



BASKETBALL
EN FAUTEUIL ROULANT
CANADA

Wheelchair Basketball Canada

November 2011
Toolbox

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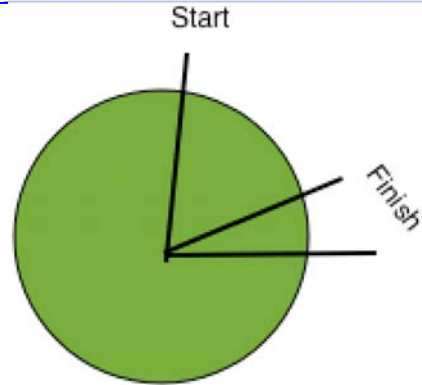
WHEELCHAIR
BASKETBALL
CANADA

Starting

Home - Technique

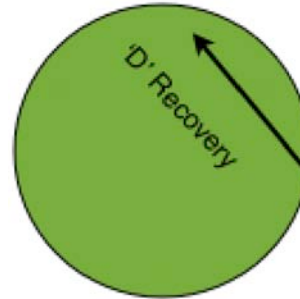
Preparation

1. Keep the body balanced above the axles and centred in the chair (body upright, shoulders above grip)
2. Head and eyes up
3. Hands in the ready position on top of the wheels with the thumbs on top of the tires, the fingers around the rims and the palms facing inwards



Execution & Critical Instant

4. Simultaneously move your hands forward forcefully as you lean forward (shoulders above hands)
5. Continue to move the wheels powerfully as near to 3 o'clock as possible
6. Maintain a stable position with the shoulders directly over the grip; hands, elbows and shoulders apply force in a straight line. Use the trunk, hips and legs for stability as functionally able.



Followthrough/ Recovery

7. Recover the hands quickly straight back to the ready position in a straight line ('D')
8. Begin the next push immediately

Key Points

Hands in ready position slightly forward of 12 o'clock
Head and eyes up
Recover quickly to Ready Position using "D" stroke
Thumbs on top of tires, fingers curled under rims

Skill Variations

Players with upper arm/shoulder conditions may need to adjust accordingly (based on biomechanical principles and functional ability)

Starting

Objective/Focus:

To learn the basic skill of starting

Individual

10 min

Single Skill

Initiation

Instructions:

1. Explanation and Demonstration
-be sure to demonstrate from the front, back and sides
2. Players line up on end line
3. Altogether put hands in ready position, body balanced
4. Shadow push and D recovery
5. 2 Shadow pushes with D recovery
6. 1 Real push with D recovery, then stop
7. 2 Real pushes with D recovery, then stop
8. Continue with coaches giving feedback and asking questions.

Activity Rules / Games Approach

Use movement education principles to experiment with different ways to start

Cognitive Skills

Pay attention to internal feel and to form/technique

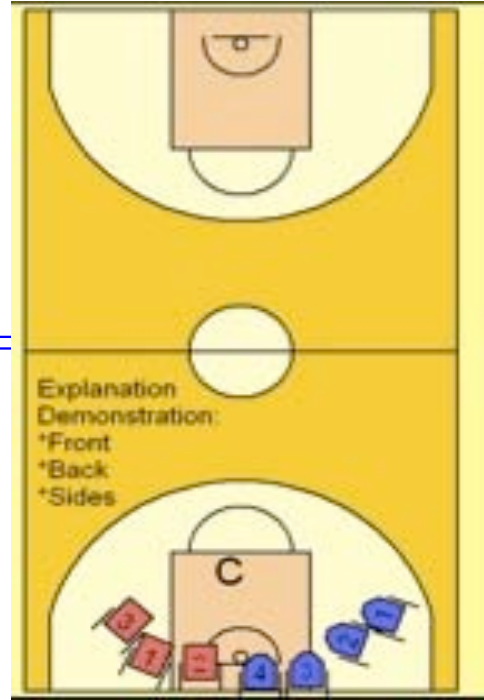
Mental Skills

Use self talk for the key points of the starting technique

Coaches Key Points

Hands in ready position slightly forward of 12 o'clock
Head and eyes up
Recover quickly to Ready Position using "D" stroke
Thumbs on top of tires, fingers curled under rims
Body balanced above the push

Starting Basics



Activity Variations

Use guided discovery to explore how to push the chair before the explanation/demonstration.

Starting

Objective/Focus:

To master the first two pushes of starting.

Individual

10 min

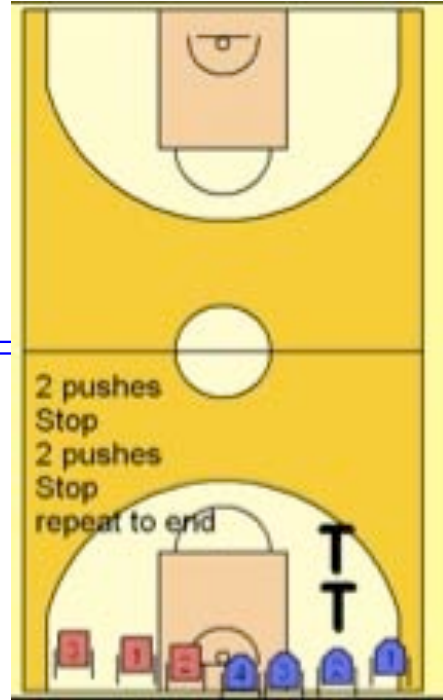
Single Skill

Initiation

Instructions:

1. Line up on the endline
2. Take two power pushes and then stop completely
3. Recover hands quickly
4. Repeat until reaching the opposite baseline

Power Starts with Stops



Activity Rules / Games Approach

Stop completely and count to two "steamboats"

Activity Variations

Tow partner
Shorten or lengthen distance
Use 1 push, Use 3 pushes, Use 4 pushes

Cognitive Skills

Broad focus
Narrow internal focus for the feel of stopping

Mental Skills

Effort and intensity self-management

Coaches Key Points

Hands in ready position slightly forward of 12 o'clock
Head and eyes up
Recover quickly to Ready Position using "D" stroke
Thumbs on top of tires, fingers curled under rims
Body balanced

Starting

Half Court Tow

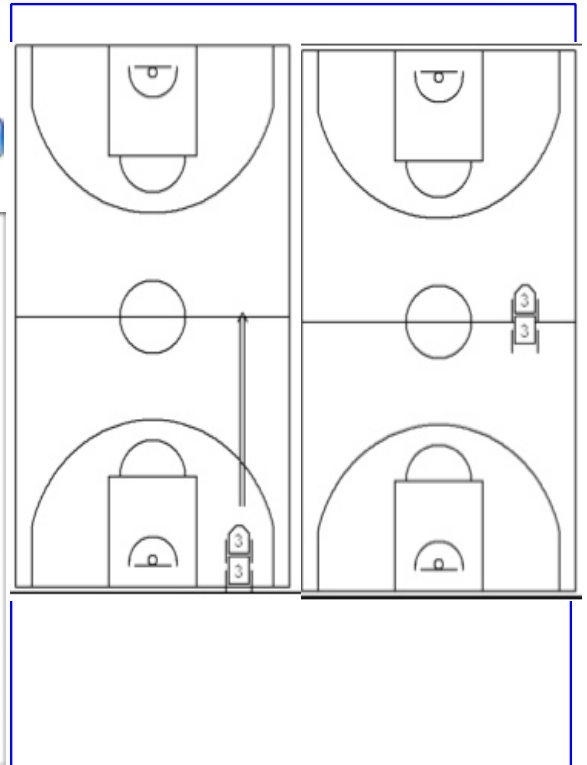
Objective/Focus:

To develop acceleration in starting

Individual 10 min Single Skill Initiation

Instructions:

1. Starting position: Pairs set up one behind the other
2. The partner (towee) behind holds on safely to the back seat bar of the player in front
3. The towee must extend their arms to keep a safe distance behind the player who is towing them
4. The player towing then accelerates with powerful, explosive pushes to the centre line
5. At half court (the centre line), the towee releases the puller, and the puller then continues to push hard to the end line and focuses on maintaining hand speed and executing a powerful push.
6. At the endline, partners switch roles and repeat the drill coming back down the court.



Activity Rules / Games Approach

Must start from a completely stopped position.

Activity Variations

1. Race each other in the second half.
2. Vary the resistance by the towee- feather, lock down
3. Vary the resistance by the towee- assistive pushes
4. Vary the distance of the pull (tow) from 1/4 court to 3/4

Cognitive Skills

Concentrate on form and technique while maintaining an internal focus on power and acceleration

Mental Skills

Using cue words to help with technique and power

Coaches Key Points

Hands in ready position slightly forward of 12 o'clock
 Head and eyes up
 Recover quickly to Ready Position using "D" stroke
 Thumbs on top of tires, fingers curled under rims
 Body balanced above the hands

Preparation

1. Begin to lean back.
2. Straighten arms.
3. Hands remain on wheels at the end of a push

Execution & Critical Instant

4. Lean back with body upright.
5. Grip wheels forcefully enough to halt wheel rotation.

Followthrough/ Recovery

6. Regain body ready position above axles with eyes scanning the floor.
7. Recover hands to ready position.

Key Points

Lean backwards with arms extended
Lock the elbows
Keep the thumbs on top of the tires.
Recover the hands quickly to ready position

Skill Variations

While moving backwards

Stopping

Feedback & Focus

Positive Specific Feedback

"Way to grab the tire with your thumb on top"
"Nice job! You gripped the wheel hard enough to stop it's rotation completely"
"Way to keep your arms straight"
"You leaned back early in anticipation of stopping"
"Nicely done. You kept your head level and eyes scanning the floor"

Questions

How should you grip the wheel when you stop?
What is the timing for the lean backwards part of stopping?
How far back should you lean when stopping?
What should happen to the wheels when you grip them?
What point on the wheel should your hands recover to?
How should your elbows and arms look when stopping?

Mental Skills

Intensity scale (must be high),
Use cue word

Cognitive Skills

Narrow internal focus, attention the key skill cues such as grip, leaning back, elbows straight, quick hands on recovery

Movement Awareness

Have the players experiment with different body leans to find the ideal position for them.

Cue Words

Lean
Arms straight
Grab
Recover

My Notes

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Stopping

Analysis

Analysis / Observation

Observation or video from the side to:

1. Watch for the timing of the lean starting prior to the grab
2. Examine the arms for straightness
3. To see if the wheel stops rotation completely
4. To see if the head stays level

Observation or video from the front (or slight off centre) to:

1. Observe the thumb/finger/palm position
2. Watch for symmetry on both sides of the body

Functional Ability

To optimize balance and stability, experiment with leaning back further or less far, then select the optimal lean.

Hip straps provide the stable base from which to lean.

Chair back height may have to be raised or lowered to allow for the stability of the lean back, or to allow the potential range of movement to be increased or decreased.

Biomechanics

Centre of gravity should be shifted behind the rear axle axis.

Locking the wheels completely is the most effective way to stop forward momentum.

Straight arms allows the larger trunk and shoulder muscles and mass to provide the force to stop the chair.

Idiosyncracies

Some athletes may use an elbow hooked on the chair back to aid in balance while stopping.

Advice

Remember to grip the wheels with your thumb on top and your fingers curled around the rim.
Lean back as soon as you anticipate needing to stop immediately.

Corrections and Adjustments

To correct an insufficient lean: Lean back further than you usually do. Try to overexaggerate the lean.
To correct the grip: Practice feathering with the palms facing, thumb on top and fingers curled, then on the coaches cue, grab the wheels and stop their rotation without lifting hands.
To correct arms from bent to straight. Push forward once, lean back, straighten arms then grab wheel to stop.

My Notes

Stopping

Stopping Basics

Objective/Focus:

To learn the basic technique of stopping (elbows straight, lean back, grab wheels, recover) in a learning progression.

Individual

10 min

Single Skill

Initiation

Instructions:

1. Explanation and Demonstration
2. Dry runs of leaning back, elbows straight, grab wheel and recover
3. Take one push glide and stop
4. Take two pushes and stop
5. Take 5 pushes and stop

Activity Rules / Games Approach

Must stop for set count (e.g. 2 steamboats)

Cognitive Skills

Anticipate the stop and recovery

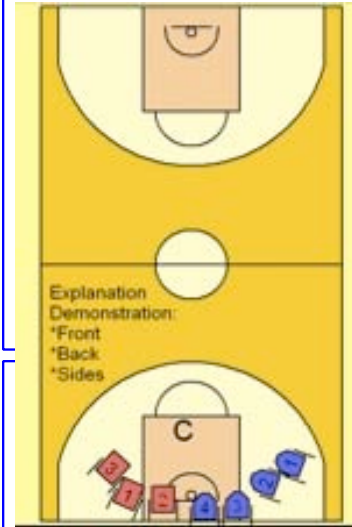
Mental Skills

Use of cue words
Use of imagery 'shadow' actions

Coaches Key Points

Lean backwards with arms extended
Lock the elbows
Keep the thumbs on top of the tires.
Recover the hands quickly to ready position

Activity Variations



Stopping

Power Starts and Stops

Objective/Focus:

To stop dynamically, safely and quickly.

Individual

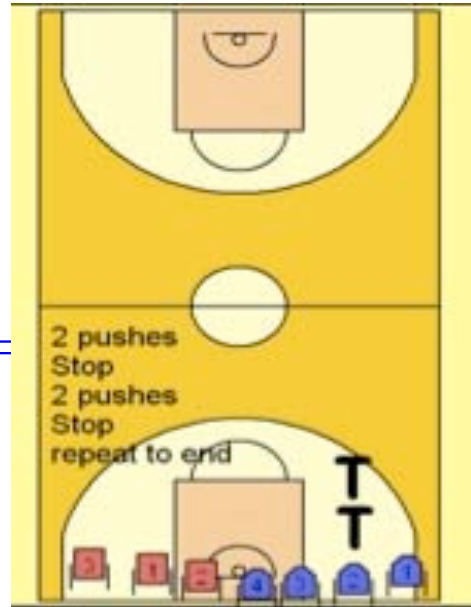
15 min

Single Skill

Init / Acq

Instructions:

1. Start at the endline
2. Take two hard pushes
3. Stop for a set count (e.g. 2 steamboats)



Activity Rules / Games Approach

Must stop for a set count. Emphasis is on stopping.

Cognitive Skills

Narrow attention to body actions

Mental Skills

Use self talk cue words like "grab", "lean", "lock"

Coaches Key Points

Lean backwards with arms extended
Lock the elbows
Keep the thumbs on top of the tires.
Recover the hands quickly to ready position

Activity Variations

1. Tow a partner
2. Vary the number of pushes (e.g. 1 or 3)

Stopping

Objective/Focus:

To stop on demand randomly as in a game.

Individual

10 min

Single Skill

Acquisition

Instructions:

1. Wheel in laps OR randomly OR on specified lines around the gym
2. When coach blows whistle, stop and recover hands
3. Coach whistles again or after a count of 3 steamboats, start wheeling again.

Activity Rules / Games Approach

Player must come to complete halt for a set period of time.

Cognitive Skills

Concentration on form and technique
Attention to whistle as a cue to stop

Mental Skills

Use cue words like "Lock" and "Recover"

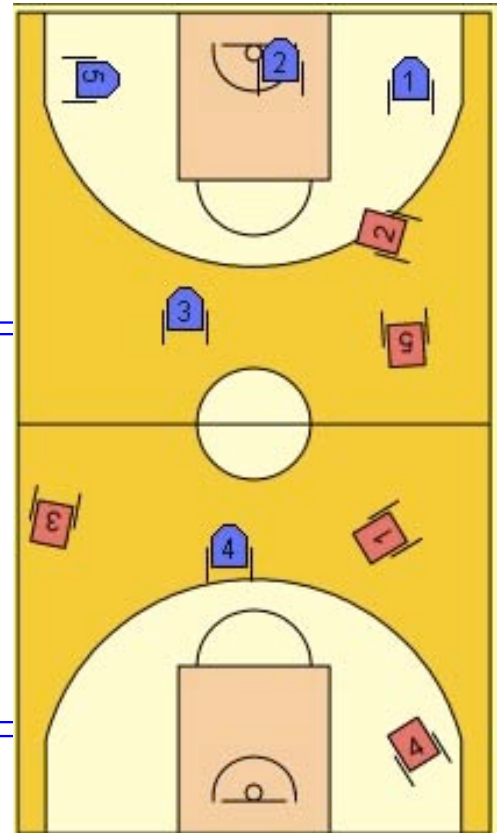
Coaches Key Points

Lean backwards with arms extended
Lock the elbows
Keep the thumbs on top of the tires.
Recover the hands quickly to ready position

Activity Variations

1. Change directions after each stop (e.g. 90 deg, 180 deg)
2. Tow a partner
3. Add a ball and use the bounce stop

Whistle Stops



Stopping

Bounce Stop Progression

Objective/Focus:

To execute the basic bounce stop skill pattern "Bounce Grab Catch"

Individual

15 min

Single Skill

Init / Acq

Instructions:

1. Explanation/Demonstration with key points emphasized
2. Players lined up on the endline, leave ball on lap or floor *Do "shadow bounce, grab, catch" sequence 10 times with each hand.
3. Then use the ball and while stationary do the "Bounce Touch Catch" sequence 10 times with each hand
4. Then using the ball and while stationary do the "Bounce Grab Catch" sequence 10 times with each hand.
5. Then take one push and do the "Bounce Grab Catch" sequence 10 times with each hand, OR go one length of the court with right hand and one length back with left hand OR alternate hands up and back.
6. Then use two pushes up and back as in #5

Activity Rules / Games Approach

Use questioning for the ball bounce location
Use the whistle as a cue to stop

Cognitive Skills

Attention is external on the ball
Internal focus can be on stopping technique (the feel of leaning back)

Mental Skills

Goal setting for number "in a row" successes
Cue words Bounce Grab Catch

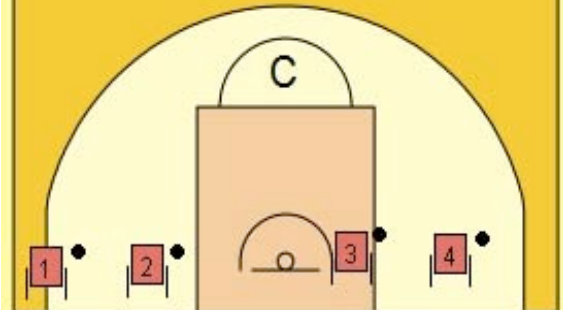
Coaches Key Points

Bounce ball forcefully down - just outside the chair and slightly forward. (protect the ball from opponent)
Lean back and grab the wheels to stop as quickly as possible
Palm up to catch the ball in one hand.

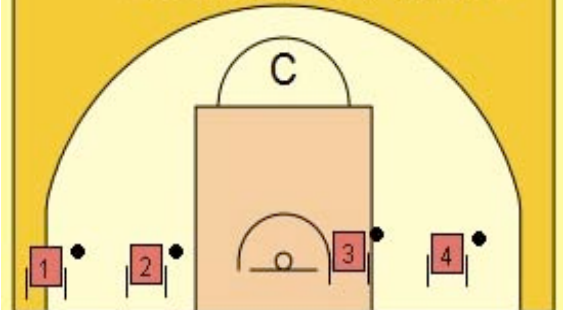
Activity Variations

Can use the Whistle Stop activity

Bounce Touch Catch



Bounce Grab Catch



1 Push, then 2 pushes,
then 3 with dribble, etc.

Bounce Grab Catch

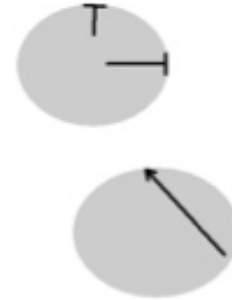


Pushing

Home - Technique

Preparation

1. Keep the body balanced above the axles and centred in the chair (body upright, elbows and shoulders above grip)
2. Head and eyes up
3. Hands in the ready position on top of the wheels with the thumbs on top of the tires, the fingers around the rims and the palms facing inwards



Execution & Critical Instant

4. Simultaneously move your hands forward forcefully as you lean forward (elbows and shoulders above hands)
5. Continue to move the wheels powerfully from 12 noon to as near to 3 o'clock as possible
6. Maintain a stable position with the shoulders directly over the grip; hands, elbows and shoulders apply force in a straight line.
Use the trunk, hips and legs for stability as functionally able.

*Backwards pushing is from 2pm to 11am
Body is more upright and head must be turned and looking over shoulder

Followthrough/ Recovery

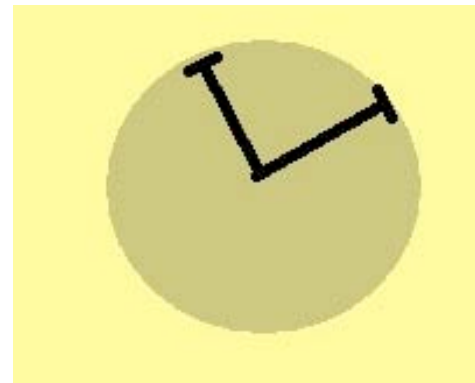
7. Recover the hands quickly straight back to the ready position in a straight line ('D')
8. Begin the next push immediately

Key Points

Hands grip wheel at 12 noon with Head and eyes up
Recover quickly to Ready Position using "D" stroke
Thumbs on top of tires, fingers curled under rims.
palms facing

Skill Variations

Players with upper arm/shoulder conditions may need to adjust accordingly (based on biomechanical principles and functional ability)



Pushing

Pushing Basics

Objective/Focus:

To learn the basic grip, push pattern and recovery pattern/quickness when moving forwards.

Individual

10 min

Single Skill

Initiation

Instructions:

1. Explanation/Demonstration
2. Players line up on endline and do shadow pushes
3. Players push in a straight line up and down the court
4. Coach changes the emphasis of each length between
 - * start push at noon once moving
 - * finish at 3
 - * D recovery pattern
 - * recovery quickness
 - * hand position (thumbs on top, palms facing, fingers curled)
 - * body balanced above axles/hands
5. Players push in straight lines and focus on all aspects of the skill

Activity Rules / Games Approach

Choose one aspect to practice - and focus questions and PSF on that aspect

Cognitive Skills

Concentration of skill technique

Mental Skills

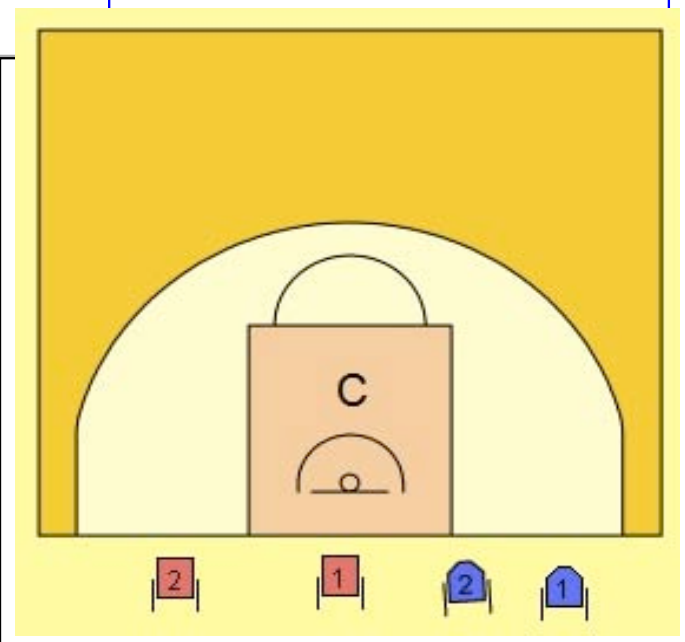
Use of cue words for each aspect chosen. Ask athletes to create their own cue word and use it.

Coaches Key Points

Hands grip wheel at 12 noon with Head and eyes up
Recover quickly to Ready Position using "D" stroke
Thumbs on top of tires, fingers curled under rims.
palms facing - Body balanced above axles/hands

Activity Variations

Move in arcs and use changes of direction



Pushing

Objective/Focus:

To recognize the difference between short/quick strokes and long/power strokes.

Individual

10 min

Variable Skill

Acquisition

Instructions:

1. Explanation/Demonstration noting the change in finish positions (2pm vs 3pm), and the use of the body and range of motion.
2. Athletes start anywhere on the side or end lines
3. Athletes will use long power strokes when doing lengths, and then switch to short quick strokes for widths.
4. Continue for 2 minutes
5. Switch directions and repeat

Activity Rules / Games Approach

Must be a pronounced difference in the two strokes

Cognitive Skills

Attention to cues of lengths/widths and the type of stroke required

Mental Skills

Focus and intensity
Use cue words to help with the difference

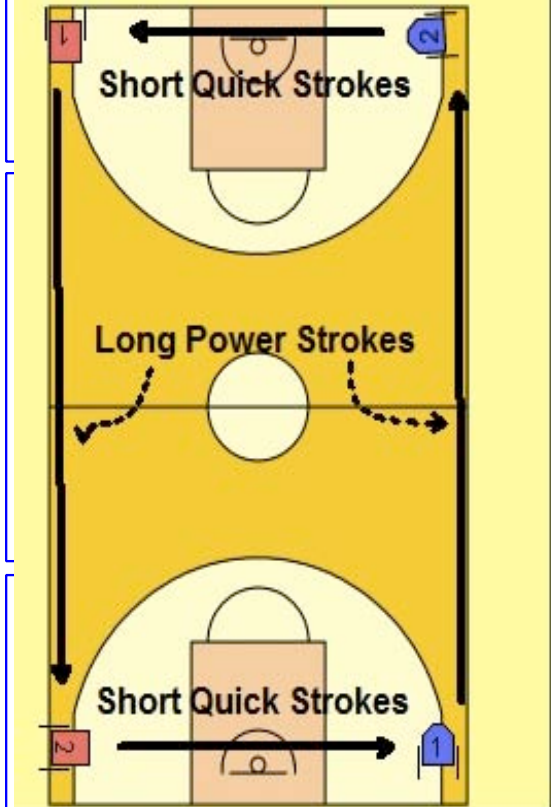
Coaches Key Points

Palms facing, thumbs on top of tires
Focus on quickness or power deliberately

Activity Variations

Long endlines, short lengths
Alternate laps
Add a ball

Short Long Laps



Pushing

Backwards Basics

Objective/Focus:

To learn the basic grip, push pattern and recovery pattern/quickness of moving backwards.

Individual

10 min

Single Skill

Initiation

Instructions:

1. Explanation/Demonstration
2. Players line up on endline and do shadow pushes
3. Players push in a straight line up and down the court
4. Coach changes the emphasis of each length between
 - * start push at 2pm once moving
 - * finish at 11 am
 - * D recovery pattern
 - * recovery quickness
 - * hand position (thumbs on top, palms facing, fingers curled)
 - * body balanced above axles/hands
5. Players push in straight lines and focus on all aspects of the skill

Activity Rules / Games Approach

Choose one aspect to practice - and focus questions and PSF on that aspect

Cognitive Skills

Concentration of skill technique

Mental Skills

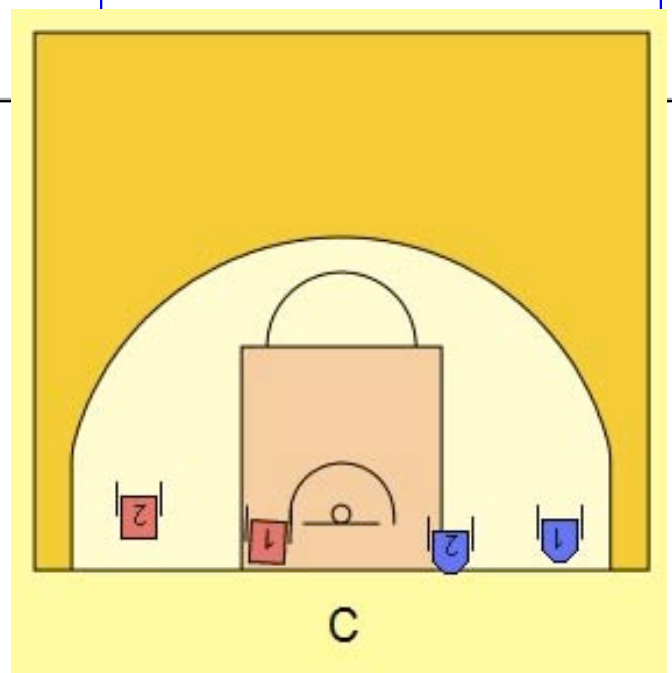
Use of cue words for each aspect chosen. Ask athletes to create their own cue word and use it.

Coaches Key Points

Hands grip wheel at 2pm -11am with Head & eyes up
Recover quickly to Ready Position using "D" stroke
Thumbs on top of tires, fingers curled under rims.
palms facing - Body balanced above axles/hands

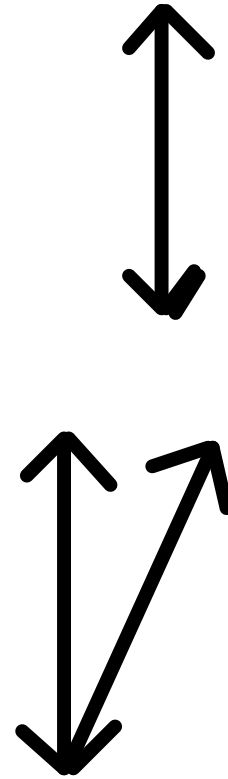
Activity Variations

Move in arcs and use changes of direction



Preparation

1. Keep the body balanced above the axles and centred in the chair (ready position)
2. Head and eyes up (ready position)
3. Hands in the ready position on top of the wheels with the thumbs on top of the tires, the fingers around the rims and the palms facing inwards (ready position)

**Execution & Critical Instant**

4. Perform the forward movements and backwards movements while combining the key points from:

Starting forwards
Stopping forwards
Starting backwards
Stopping backwards
5. Maintain body balance and centre of gravity while performing the skills
6. Recover hands quickly back to the ready position constantly

Followthrough/ Recovery

7. Return body to ready position as often as possible
8. Recover the hands quickly back to the ready position

Key Points

Hands in ready position
Body balanced above the axles and centred in chair
Lean forwards or backwards as required
Recover quickly to Ready Position

Skill Variations

Opposite hand movements
Use set number of pushes (e.g. 1, 2, 3, 4)
Begin to include slight direction changes and arcs

Back and Forth

Back and Forth Basics

Objective/Focus:

To change direction quickly and effectively in the half court

Individual

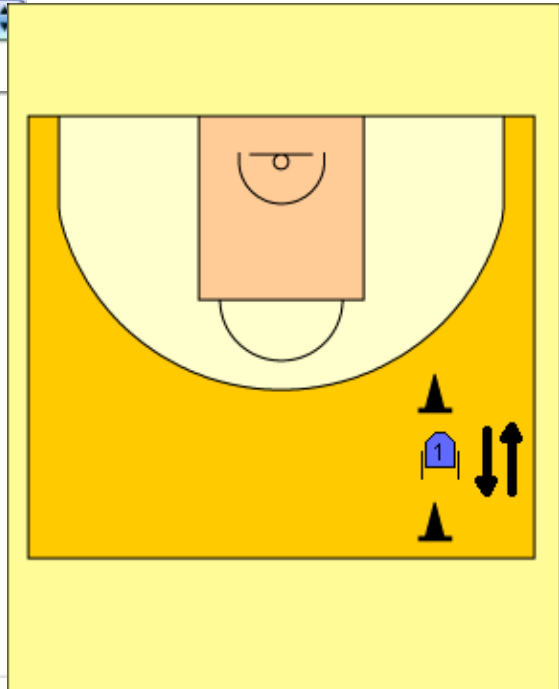
10 min

Single Skill

Initiation

Instructions:

1. Players choose a line and end points on the line that represent 2 pushes.
2. On the signal, players push back and forth to the endpoints as many times as possible.



Activity Rules / Games Approach

Must touch designated endpoints

Cognitive Skills

Work to make the changes of direction automatic

Mental Skills

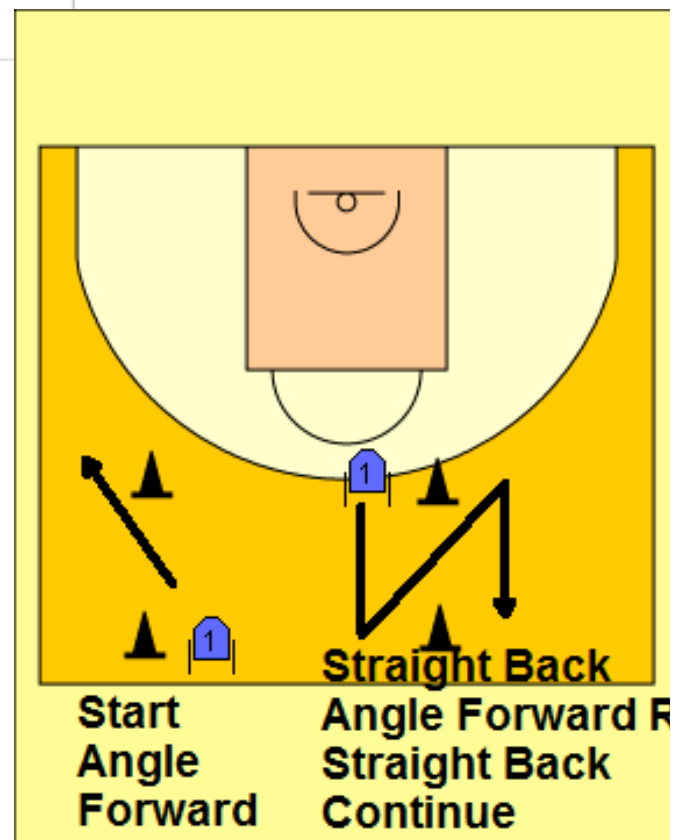
Set goals to increase the number of endpoints touched. Use focus and refocus techniques to maintain effort and intensity

Coaches Key Points

Hands in ready position
Body balanced above the axles and centred in chair
Lean forwards or backwards as required
Recover quickly to Ready Position

Activity Variations

Use 1 push or 3 pushes
Time a set number of touches
Change the angle to a 'V'
Change the angle to an 'X'



Back and Forth

Compass

Objective/Focus:

To learn back and forth movements on slight angles.

Individual

10 min

Single Skill

Acquisition

Instructions:

1. Identify the 8 compass points
2. One push forwards to N
3. One pull straight back
4. One push forwards on a slight angle to NE
5. One pull straight back
6. One push forwards on a slight angle to E
7. One pull straight back
8. Continue until back at N
9. Repeat in the other direction

Activity Rules / Games Approach

One push only or as directed by coach
Continuous actions

Cognitive Skills

Develop automaticity through repetition and concentration.

Mental Skills

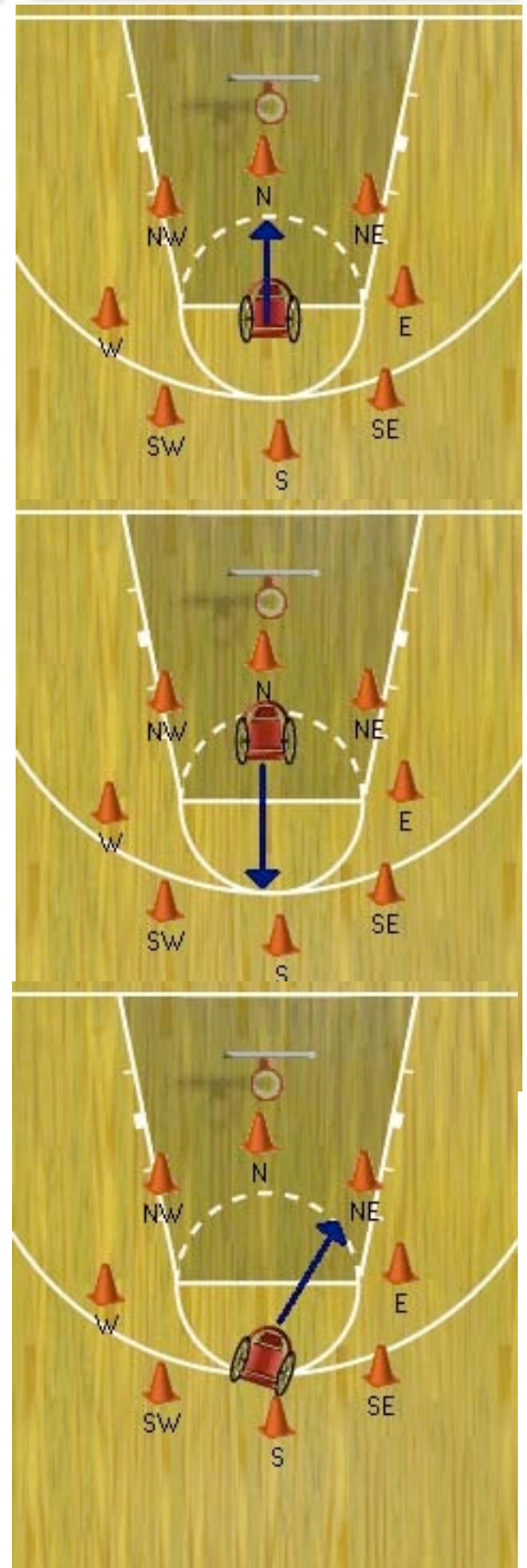
Use focus and refocus techniques to maintain effort and intensity.

Coaches Key Points

Hands in ready position
Body balanced above the axles and centred in chair
Lean forwards or backwards as required
Recover quickly to Ready Position

Activity Variations

Go forwards only (i.e. turn at every compass point and at the middle)
Go backwards only.



Back and Forth

Back and Forth L's

Objective/Focus:

To move back and forth using right angle turns.

Individual

10 min

Variable Skill

Acquisition

Instructions:

Drill also known as Christmas Tree

1. Start on 45 degree angle to court
2. Two pushes forward
3. One pull backward
4. Right angle pivot to the left
5. Two pushes forward
6. One pull backward

Repeat up the court

Activity Rules / Games Approach

Do a set time or a set distance.

Cognitive Skills

Develop automaticity through repetition and concentration.

Mental Skills

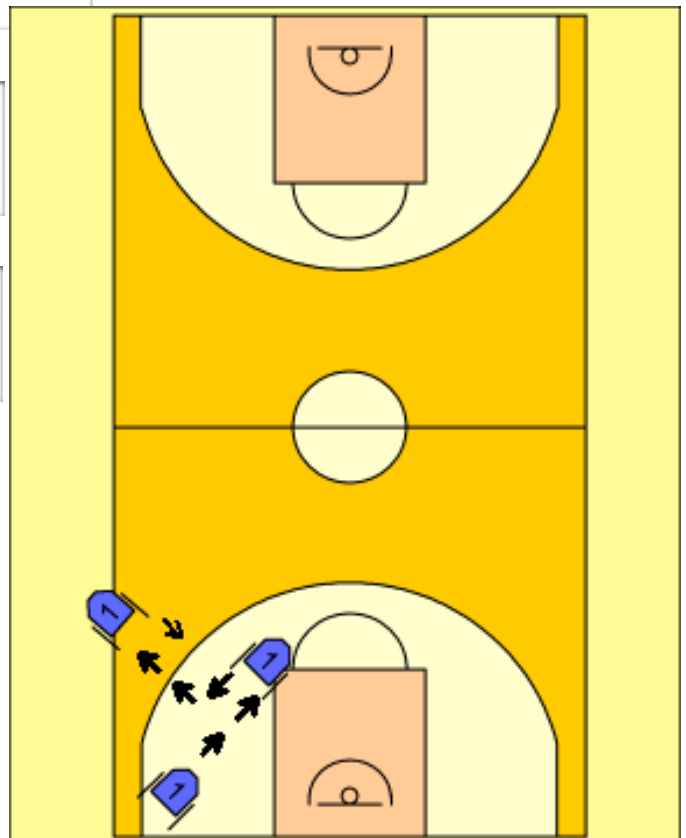
Use focus and refocus techniques to maintain effort and intensity

Coaches Key Points

Hands in ready position
Body balanced above the axles and centred in chair
Lean forwards or backwards as required
Recover quickly to Ready Position

Activity Variations

One forwards and two backwards
Change angle of turn to 45 degrees (or any other angle)



Pivoting

Home - Technique

Preparation

1. Keep the body balanced above the axles and centred in the chair
2. Head and eyes up
3. Hands in the ready position on top of the wheels with the thumbs on top of the tires, the fingers around the rims and the palms facing inwards

Execution & Critical Instant

4. Move your hands in opposite directions to grip one wheel in a forward position and the other wheel in a backward position
5. Move the wheels powerfully in opposite directions by pulling back with the forward hand and pushing forward with the rear hand.
6. The pivot will be on a longitudinal axis and the chair will occupy the same space throughout the skill

Followthrough/ Recovery

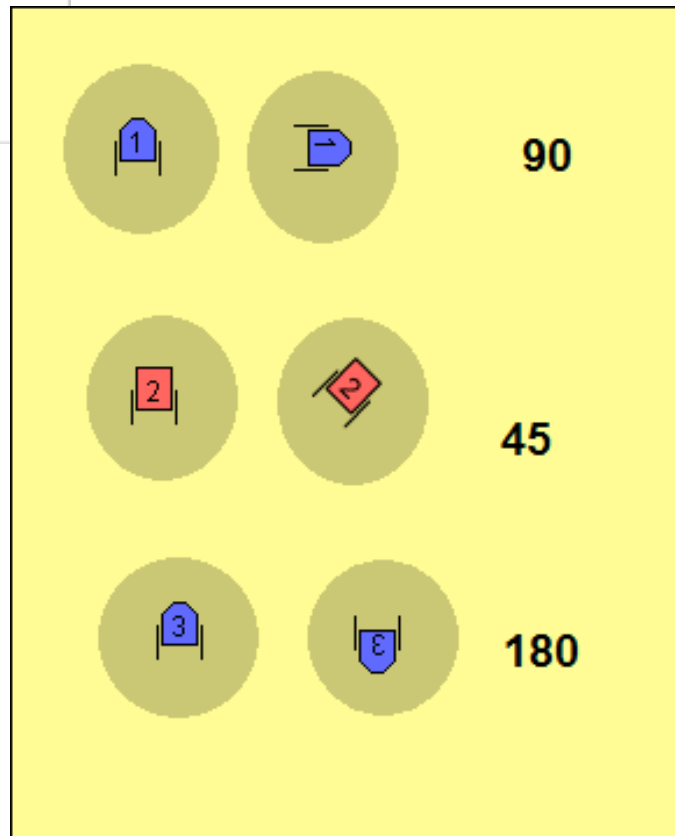
7. Recover the hands quickly back to the ready position

Key Points

Hands in ready position
Opposite hand movements
Recover quickly to Ready Position
Longitudinal Axis

Skill Variations

90 degrees, 180 degrees and all variations of degree.



Pivoting

Feedback & Focus

Positive Specific Feedback

"Way to keep your body balanced above your axles"
"Your hands moved smoothly and evenly"
"Nice job of pivoting and occupying the same spot"
"Wow, you really recovered your hands back to the ready position in that drill"

Questions

How should your centre of gravity be when pivoting?
What changes do you make in your stroke or reach when you need to pivot 45 degrees vs 180 degrees?
How should your hands and arms move when pivoting?
What space should you occupy when pivoting?

Mental Skills

Cognitive Skills

Movement Awareness

Cue Words

My Notes

Pivoting

Analysis

Analysis / Observation

Observation or video from any angle:

1. Watch the chair rotation in relation to fixed markings on the floor to determine the extent of asymmetry.
2. Note whether or not the hands move simultaneously.

Observe or video from the side starting spot:

1. To check that the centre of gravity is over the axles.
2. The hands grip correctly and reach far enough.

Biomechanics

Adjusting the position of the rear wheels and the angle of the seat to allow for the centre of gravity to be naturally over the axles may provide more stability.

A longer stroke or reach will provide more power but may be slower to execute.

A shorter stroke or reach will provide more quickness in small degree pivots.

Advice

Remember that when you pivot, you should stay in the same spot, just face a different direction. Try to think about a cylinder surrounding your chair and you are spinning within it.

Try to reach forward with one hand and backwards with the other simultaneously, then pull/push simultaneously.

Functional Ability

To optimize balance and stability, one of the following may be useful:

- a) add a greater degree of camber
- b) sit lower in the chair (greater 'dump' from front to back of seat)

Hip and waist straps can provide additional stability and balance.

Moving the rear wheels forward can increase pivoting capacity.

Idiosyncracies

Corrections and Adjustments

To correct moving outside the pivoting cylinder: Imagine that you are spinning like a top or a barber pole.

To correct an unbalanced position:

Make sure that your shoulders are above the axles in the ready position.

To correct an incorrect grip:

Practice the hand movements without the pull/push. Move them back and forth with the arms moving in opposite directions.

My Notes

Pivoting

Objective/Focus:

To learn to change the angle of the chair while still occupying the same space.

Individual

10 min

Single Skill

Initiation

Instructions:

1. Coach or demonstrator will position themselves in front of the group.
2. The players will imitate the mirror image of the demonstrator's pivots.
3. Then players divide into pairs and mirror each other.

Activity Rules / Games Approach

Mirror the degree and direction of the pivot.

Cognitive Skills

External attention to the demonstrator or the partner.

Mental Skills

Use imagery like rowing a boat or spinning on a stick to ensure that during the pivot the chair occupies the same space on the floor.

Coaches Key Points

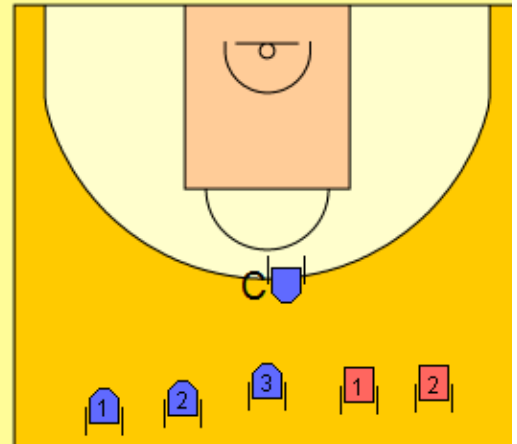
Hands in ready position
Opposite hand movements
Recover quickly to Ready Position
Longitudinal Axis

Activity Variations

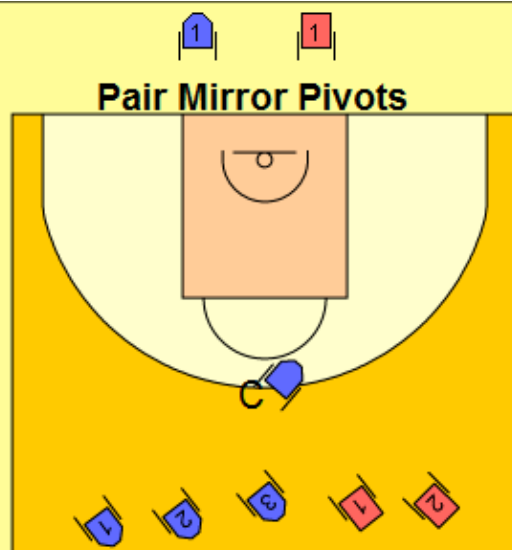
Groups of 3 with one demonstrator.
Do sequences of pivots to mirror.

Mirror Pivots

Pair Mirror Pivots



Group Mirror Pivots



Group Mirror Pivots

Pivoting

Objective/Focus:

To develop 90 and 180 degree pivots

Individual

10 min

Single Skill

Acquisition

Instructions:

1. Players pick a line upon which to start (or a location squared up to the court)
2. On the signal, player
 - a. pushes one push forwards
 - b. stops
 - c. PIVOTS 90 degrees to the Right (90R)
 - d. PIVOTS 180 degrees to the Left (180L)
 - e. pushes one push forwards
 - f. repeat
3. When time ends, repeat the activity in the opposite direction

Activity Rules / Games Approach

1 push forward

Cognitive Skills

Develop automaticity through repetition and concentration.

Mental Skills

Focus on performing the skill correctly and with full effort.

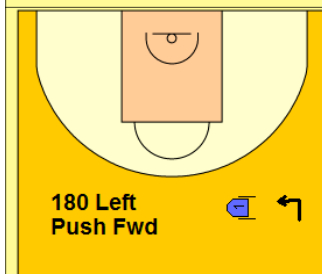
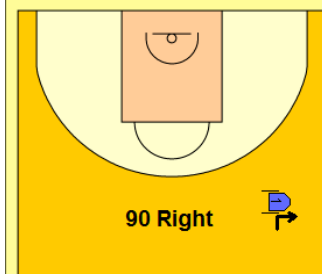
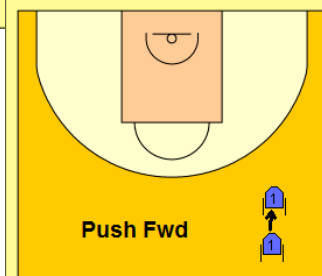
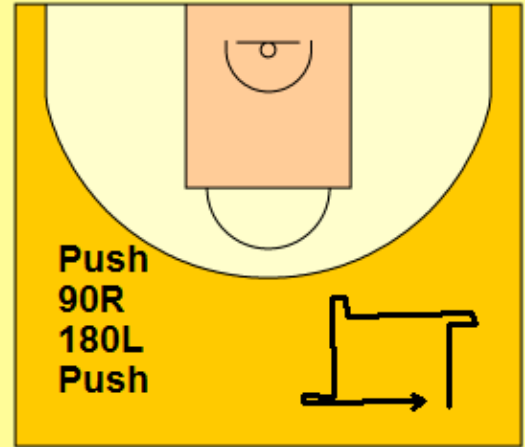
Coaches Key Points

Hands in ready position
Opposite hand movements
Recover quickly to Ready Position
Longitudinal Axis

Activity Variations

Use 2 pushes
Do the sequence 45R and 135L

Hollywood Squares



Pivoting

Blind Pivots

Objective/Focus:

To use a pivot within a movement sequence

10+

10 min

Random

Acquisition

Instructions:

1. Coach or leader at one end or on one side of the court.
2. Players lined up facing away from the coach.
3. Coach uses hand signals to point forwards, backwards, left, right or stop.

Continue for set time (like 1 min or 2 min)

Round 1 - Pivot only

Round 2 - Pivot and take two pushes, stop / repeat

Activity Rules / Games Approach

Players must keep looking over a shoulder at the coach.
Coach can speed up the pointing to challenge the group.

Cognitive Skills

External attention to coaches cues. Internal attention to technique. Continuous scanning.

Mental Skills

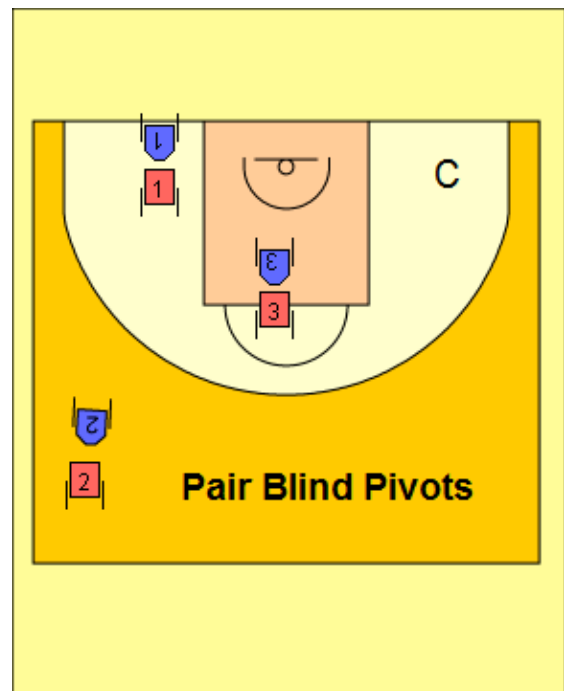
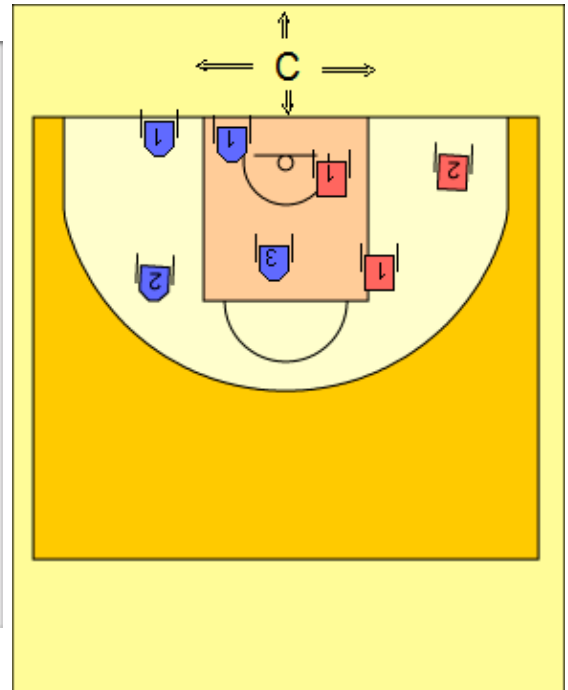
Use focus and refocus cue words to stay on task and to catch all the cues.

Coaches Key Points

Head and eyes up and scanning the floor.
Opposite hand movements and recover to RP quickly
Longitudinal Axis (occupy same space on pivot)
Communicate specifically where the coach is pointing

Activity Variations

Work in pairs with a partner doing the signals.
Work in small groups with assistant coaches.
Add a component like a shadow shot or a tilt randomly.



Turning

Home - Technique

Preparation

1. Basic Ready Position with hands and body
 2. One hand grips the wheel further back than the other
- OR
3. One hand moves before the other in the pushing action

Execution & Critical Instant

4. One hand moves forward more than the other or provides more power than the other.
5. Keep body balanced above the axles.
6. Turn to new location on the floor while keeping the head up and the eyes scanning the floor.

Followthrough/ Recovery

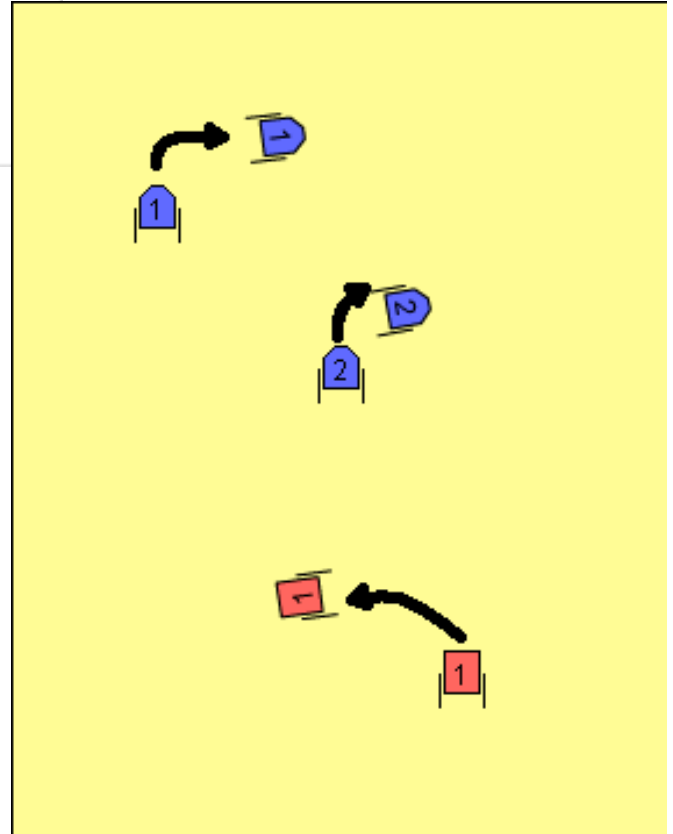
7. Recover hands to the Ready Position
8. Recover body to be balanced above the axles.

Key Points

Move hands first, head second
Recover hands
Outside hand moves further or more powerfully

Skill Variations

Right angle turns
'C' or arc turns
Moving turns
Stationary turns



Turning

Feedback & Focus

Positive Specific Feedback

"Way to keep your body balanced above your axles"
"Your turn followed an arc out to the shooter"
"Nice job of moving your outside hand further"
"Wow, you really recovered your hands back to the ready position in that drill"

Questions

How should your centre of gravity be when turning?
What changes do you make in your stroke or reach when you need to turn 15 degrees vs 90 degrees?
How should your hands and arms move when turning?

Mental Skills

Cognitive Skills

Movement Awareness

Cue Words

My Notes

Turning

Turning Basics

Objective/Focus:

To move the chair in an arc to a different location by moving the wheels at different times/speeds.

Individual

10 min

Guided Discovery

Initiation

Instructions:

1. Explanation / Demonstration
2. Question when and why turning is useful
3. Athletes try various actions that involved moving the wheels at different times and speeds.
4. Coach can suggest some variations e.g.
"Right first and long; Left second and short"
"Right back short; Left back long"
5. Continue until athletes demonstrate an understanding of using turning to move into a different location on the court.

Activity Rules / Games Approach

Play "Imitate Simon" or "Simon Says"

Cognitive Skills

Attention to moving the hands at different times and over different distances/speeds.

Mental Skills

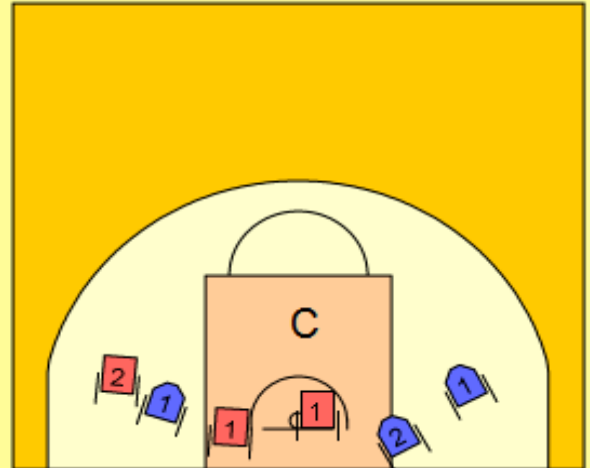
Cue word for moving one hand first.

Coaches Key Points

Body balanced above axles
Move hands at different times and/or speeds
Recover hands quickly to ready position

Activity Variations

Use signals to indicate hands and direction of turn
Have athletes move slowly/turn randomly on a whistle.
Add pylons/cones to indicate locations at which a turn is required.



Turning

Clovers

Objective/Focus:

To push in an arc forwards and backwards to simulate pressure and recover movement skills.

Individual

10 min

Single Skill

Acquisition

Instructions:

1. Set up in an area where 4 points are obvious (i.e. put out 4 cones North, East, South, West) The cones will be about 2m to 4 m apart.
2. Starting forwards at one cone, push in an arc clockwise (1 or 2 pushes) to the next cone.
3. Then pull backwards in an arc to the next cone,
4. Then forwards etc. as you go in clockwise laps
5. Repeat counterclockwise.

Activity Rules / Games Approach

Set the drill to either 1 or 2 pushes
Use timed activity OR a certain number of laps (rotations)

Cognitive Skills

Use your powers of concentration to maintain a smooth yet powerful move.

Mental Skills

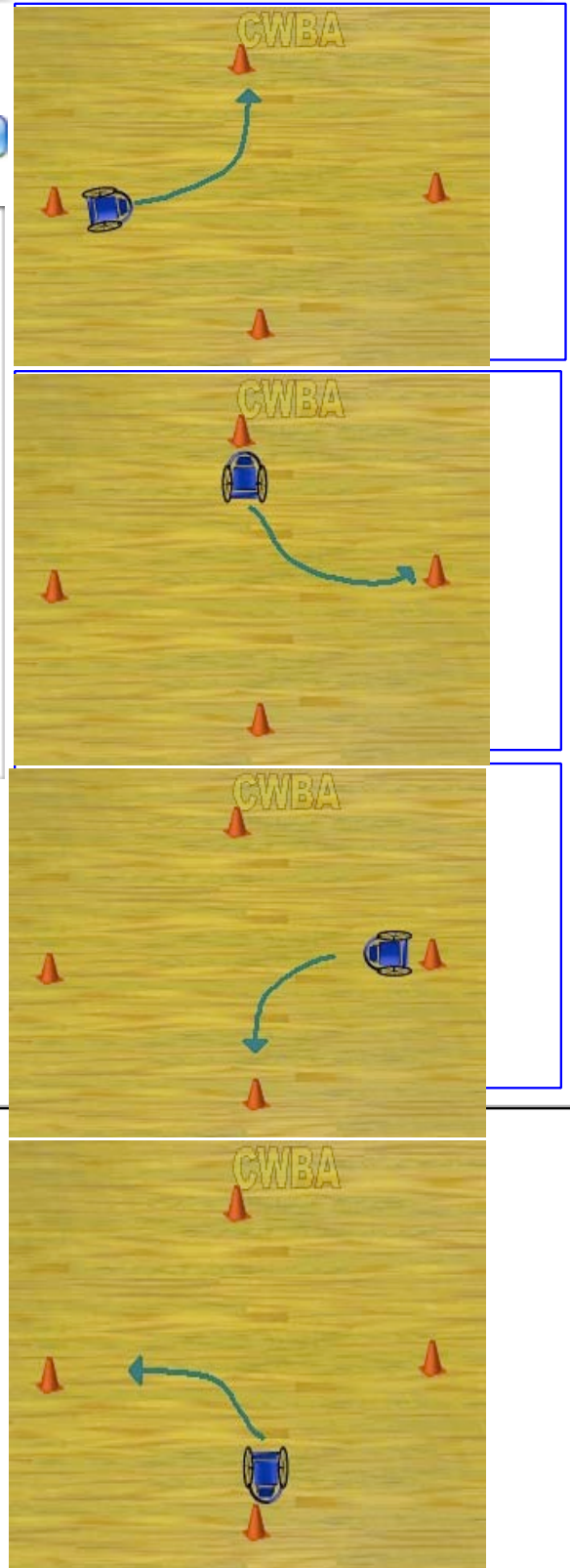
Use communication comments like you would in a game for pressuring and recovering.

Coaches Key Points

Move the outside wheel more forcefully than the inside wheel to create the movement on the arc. Stop by leaning backwards with elbows locked. Recover hands quickly for the next push or pull.

Activity Variations

Use 1 or 2 pushes.
Increase or decrease the distance between the cones.



Turning

Zig Zags

Objective/Focus:

To maintain chair position while moving on angles down the court.

Individual

10 min

Variable Skill

Consolidation

Instructions:

1. Take one push on a 45 degree angle, then stop the chair.
2. Turn the head first as the hands are recovering to the ready position.
3. Then turn the chair 90 degrees and take one push in the other direction (90 degrees from current position, 45 degrees from baseline).
4. Continue down the court.

Activity Rules / Games Approach

1. Go for a set time such as 1, 2 or 3 minutes.
2. Use a different # pushes each set e.g. 1, 2 or 3 push sets.

Cognitive Skills

Use your memory bank to remember to turn the head first, and the chair second.

Mental Skills

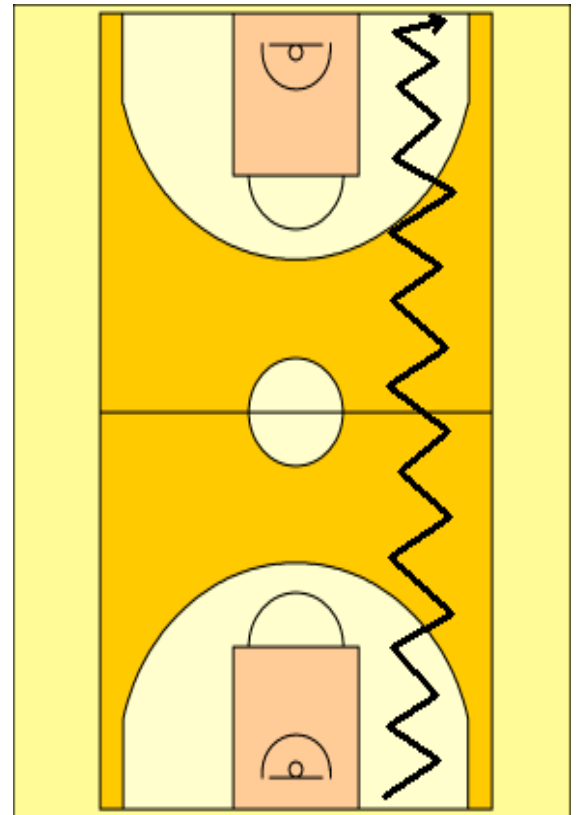
Use cue words like 'head first', 'quick hands', 'chair second'.

Coaches Key Points

Stop with elbows locked, recover hands quickly. Turn head in the opposite direction before turning the chair.

Activity Variations

Use laddering for the sets (e.g. 1 push, 2 push, 3 push, 2 push, 1 push).
Add a guiding attacker who either points or pushes.



Turning

Quadrants

Objective/Focus:

To use turning for lateral movement.

Individual

10 min

Variable Skill

Consolidation

Instructions:

1. Find a set of lines on the floor that form an 'x' and 'y' axis as you would find in a graph.
2. Park in the top left quadrant. Then back up (diag 1) and stop (diag 2)
3. Then, move to the top right quadrant by turning to the right (use left hand more) then the left (use the right hand more) in sequence (diag 3)
4. Repeat in the opposite direction (diag 4)
5. Next, start in the bottom left, go straight forward, and move to the bottom right by backing up and turning alternately using the left hand and then the right hand.

Activity Rules / Games Approach

Set the number of repetitions OR the time.

Cognitive Skills

Use your 'feel' to move quickly from one quadrant to the next with a smooth movement

Mental Skills

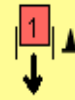
Focus on the process of the smooth move, gradually increasing the tempo.
Use cue words like "Right-Left"

Coaches Key Points

Emphasize the outside hand moving first and further.
Reset hand position (Hands first, Head second)

Activity Variations

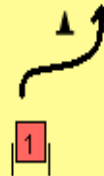
Use laddering for the sets (e.g. 1 push, 2 push, 3 push, 2 push, 1 push).
Add a guiding attacker who either points or pushes.



1. Back up



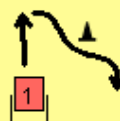
2. Stop,
prepare to turn



3. Turn
Left hand 1st
Right hand 2nd



4. Repeat back
to start point



5. Start at bottom
of quadrant:
Straight forward
Turn backward

Turning

Objective/Focus:

To turn rapidly from backwards to forwards and vice versa.

Individual

10 min

Variable Skill

Consolidation

Instructions:

Set up length of court with markers (cones) spaced evenly - 8-12 cones may be used)

1. Player starts on the endline
2. Take two pushes and then pivot facing the near sideline
3. Take two pulls backwards
4. Pivot forwards by facing the near sideline
5. Take two pushes forward
6. Pivot and repeat until at the end of the court.
7. Come back in the same manner

Activity Rules / Games Approach

Two hard pushes each time.
Always face the same wall when turning (up and back)

Cognitive Skills

Concentration

Mental Skills

Focus and awareness of task

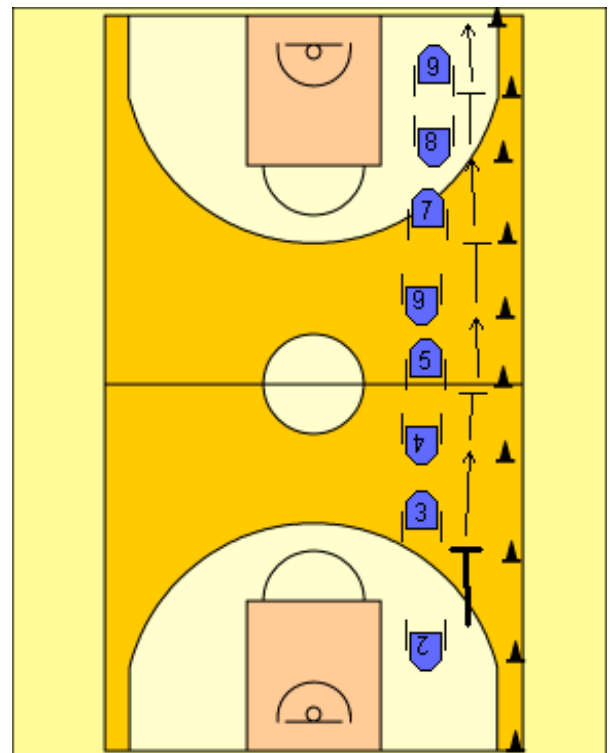
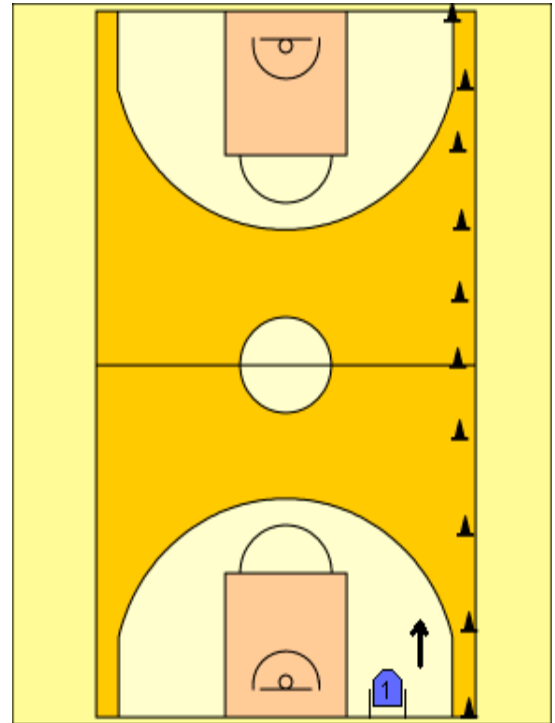
Coaches Key Points

First half of turn is a regular turn, then the athlete pivots
Then the final part of the motion is a turn with the
outside hand moving furthest.
The goal is to not lose any ground.

Activity Variations

Use laddering for the sets (e.g. 1 push, 2 push, 3
push, 2 push, 1 push).
Add a guiding attacker who either points or pushes.

Backwards Forwards Lengths



U Turns

Home - Technique

Preparation

1. Body balanced and stable over top of axle
2. Move hands to desired grip area (slightly forward)

Execution & Critical Instant

3. Pull back on the wheels. (1)
4. Do a reverse pivot (135 degrees) spinning away from the opponent. (2)
5. Push forward hard off the back wheels of the opponent (3)
6. Turn 90 degrees into the parallel position hard off the corner of the opponent's chair (4)

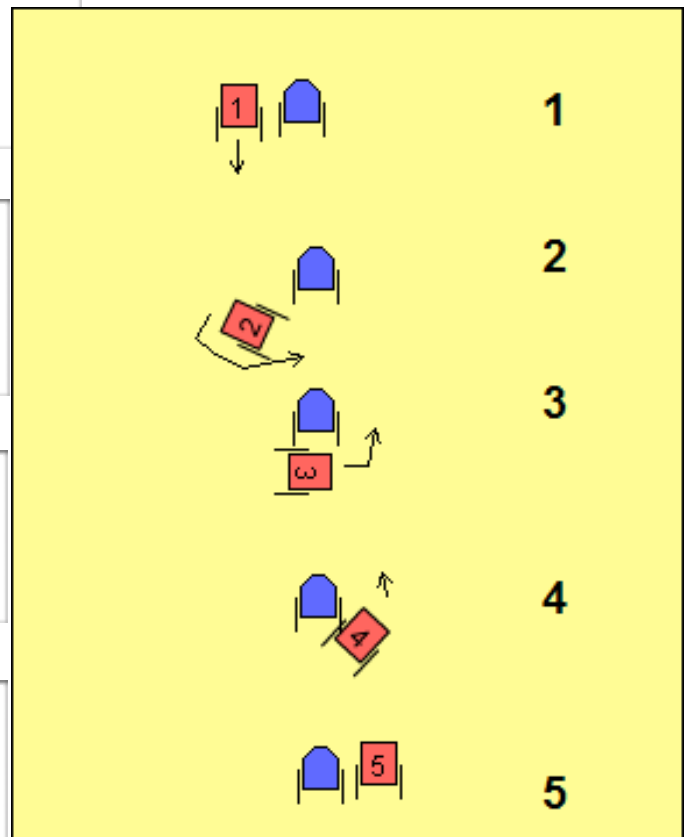
Followthrough/ Recovery

7. Recover hands quickly with head and eyes up. (5)
8. Regain balance and stability in preparation to repeat the activity in the opposite direction

Key Points

Skill Variations

If set up with back to hoop, can do a 90 - 90 turn sequence.
Can back up and pivot inwards if opponent cannot move.



U Turns

Objective/Focus:

To move from one location on the floor to a parallel location while avoiding a defender.

Individual

10 min

Variable Skill

Consolidation

Instructions:

1. Player backs up
2. Player then does a U-turn
3. Player then pushes forward to the far side of the 'chair'
4. Player then does a turn forward into a parallel location.
5. Repeat

Note: If using a ball, the passer passes to the player once they have established position.

Activity Rules / Games Approach

Player must place front wheels on a line as an endpoint.
If using a ball, passes are crisp and timed to arrive instantly.

Cognitive Skills

Anticipation

Mental Skills

Focus

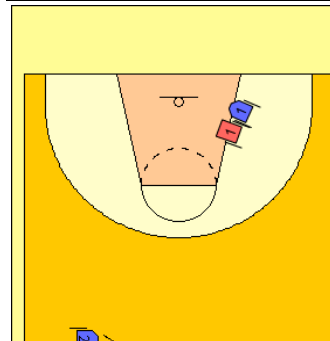
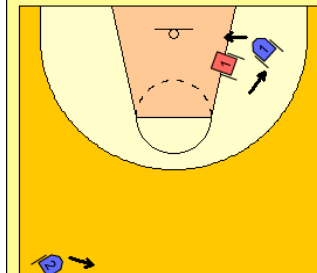
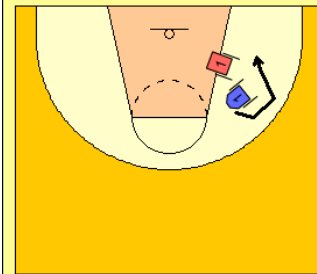
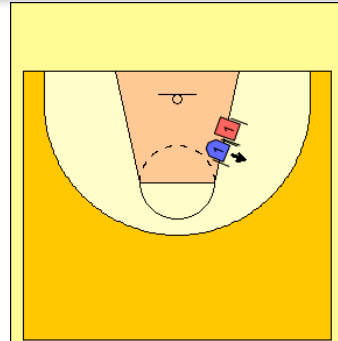
Coaches Key Points

Back up
Spin out
Body balanced
Recover hands

Activity Variations

Use a ball
Use a set time or time the number of reps
Use a cone as an endpoint.
Use a stationary chair as a spinout object.

Spinout Drill



U Turns

Caterpillar

Objective/Focus:

To perform the basic U turn technique

5-10

15 min

Single Skill

Acquisition

Instructions:

1. Players line up facing each other.
2. End players back up, spinout (U turn)
3. Player then pushes forward behind the back wheels of teammates.
4. Player then does a 90 degree turn into position.
5. Once clear, player #2 can perform the action, and so on down the gym floor.
6. Repeat coming back.

Activity Rules / Games Approach

Must wait until the person is by you until you start your U turn.

Cognitive Skills

Attention and concentration

Mental Skills

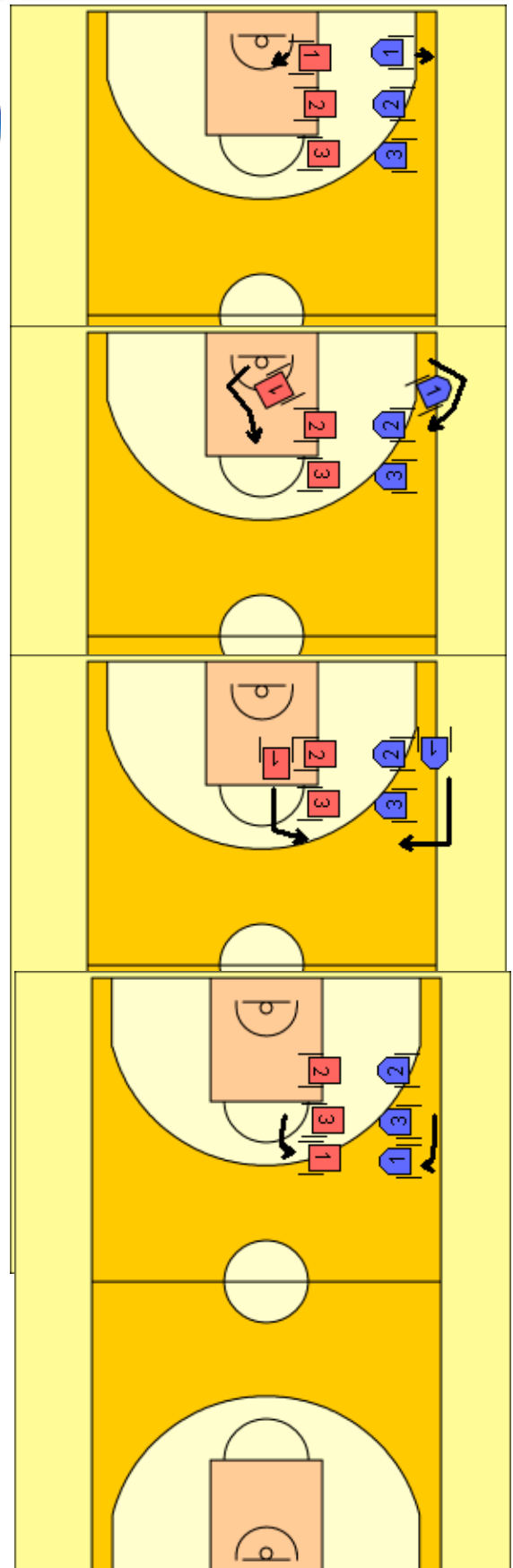
Goal setting

Coaches Key Points

Back up
Spin out (U turn)
Recover hands

Activity Variations

Add a ball or two balls, and require communication for passing.



Feathering Basics

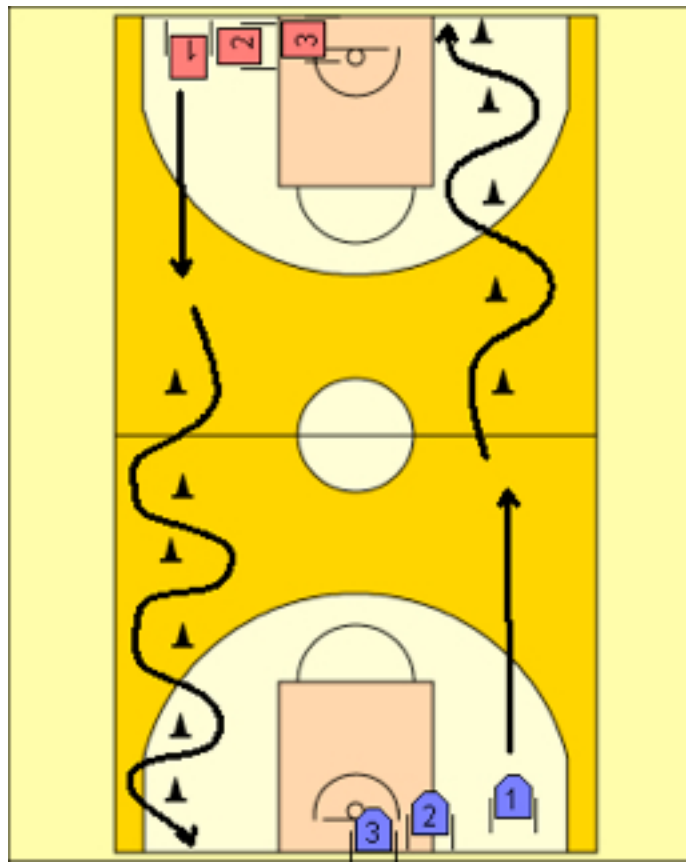
Feathering

1. Players line up at each end
2. Push hard down the court towards the cones
3. Feather left then right then left and so on through the cones.
4. Maintain speed with light feathering
5. Repeat coming back up the other direction
6. Go for set time or set number of laps

Variations:

Add a ball

Do it backwards



Key Points:

Apply light pressure with the hands

Palms facing inwards

Keep body balanced above axles

Vary pressure depending on how steep the turn needs to be.