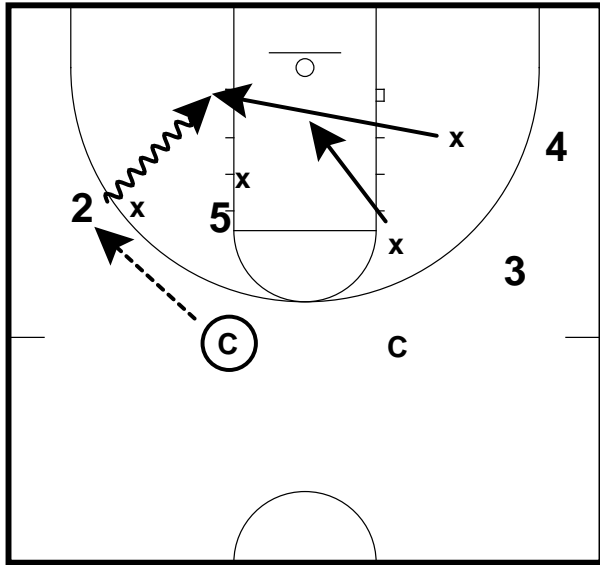


FSU Practice Drills

Seminole Rebounding

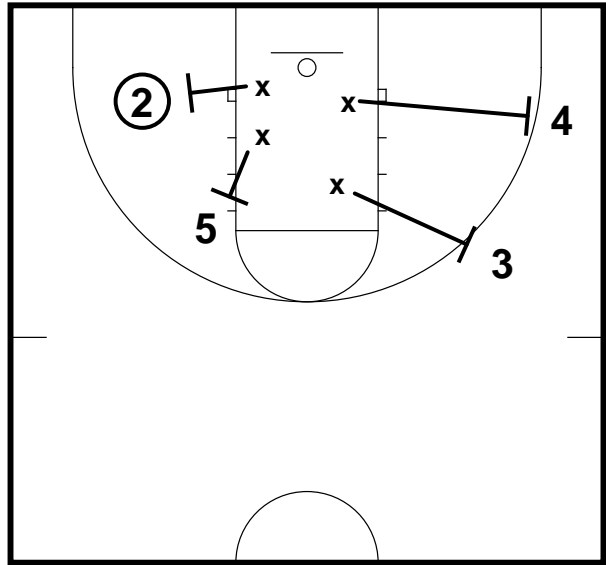
Frame 1



The ball swings around the perimeter. Defenders rotate through on ball, gap, deny, help etc. Finally the ball gets to the wing (2) and they penetrate. Everyone rotates to cover the driver. Shot goes up and they must recover to box-out!

Seminole Rebounding

Frame 2



Keys: 1) Cover for each other; 2) Communicate; and 3) Battle. Offensive players CRASH the boards! Defenders must recover and BOX OUT!