offensive man outside of the lane.
- C. The objective is to hit the offensive man, locate the ball, and go and get the ball. We do not block out our man and stay with him, we hit our man, knock him back on his heels, turn to blockout, & find the ball. Jumping through the basketball and rebounding above the rim is something we emphasize.
- D. Upon gaining possession of the ball, the rebounder outlets to our guard, and we initiate our conversion to offense.

Rebounding the basketball is often talked about but rarely committed to by many teams across the country. Those who are willing to make the commitment to rebound will reap the benefits. Toughness, aggressiveness, and intestinal fortitude (staples of our program) will be developed through the WAR drill and lead to GSC championships.

