

**Michigan State Basketball
Rebounding Concepts & Philosophy
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1. In the Michigan State Basketball program, rebounding, without question is a top priority. From the seasons' beginning until it's end, rebounding is a big point of emphasis each day throughout the entire duration of our practice sessions. Everything we do either begins or ends with the rebound or attempt to rebound the chance (made shot).
2. We coach rebounding on every shot taken in practice. One of our staff members and sometimes two assigned to coach rebounding only during practice. Which phase of rebounding he will coach is usually determined before practice and will change in accordance to what we are working on during a particular drill or scrimmage situation offensively or defensively.
3. Important point- we grade our players rebounding performance on effort not the number of rebounds they get in a game session.
 - Offensive rebounding- we chart the number of time a player makes an all-out effort to get to the offensive boards (attempts) against the number of chances he actually had to do to the boards. The percentage basis calculated by dividing the number of chances to go to boards into the number of times a player attempted to get to the boards.
 - We also do the same collectively as a team the same way.
 - Our is to be 90% or above in our effort.
 - We want to get back 50% or better of our missed shotsDefensive rebounding- we chart defensive rebounds in a similar manner except we calculate the number of chances to cutout (block out) by the number of time a player individually or our team collectively actually did cut out his offensive player when shot was taken.
 - Our goal is 90 %
 - We don't ever penalize a player for not making an unnecessary cut out (we actually discourage the unnecessary cut out.)

Offensive Rebounding

1. At Michigan State we believe the missed shot is our best defensive play.
2. We tell our players to always assume the miss when the shot is taken either offensively or defensively.
 - We tell our players to pursue the ball (Al Anagonye)
 - Don't go to a back-avoid contact
 - Keep hands above the shoulders (don't get arms pen down)
 - IF you can't get the rebound try to tip it to someone else or keep the ball alive- get a hand on the ball or a finger-whatever-keep the ball alive- we do a better job of this than any team in the country (War Drill)