

“Rebound Defence - Rebecca”



Situation

Teams who can't shoot very well and don't know the block. Or to disrupt any team a bit.

Mission

Don't give them Collect. Let them have Feed. Give them space – NO RUNNERS.

Execution

1. Never let them get collect.

2. Give your attacker plenty of space out the front. As they come closer to the post, track back with them, but gradually reduce the distance between the two of you as you get closer to the post.

4. If your attacker *does* get past you let your team know to switch to Front D by screaming out FREYA! FREYA! If you hear someone shouting it, switch to Front D and yell it yourself.

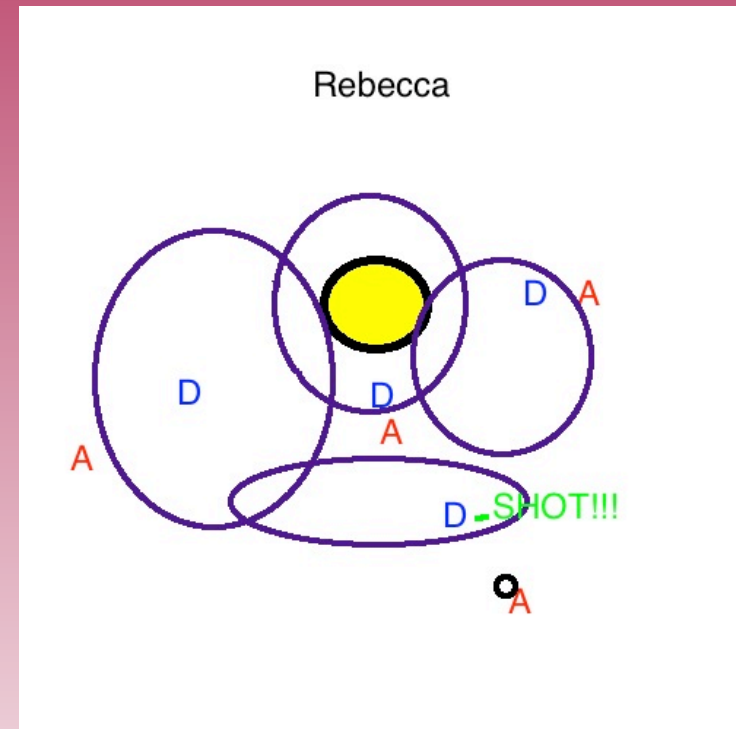
3. When you're close enough to the post that you're in collect position, turn front on (from side on) and use yourself to block the attacker from getting collect. If they take the feed, call it.

5. If someone shoots, yell SHOT! If you hear the SHOT! then TURN and LOOK to see if you can get the ball or need to hold off your attacker from getting it. REACH and grab the ball if you can.

Salt – Tequila – Lime – Repeat

SHOT! – TURN – LOOK – REACH

In Rebound, weaker teams will get frustrated at not having a collect and eventually shoot. Their long shots will invariably miss and you'll get the ball straight back. Make sure you give them space so they can't get any Runners.



With Rebecca, the Defenders should control anywhere the ball might land. The Defender under the post (above) may have to focus more on blocking his attacker than actually getting the ball.