

## Physical

**Quickness.** Move! On offense, move quickly around your opponent and go for the ball. On defense, move quickly to block out your opponent and then go for the ball. Watch videos of yourself to identify any wasted movements and practice maneuvers that will allow you to get to the ball more effectively.

**Jumping ability.** Work continually to improve your jumping height and the quickness and explosiveness of your jump. A quick second jump is a great asset for rebounding. Off-season plyometric training is a great way to develop the powerful, repetitive jumping ability needed to be a real force on the boards.

**Strength.** A well-conceived conditioning program will improve your total body strength so you can withstand the body contact under the boards. Legs and hips must provide a solid base, and wrists and hands should be like a vise gripping the ball.

**Muscular endurance.** Improve muscular endurance in your legs: You want to improve not just how high you jump but also how often you jump. Dennis Rodman had an all-time high 23.4 percent rebounding rate for his career—meaning he claimed more than one of every four missed shots while on the court. Rodman was like a pogo stick, seemingly indefatigable as he bounded repeatedly until gaining possession of the ball.

**Height.** You cannot change how tall you are or how long your arms are, but you can control all the other qualities that determine your success as a rebounder.



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Despite being more than a little unorthodox on and off the court, Dennis Rodman was a relentless rebounder.