



BASKETBALL
EN FAUTEUIL ROULANT
CANADA

Wheelchair Basketball Canada

November 2011
Toolbox

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WHEELCHAIR
BASKETBALL
CANADA

Ready Position

Skill info / Basics / Movement Awareness

Body balanced above axles

Hands on wheels just in front of 12 o'clock

Thumbs on top of tires, fingers curled, palms facing

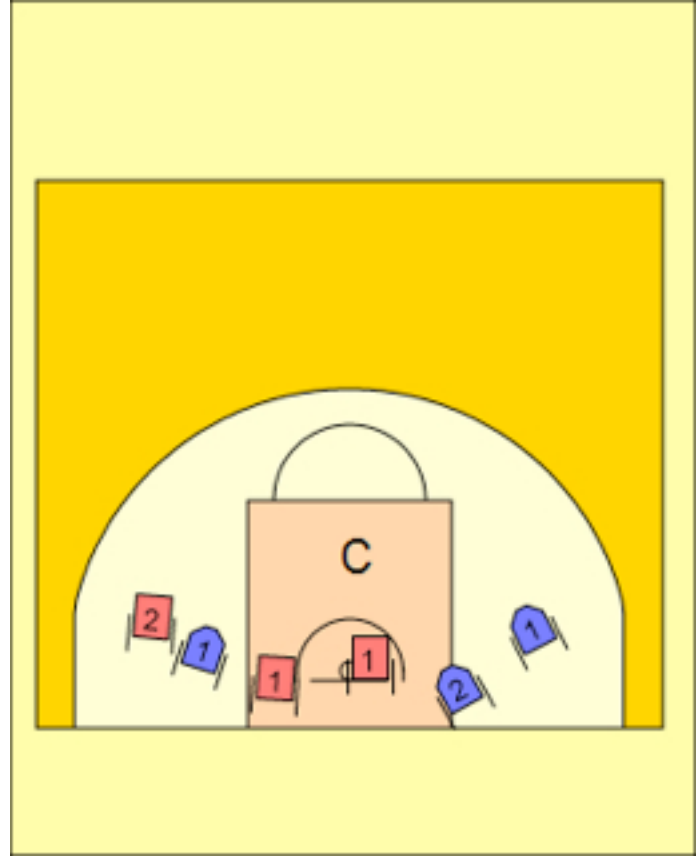
Head up and eyes scanning court

Chair turned in the anticipated power of position or need to move direction

Variations:

Hand position may vary if "locked up" with an opponent

Explanation / Demonstration / Try it

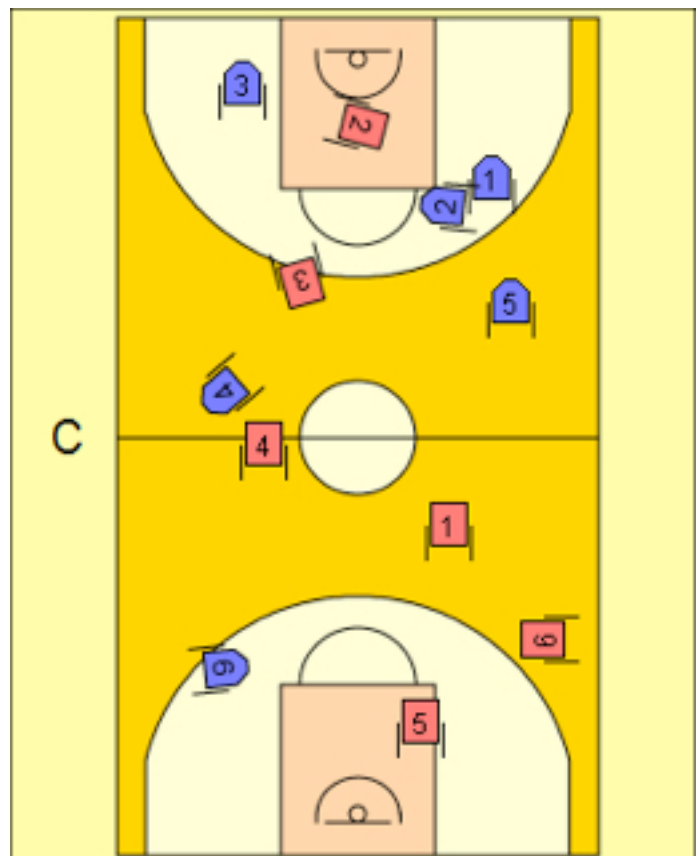


Whistle Game:

Players wheel randomly around the court

On the coaches whistle, they stop and assume the ready position.

Coach says 'go' and they continue on.



Triple Threat

Skill info / Basics / Challenge / Mini Game

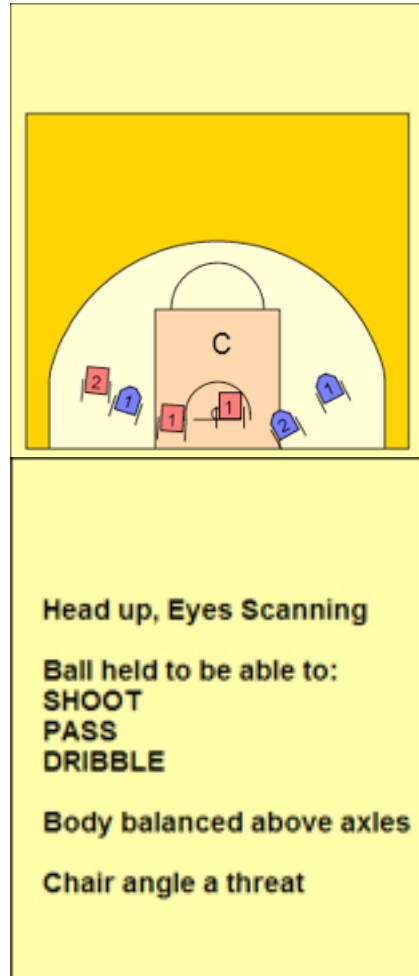
Triple Threat means that you hold the ball and face your chair in such a way as to be a threat in the following ways:

1. Shoot/Score
2. Pass
3. Dribble
 - a. Body balanced above the axles
 - b. Chair facing the hoop
 - c. Ball held in front of the body close to the shooting position.

Variations:

When closely guarded there are two options:
Option 1; Protect the ball with your chair and be prepared to dribble or pass. Dribbling may put you in position to shoot.

Option 2: Hold the ball above the head out of reach and be prepared to shoot or pass. To dribble you may need to spin away first.

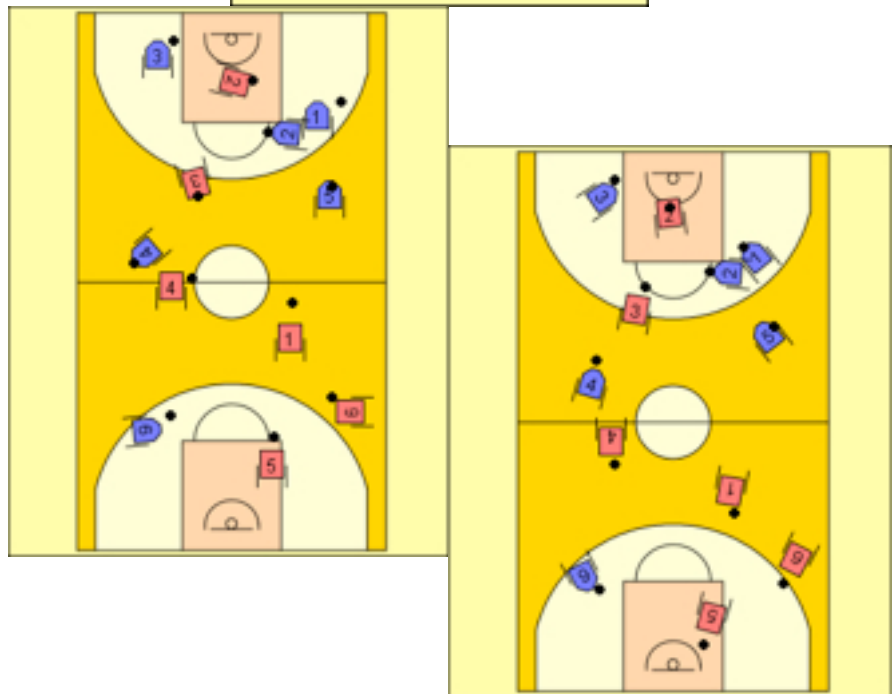


Triple Threat Whistle Game

Players dribble and wheel randomly around the court

On the coaches whistle, they stop and assume the triple threat position.

Coach says 'go' and they continue on.



Knockaway

Dribbling

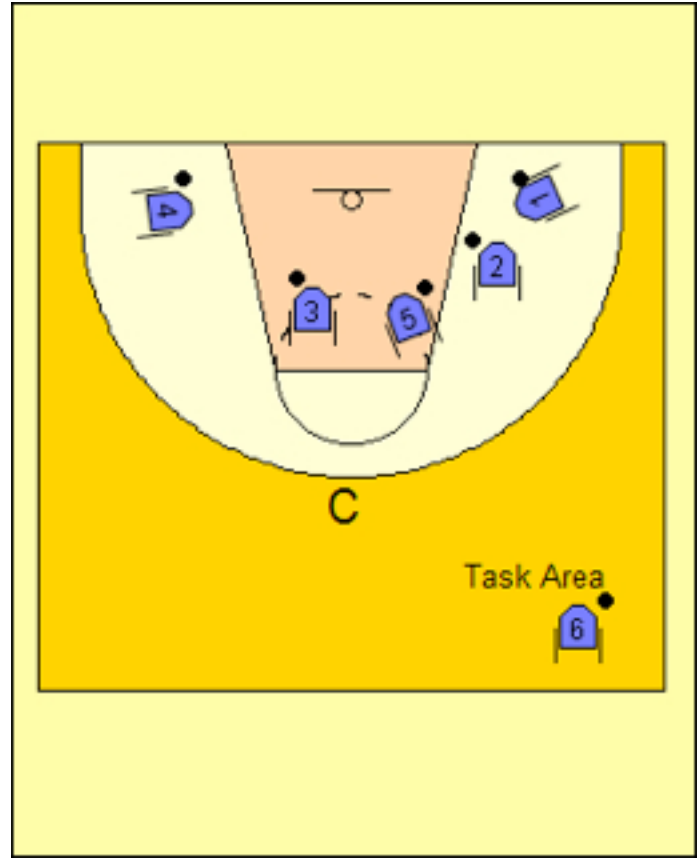
1. One ball per player
2. Must dribble within the specified boundary (key, circle, 3 point line, half court - depending on number of participants)
3. If ball goes out of bounds or player violates dribbling rule or crosses boundary, then player is out and must perform the specified task prior to returning.

Variations:

1. Use non dominant hand
2. Have more than one group, and work your way through the groups.

Note:

Must dribble continuously. If knocked out, must perform specified task prior to returning.



Key points:

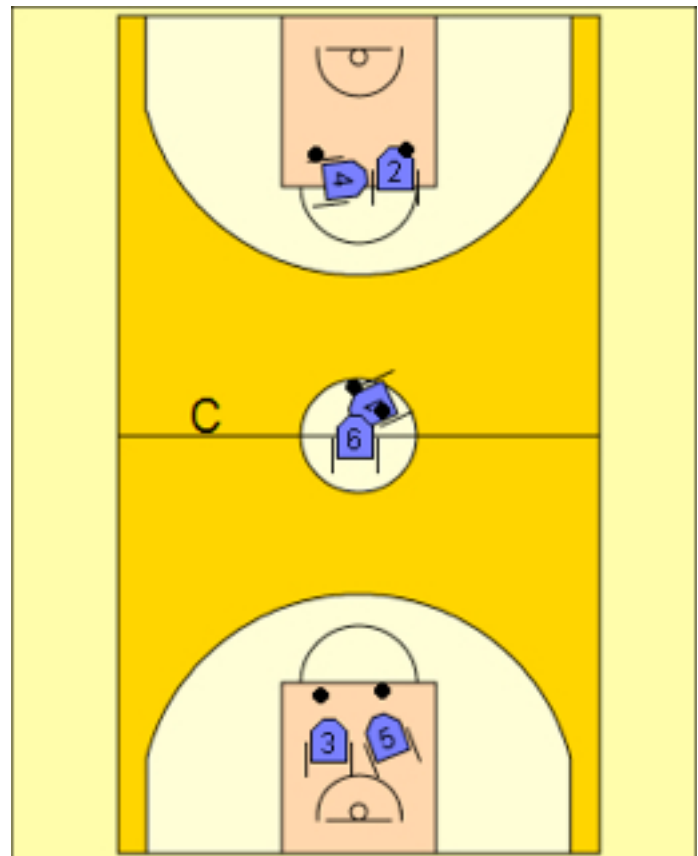
Keep palm facing down
Dribble on to the 'clear' spots on the floor
Protect ball from opponent with body

Cognitive:

Parallel processing to use broad internal attention for dribbling, and broad external attention for avoiding opponent.

Mental:

When knocked out use breathing or visualization for a moment to refocus.



Simon Signals - use voice, hand or arm signals

Dribbling / Ball handling

PREPARATION

Contact ball with finger pads

Palm facing down

Head up

EXECUTION

Extend forearm, wrist and fingers to push the ball into the floor

Maintain contact with ball for greater control

Keep your head up and eyes focused on the court action

FOLLOW THROUGH / RECOVERY / FINISH

Absorb the ball back up with the finger pads by flexing the hand and wrist

Dribble height:

- Dribble medium height dribbles
- Dribble low dribbles
- Dribble high dribbles
- Dribble hi-lo dribbles

Dribble force and speed:

- Vary the force of the dribble by pushing the ball harder into the floor
- Vary the speed of the dribble by dribbling slowly or rapidly.

Rocker dribbles:

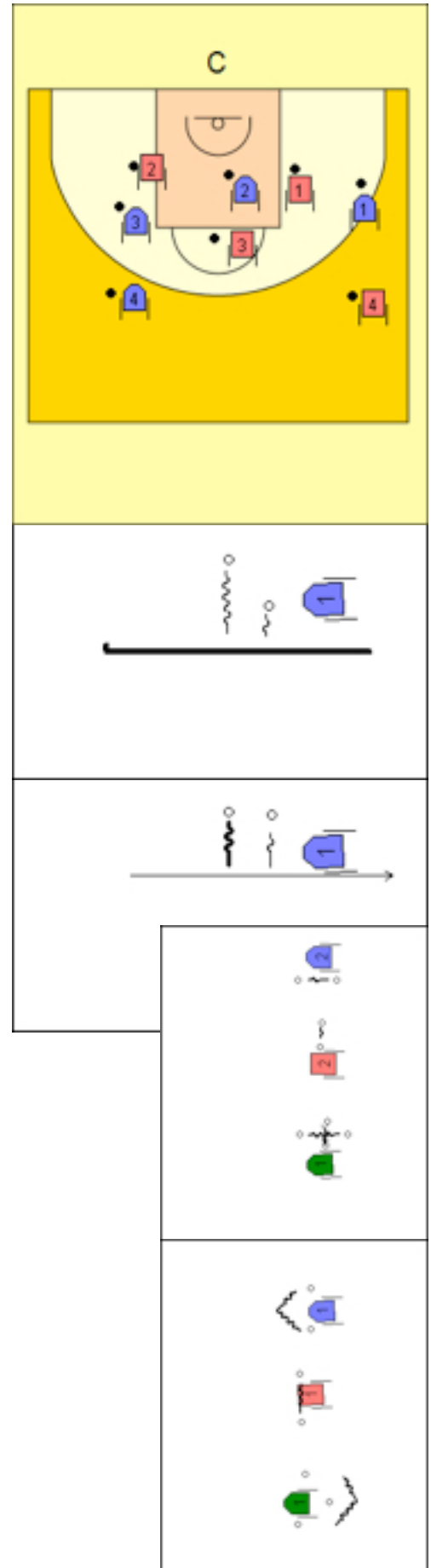
- Back and forth rocker dribbles (dribble the ball forward ahead of the chair, then backwards so it bounces up near the back of the chair)
- In and out rocker dribbles (dribble away from the chair out to the side, then back towards the chair). Vary the location relative to the chair (e.g. near the back edge of the wheel, at the axle, near the front edge of the wheel, at the castors, as far forward as you can reach, as far backward as you can reach)
- 4 corner rocker dribbles (combine the above two styles)

Changing hands to protect the ball:

- Crossover dribble in front of the chair (cross over from hand hand to the other with a single dribble in front of the chair)
- Change over dribble across the lap (change hands by passing the ball over the lap from one hand to the other)
- Behind the back dribble (continuous dribbling with the palm facing down - dribble as far as you can reach in one direction around the back, then rotate the body and switch hands)

VARIATIONS

- Use the non dominant hand
- Use two balls and dribble simultaneously
- Use two balls and dribble alternate balls
- Vary the repetitions and sets
- Coach can use a signal system so athlete must use visual or auditory cue to change the type of dribbling.
 - For instance, 1 finger means right hand, 2 means left, 3 means crossover, 4 means changeover, 5 means rocker forward and back
 - For instance, arms up means low dribble, arms down means changeover dribble, etc.



Dribble Weave

Dribbling / Ball handling

Cone Weave Lane

1. Players dribble and weave through the cones down the court, then switch sides and come back the other way.

Variations:

Time the players without a ball then with a ball
Use more or less cones
Use chairs instead of cones

Key Points:

Head up and eyes scanning
Switch hands to dribble with the outside hand
Contact on finger pads and absorb the dribble

Figure 8 Series (types of turns)

1. Crossover dribble
2. Pivot with inside hand, hold ball in outside hand
3. Crossover pivot and hold ball in inside hand
4. Behind the back dribble (down bounce version, up flick version)

Cone Weave Crossing

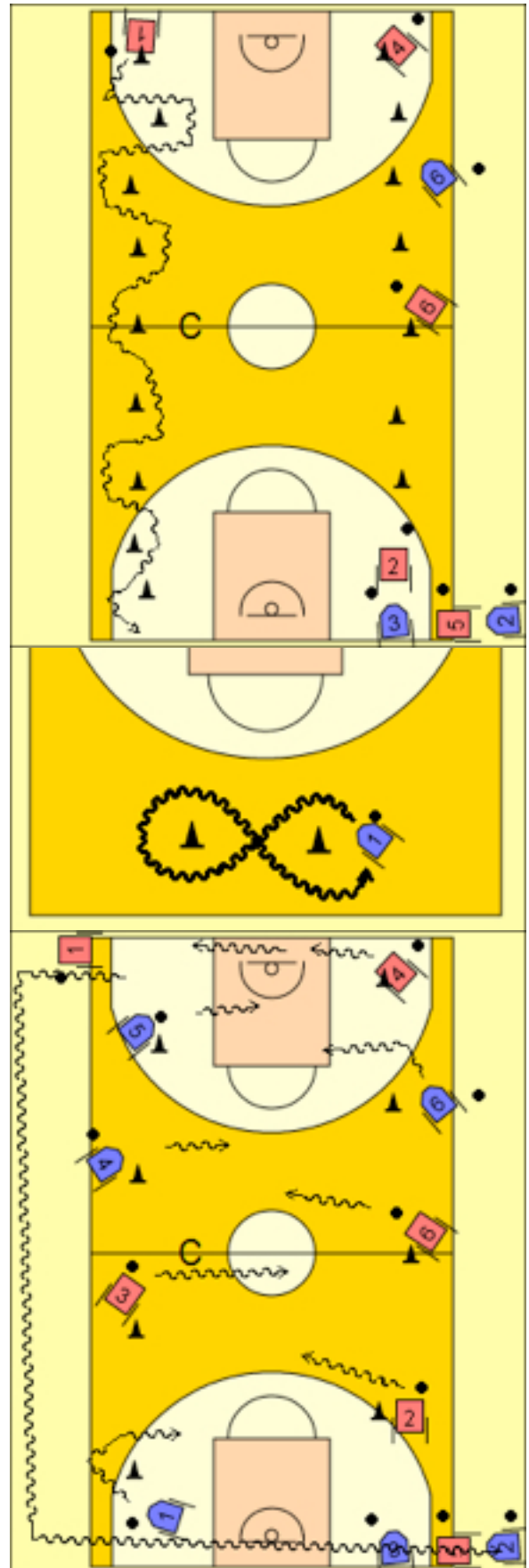
1. Players dribble and weave around the cones crossing the court from cone to cone, then wheel back down the sides and come back the starting point to go again.

Variations:

Use variations of dribbling when turning around a cone

Key Points:

Head up and eyes scanning, Body balanced
Switch hands to dribble with the outside hand
Contact on finger pads and absorb the dribble



Pass off the Dribble Game

Dribbling, Ball Handling

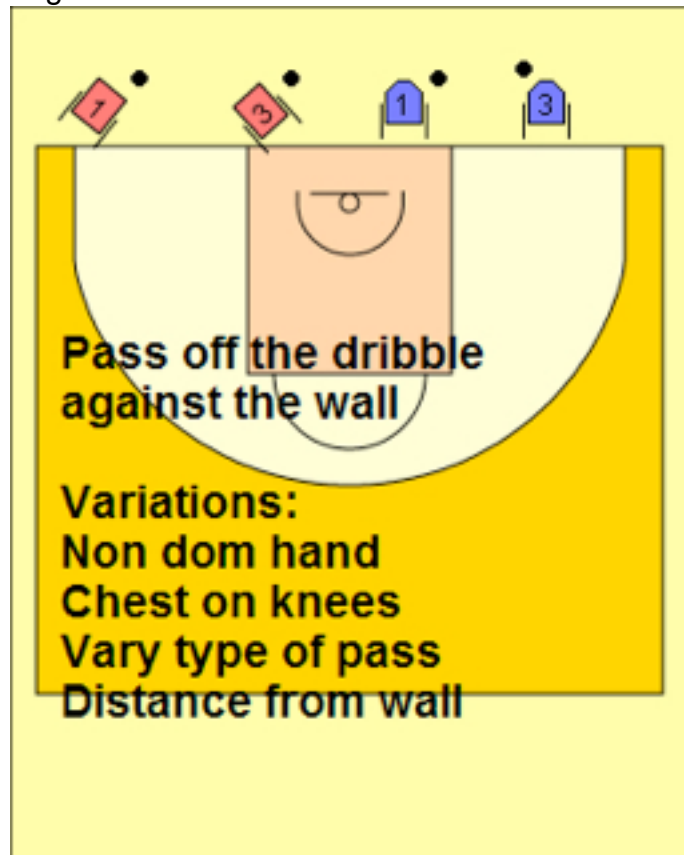
Start by introducing the skill as necessary>>>>>
“Pass off the dribble against the wall”

Mini Game

1. Play a mini game to a set score
2. Follow the continuous dribble and pass off the dribble rule.

Variations:

1. Use non-dominant hand only
2. Specify the type of pass to use (e.g. hook, baseball)
3. Can allow pulling up the dribble, but still must pass off the dribble.



Key points:

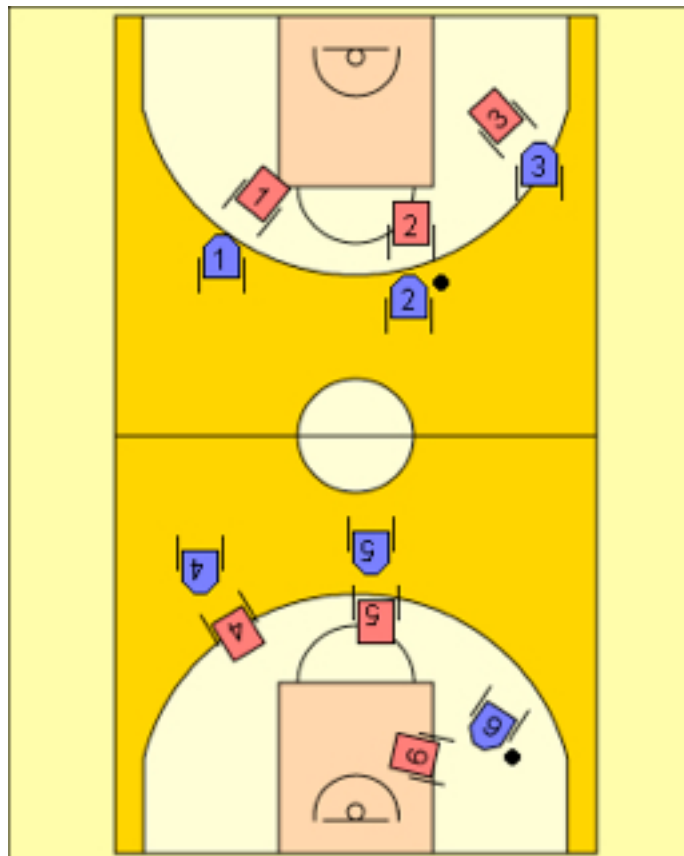
- Use low control dribbles
- Contact ball with finger pads and follow through towards intended target
- Begin the pass well just before the ball reaches it's apex

Cognitive:

- Anticipation of when your teammate will be open.

Mental:

- Use a cue word to help you scan for teammates that are open.



Basic Shooting

Home Technique

Preparation

1. Shooting shoulder and wheel slightly closer to hoop
 2. Focus on target with steady gaze
 3. Shooting hand under ball, Fingers spread, Ball on pads
 4. Wrist cocked back at 90 degrees
 5. Off hand on ball, thumbs form a "T"
 6. Elbow in and elbow at 90 degrees, Form a sideways "U" with wrist and elbow
 7. Ball in front of shooting shoulder
- *3, 4, 5, 6, 7, 8 constitute the 'shot pocket'



Execution & Critical Instant

8. Continue facing hoop or rolling to hoop, focus on target
9. If necessary: Rotate ball forward, down, back OR move body/shoulder down and up in plyometric action
10. Raise upper arm and shoulder (shoulder flexion)
11. Extend elbow up and forward
12. Guide hand releases and remains in place
13. Flex wrist and fingers
14. Release ball from finger pads by imparting backspin off index / middle fingers / combo(choose one)



Followthrough/ Recovery

15. Remain focused on target
16. Arm extends upwards and forwards
17. Shooting palm faces downwards (bent at wrist)
18. Fingers point to target with wrist flexed



Key Points

Shooting shoulder closer to hoop
Hand under ball
Lock in aim and hold followthrough
Create a consistent 'feel' for effective shooting form

Skill Variations

Two handed shot:
Use same biomechanical principles, index fingers stay approximately 3-6 cm apart during the entire skill

Positive Specific Feedback

You kept your shoulder to the hoop
Nice 90 degree angle at wrist
Great, you've got your elbow in line
Way to keep the ball in front and elbow 90
Nice shoulder lift first
Nice job of keeping the guide hand in place
Excellent ninety degree flex at wrist
Way to roll the ball off the finger pads
Great job of keeping your eye on the target
Your shooting palm is facing the floor!
Your fingers are pointing forward to the target

Mental Skills

Breathing: When learning it is a good idea to breathe out just before initiating the shooting action.

Imagery: Use shadow or mirror shooting to work on form - between shots or at home.

Relaxation: After a number of shots, do a body scan and then relax the shoulders and neck.

Movement Awareness

Shooting with eyes closed.

Self analysis by analyzing the spin on the ball.

Finger release selection - shoot to the side of the backboard and feel which release is most comfortable (index, middle or combo).

Use video modeling in a 1 to 1 ratio (watch one, shoot one)

Questions

Show me how to hold the ball, and the T formation.
What is the angle at the wrist and the elbow?
How can you generate more power?
How can you use more momentum?
Which body segment lifts first?
What does the guide hand do when shooting?
Demonstrate the finger / wrist action.
How did you release the ball? What do you look at?
How should the follow through look?
How long do you hold your aim and your follow through?

Cognitive Skills

Narrow external focus with gaze on target - hold gaze for 1 second before shooting, and until the ball goes in/hits the rim.

Cue Words

Aim
Shot pocket
90-90
Up
Lock in

My Notes

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Basic Shooting

Analysis

Analysis / Observation

Observation or video from shooting shoulder side:
1. Watch the preparation phase, then the sequence through the execution and follow through (ignore ball)
2. Note the point in the sequence for PSF or advice

Observe or video from behind:

1. To check the alignment of force in a straight line
2. Observe the spin on the ball.

Functional Ability

Higher classes can rotate trunk
Adjust upper body to maintain balance
Higher classes can move trunk forward and up
Lower classes need to maintain stability
Lower classes may use off hand more
Back may come off seat upholstery
Lower classes may need to readjust balance
Lower classes may readjust balance

Biomechanics

Plan for joint and ball alignment
Plan for maximum force application
Plan for continuity of joint forces
Stability and balance
Alignment and stability
Summation of joint forces
Use joints in order largest to smallest
Alignment of force
Alignment and stability

Idiosyncracies

Lack of wrist flexion may cause the athlete to use a 'shot put' style of motion with the elbow angle far less than 90 degrees.

A two hand shot may be necessary.

Advice

Remember to have your shooting shoulder slightly closer to the hoop.
Make sure you lock in your aim for 1 second before shooting, and hold it until the ball goes in.
You can be your own coach be analyzing where you miss.
Move a bit closer until you feel your form is consistent, then move further from the hoop.

Corrections and Adjustments

Fingers not spread: Press ball into finger pads 5 times.
Flat wrist: Post shot to target high on the wall with elbow straight.
Elbow flexed too much, looks like shot put: Shadow shots with ball.
Eyes wander or not facing hoop: Breathe and refocus drill - shadow then eyes closed then ball.
Wrist snaps too early: Self talk "hold, hold, snap".
No backspin: Post shots to wall with wrist only
Ball rolls off outside fingers: Post shots to target on the wall or side of backboard

My Notes

Basic Shooting

Shooting Basics

Objective/Focus:

To learn the basic mechanics of shooting form.

Individual 30 min Single Skill Init / Acq

Instructions:

1. Mirror the coach/demonstrator for basic form
DO THE FOLLOWING INDIVIDUALLY OR ACROSS FROM A PARTNER. (ADJUST ACCORDINGLY IF WITH A PARTNER Steps 1-5))
2. Do 10 with backspin to self, then 10 with guide hand in place
3. Do 10 to land in front of self and bounce back, then 10 with guide hand
4. Do 10 to a spot on the wall, then 10 with guide hand in place
5. Increase height of spot on wall and repeat. Repeat for higher and higher spots.
6. Do 10 off backboard from 45, then 10 with guide hand in place
7. Do 10 to hoop from hash, then 10 with guide hand.

Activity Rules / Games Approach

Move to next step when you are satisfied you've reached the previous step's goal. Add off hand later in activity

Cognitive Skills

Attention - narrow internal to learn the feel, narrow external when shooting to spots or the hoop

Mental Skills

Shot pocket (may have to describe)
Shoulder - Elbow - Wrist
Release from finger pads with wrist flexed

Coaches Key Points

Shot pocket (may have to describe)
Shoulder - Elbow - Wrist
Release from finger pads with wrist flexed

Activity Variations

Move to opposite 45 degree angle
Vary the number of attempts from 4 to 20

Basic Shooting

Objective/Focus:

To demonstrate correct form without the ball by focusing on the basic factors.

Individual 30 min Single Skill Init / Acq

Instructions:

1. Mirror the Coach - step by step through the basic factors.
2. Do 12 with each hand
3. Receive imaginary pass, Do 12 with each hand
4. Move to a spot, receive imaginary pass, Do 12 each hand
5. Move to random spots around hoop. Do 12 each hand. Different spot for each shadow shot. Be creative.
6. Add a ball. Do 1 shadow, then 1 with a ball. Repeat 12 times
7. Go 2m from wall. Do 1 and 1 so that ball lands on floor by wall.
8. Go to a hoop without a ball. Do 12 shadow shots from Baseline right, Baseline left and Centre hash marks.
9. Do 1 and 1 from the 3 spots. Repeat 12 times.

Activity Rules / Games Approach

Move to next step when you are satisfied you've reached the previous step's goal.

Cognitive Skills

Narrow-External gaze at target.

Mental Skills

Breathe out before each shot.

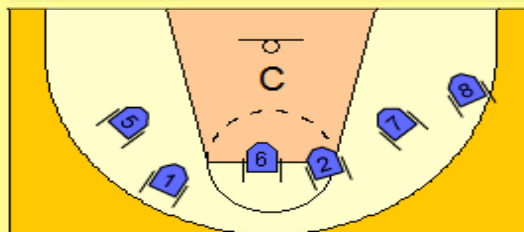
Coaches Key Points

Ball on Finger Pads
Hand and Elbow under ball (90-90)
Eyes fixed on the aiming spot
Follow through (form and hold)

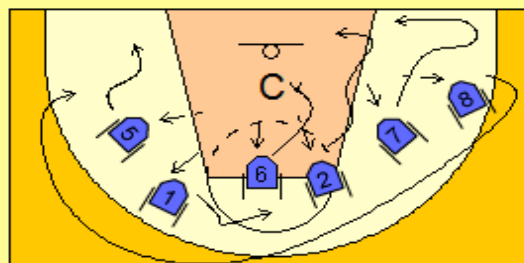
Activity Variations

1. Vary the target number from 4 to 20.
2. Add a height component (height of shot)
3. Use video or coach as the demonstration frequently
4. Set up task cards on the gym wall

Shadow Shooting Progression

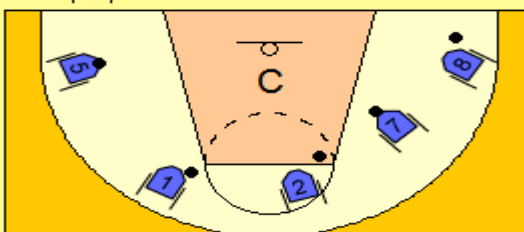


1. Mirror Coach
2. Then do 12 each hand

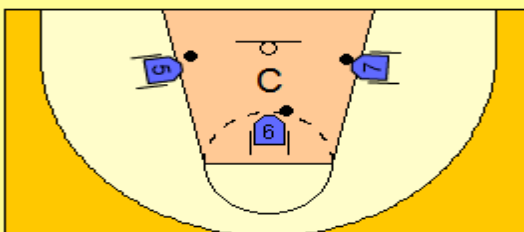


3. Receive imaginary pass x12
4. Move to designated spots & receive i.p. x12
5. Move to random spots & receive i.p. x12

7. Do 1 and 1 at wall, Ball lands on floor close to wall.



6. Do 1 and 1 with/without ball



8. Without ball, go to 3 designated spots x12
9. With ball, do 1 and 1 from spots, x12

Basic Shooting

Shooting Fingers

Objective/Focus:

To learn the feel of release for shooting, and which finger(s) work best.

Individual 30 min Single Skill Init / Acq

Instructions:

1. Hold ball in shot pocket with index finger aligned with a longitudinal line (i.e. not perpendicular to seams, but with index finger on centre longitudinal seam). Aim for spot on wall and observe rotation. Try 5-10 shots.
2. Hold ball in shot pocket with middle finger aligned. Try 5-10 shots.
3. Hold ball in shot pocket with space between the two fingers aligned. Try 5-10 shots.
4. Repeat as necessary.
5. Select the release that provided the best longitudinal rotation (i.e. you can see the line as if it is one line the whole time)
6. Repeat to ensure that this is the preferred release.

Activity Rules / Games Approach

Repeat each choice several times until comfortable. Have coach observe and provide feedback.

Cognitive Skills

Use external aiming focus and hold gaze steady. Only watch the ball as it hits the wall or backboard.

Mental Skills

Breathe out before each shot.

Coaches Key Points

- a. Index finger
- b. Middle finger
- c. Combination of Index and Middle (space between the fingers)

Activity Variations

Have the coach provide feedback.
Shoot at the backboard edge, or to a line on the wall.
Do some 'machine gun' shooting to confirm preferred release.

Middle Finger



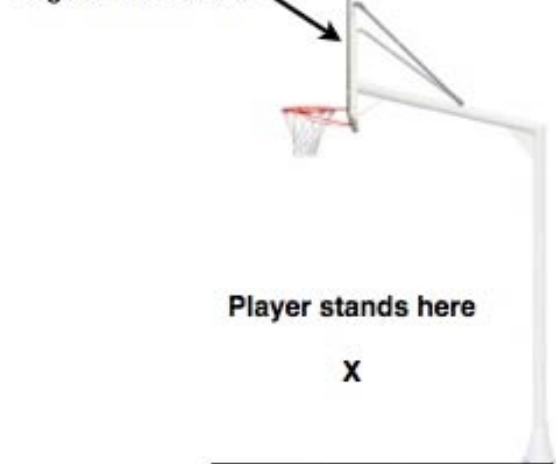
Index Finger



Between Fingers



Edge of Backboard



Player stands here

X

Shooting

Shooting

Form Shooting

1. One ball per player
2. Start shooting one handed from a spot directly in front of the hoop
3. After making 3 shots, dribble a length and then repeat from the next spot back about 6 inches.
4. Continue until at furthest comfortable spot.

Key points:

Shot must always look the same

Shooting shoulder is slightly closer to the hoop

Nothing but net

Basket only counts if the follow through is held until the ball goes in

Variations :

Add use of guide hand

Add gaze (aim) held until ball goes in

Use 45 degree angles

Use elbow angles

Use baseline shots

Vary the number required to be made

Add-ons

Make the 1 for each spot on the circuit, then 2, then 3 etc.

Feel Shooting

1. Practice shooting anywhere in space and in the gym
2. Focus on creating the exact same feel for the shot each time.
3. Move to the hoop recreating that feel.
4. Return to open space whenever the feel isn't working.

Key points:

Shot must always feel the same

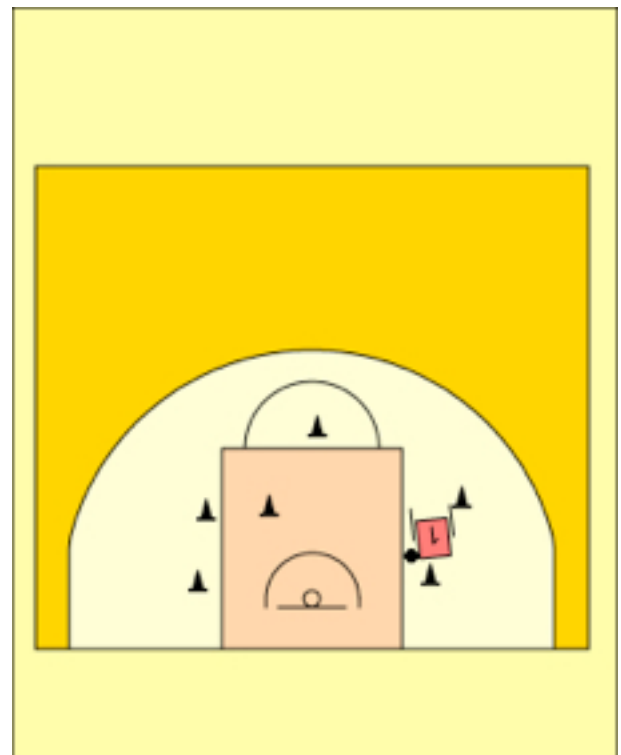
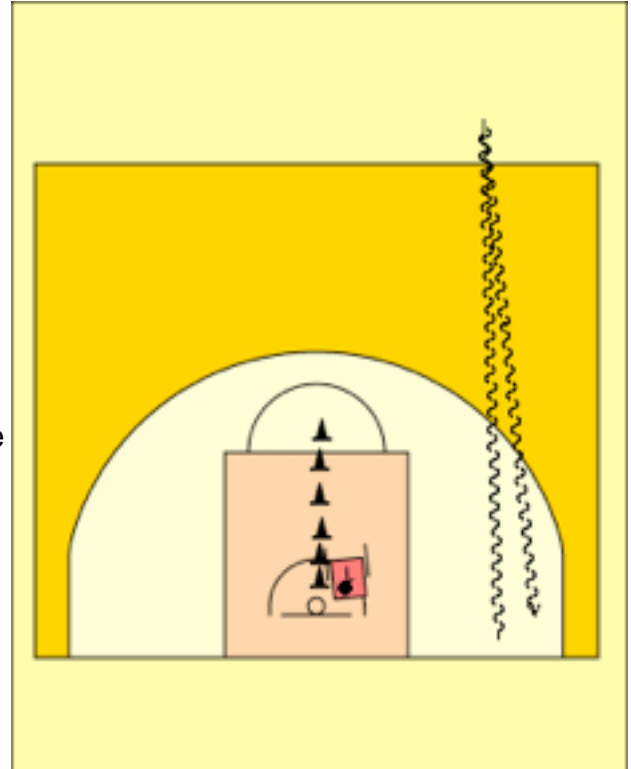
Variations

Eyes open

Eyes closed

Can shoot into space or against the wall.

Narrow external is usual, but feel shooting drill requires narrow internal.



Basic Shooting

Quiet Eye Basic Series

Objective/Focus:

To hold the gaze (aim) from one second before the shot, until the ball goes in.

Individual 30 min Single Skill Init / Acq

Instructions:

A. One ball per person. Use the 3 locations (45R, Centre, 45L) OR using 7 locations (Round the World).

B. Make 5 shots from each location. A successful shot is:

- made
- gaze held from 1 second before until ball goes in
- follow through is held until ball goes in.

- Shadow shots
- Form shots
- Toss to self, fake pass, shoot
- Fake 3, dribble, duck and shoot
- Dribble Right, square up and shoot
- Dribble Left, square up and shoot
- Foul shots
- Three Favourite shots (i.e. 'gamers')

Activity Rules / Games Approach

Gaze held from 1 second before until ball goes in
Follow through is held until ball goes in.

Cognitive Skills

Concentration on gaze (aim) and a steady gaze.
Concentration on holding follow through until the ball goes in.

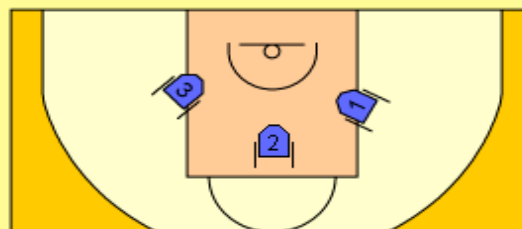
Mental Skills

Can use shadow imagery between shots.
Focus of attention must be **NARROW** and **EXTERNAL**

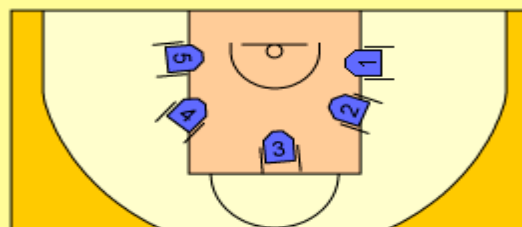
Coaches Key Points

Ball in shot pocket
Hold Gaze for 1 second
Shoot
Hold Gaze and follow through until the ball goes in

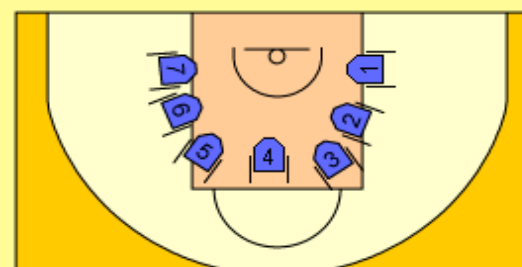
Activity Variations



3 locations
45R, C, 45L



5 locations
BLR, 45R, C, 45L, BLL



7 locations
BLR, 45R, ER, C, EL, 45L, BLL

Shooting

Shooting

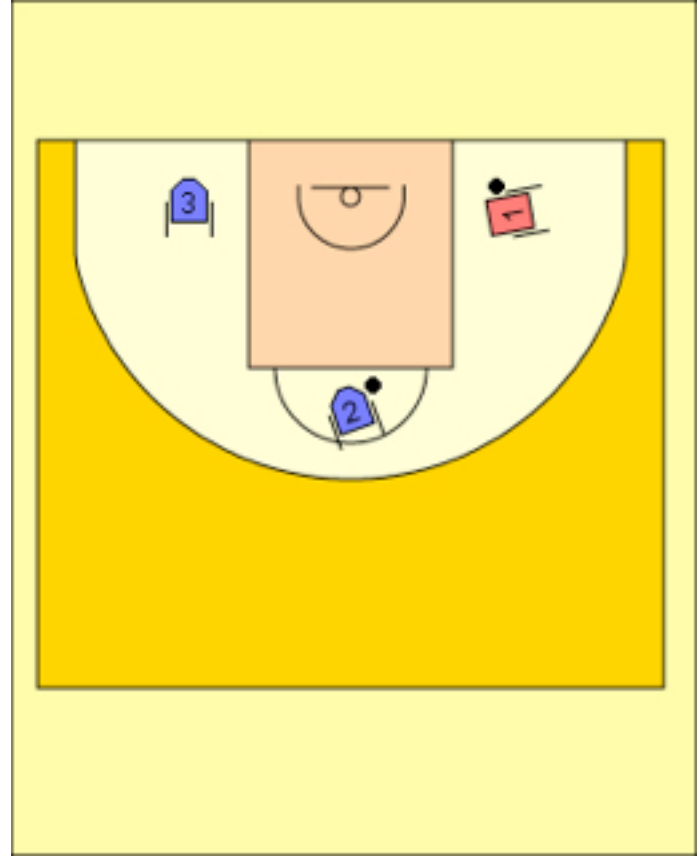
2 Balls, 3 Shooters (or 3/4)

1. 3 players at a hoop, 2 with balls ready to shoot, and the third is ready to rebound.
2. Players shoot from either designated spots or from anywhere outside the key.
3. Shooter gets their own rebound and passes to an open player.
4. Continue in this manner.
5. Require a set target of made shots (e.g. 25) as a group.

Variations:

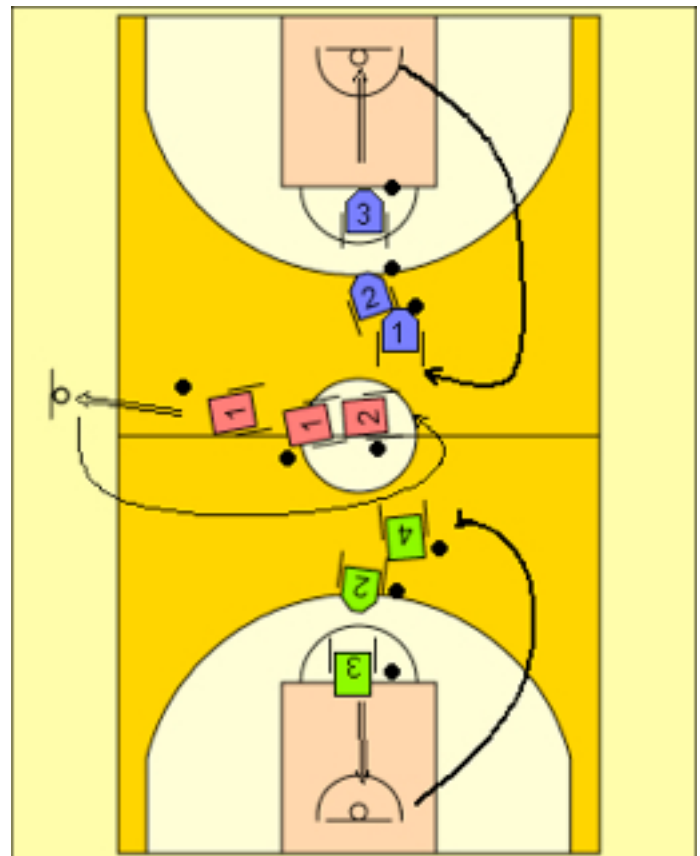
Use designated spots or from anywhere.

**Add in a pass fake before every shot and a shot fake before every pass.



3-5-7-9

1. One ball per player, 2 or more groups of players.
2. Designate a shooting location (e.g. elbow, foul line, etc)
3. On coaches 'go', players shoot one after each other in their line.
4. Whichever team scores 3 first, yells "WooHoo" and all teams rotate clockwise to a new hoop.
5. The winning team's new target is 5, while the others stay at 3.
6. Each time a team reaches their target they yell and everyone rotates.
7. Winning team is the one to score 3, 5, 7 and then 9 first.



Shooting

Shooting

Free Throw and Dribble

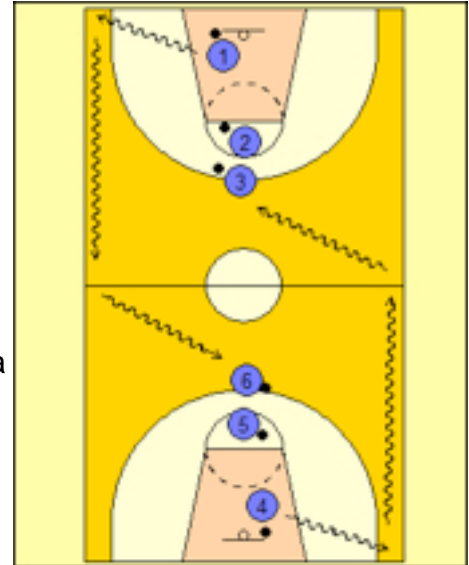
1. Players line up at the free throw line with a ball each.
2. Player takes a free throw
3. Player gathers rebound then dribbles to corner pylon, then to centre, then into opposite line.
4. Continue with both ends going at once.
5. Pick a team target like 12 made.

Variations:

Stay on a made free throw they stay in the same line, or vice versa

Key points: Use free throw routine (Methodical step count)

7. locate nail and line up chair and shoulder
6. receive ball
5. locate favourite grip on favourite seam
4. take a breath and locate target with eyes (F or B rim, or C)
3. set ball in shot pocket and cock wrist, establish a steady and intent gaze with eyes now or in the next component
2. maintain the quiet eye and re-create the feel of a swish “cue words”
1. shoot



Around the World

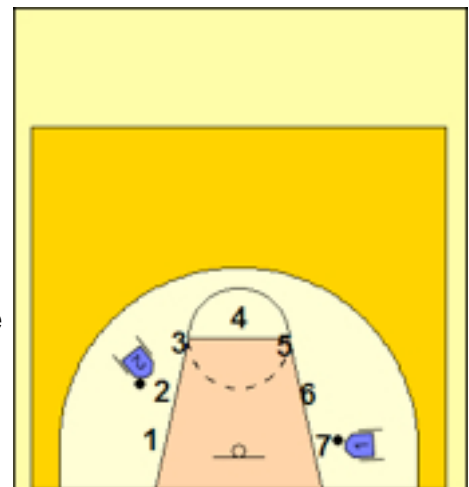
1. One ball per player, players start anywhere in the world.
2. Players must make X number of shots from each spot and then rotate around the world clockwise until all 7 spots are done.

Variations:

Go back a spot if you don't reach the target of e.g. 3 out of 5 made
Increase number of trips around the world to 2 or more

Key points:

Shooting key points for the stage of the athlete



Golf or Spot Shooting

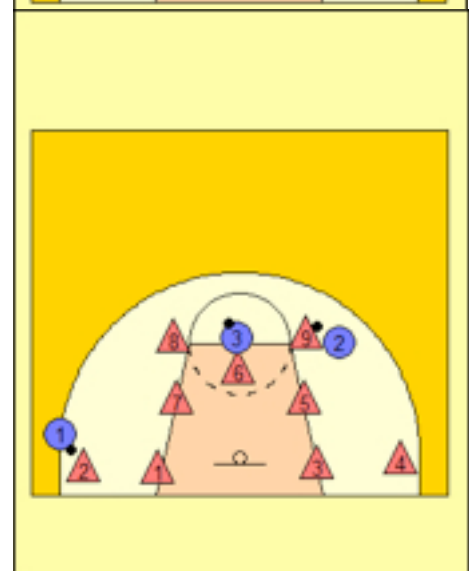
1. 9 spots on the floor are identified.
2. One ball per player
3. Player must make a shot or X number from each spot in order (Spot)
4. Player counts number of shots required to make X number from each spot in order (Golf)

Variations:

Players can do imagery or rhythmic activity, then repeat the drill.

Key points:

Shooting key points for the stage of the athlete



Shooting

Shooting

Jerry West

1. One ball per player
2. Goal is to score baskets from the 3 rows located as follows: (baseline right and left, 45 right and left, elbow right and left)
3. Rules: only count baskets made from the special row locations. If you miss, you must score the rebound layup to earn the right to shoot from the other side of the row. If you make it, then count the point and get the ball and go to the other side of the row.
4. Once you score your target number, then move to the next row. (i.e. go baseline, to 45 to elbow)

Variations:

Experienced players must make 10 from each row, less experienced 6

Mikan

1. One ball per player under a hoop
2. Players move from side to side shooting the inside or post moves dictated by the coach.
3. Shots alternate right hand / left hand, and are done quickly

Variations:

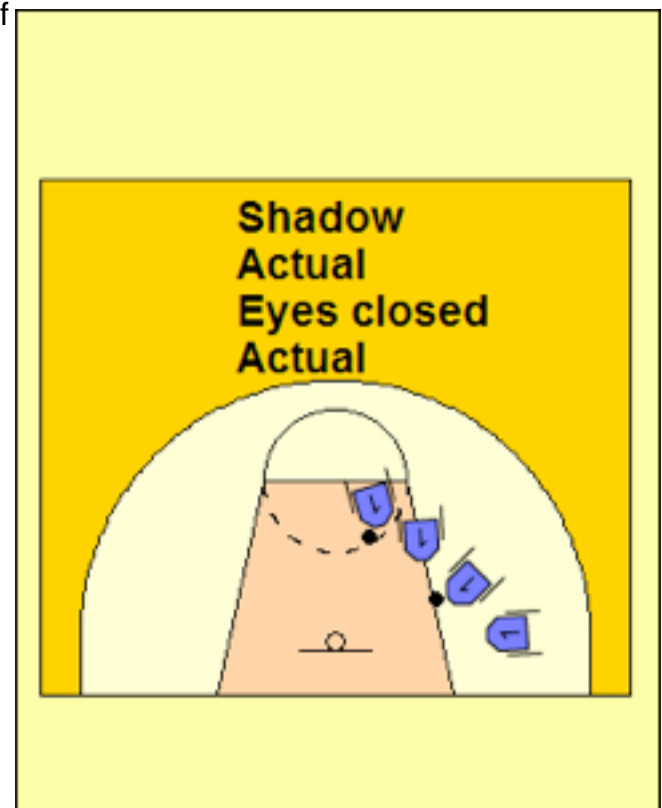
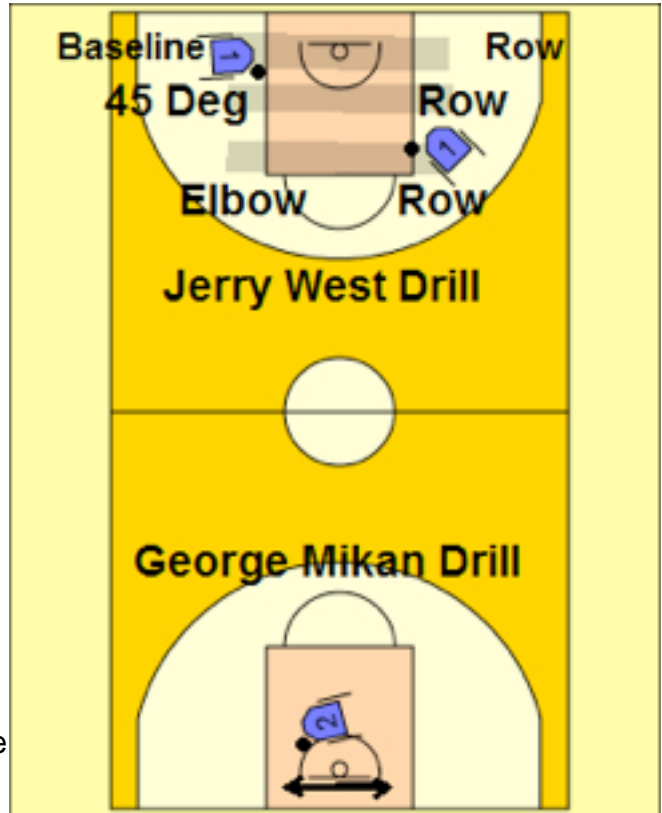
Set target or time limit. Coach can dictate any type of shot.

Paul Westhead Muscle Memory

1. One ball per person and pick one location (“gamer” shot location)
2. Shoot 10 shots from each of the following.
 - a. Shadow shot
 - b. Actual shot
 - c. Eyes closed shot
 - d. Actual shot
3. Repeat from another “gamer” shot location.

Variations:

Increase or decrease the shots taken
Require a shots made target for b,c,d.



Layup Skill info / Basics

Layups

Key Points:

Approach the hoop on a 45 degree angle with the shooting shoulder aiming for the backboard target.

Feather as necessary.

Ball in shot pocket.

Gently 'kiss' the ball off the backboard using normal shooting form.

Scoop layup:

Under hand layup, brace with off hand for balance if necessary

Use same principles for shooting.

May put some side spin on the ball upon release.

Layup Lines

Standard layup line drill with a line of shooters and a line of rebounders.

Use a cone to ensure the players go far enough from the hoop.

Variations:

Shooters can pass to coach or other line first and get the pass back.

Layup Laps

One ball per player, starting on one side lined up.

Players dribble in and do a layup, then get their own rebound and dribble around the far cone and back to the shooting cone.

Continue until a target number of made baskets.

Variations:

Add a coach or manager as a stationary rebounder.

Repeat using scoop layups.

Layup Circles

Players line up on opposite sides of centre. One end faces their hoop, and vice versa. Players on one side have the ball.

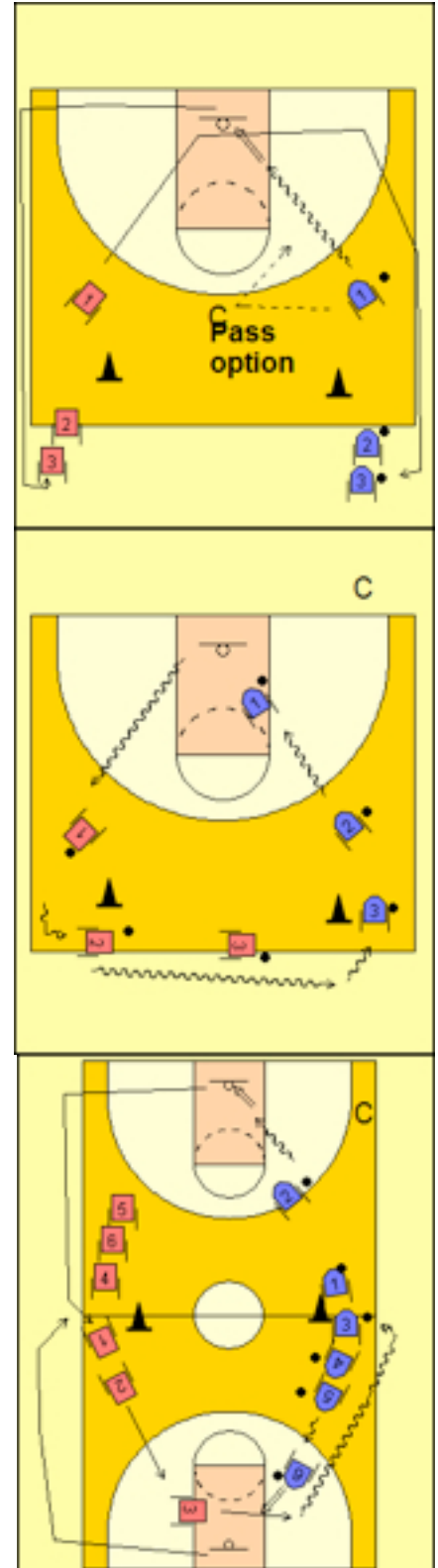
Players wheel in to do a layup, then wheel outside the court on the far side and in to the other end's rebounding line.

Rebounders grab the ball and dribble to the corner then down to do a layup at the other end.

Continue until target number are made or for 2 minutes each way.

Variations:

Use scoop layups.



Decision Time Layups

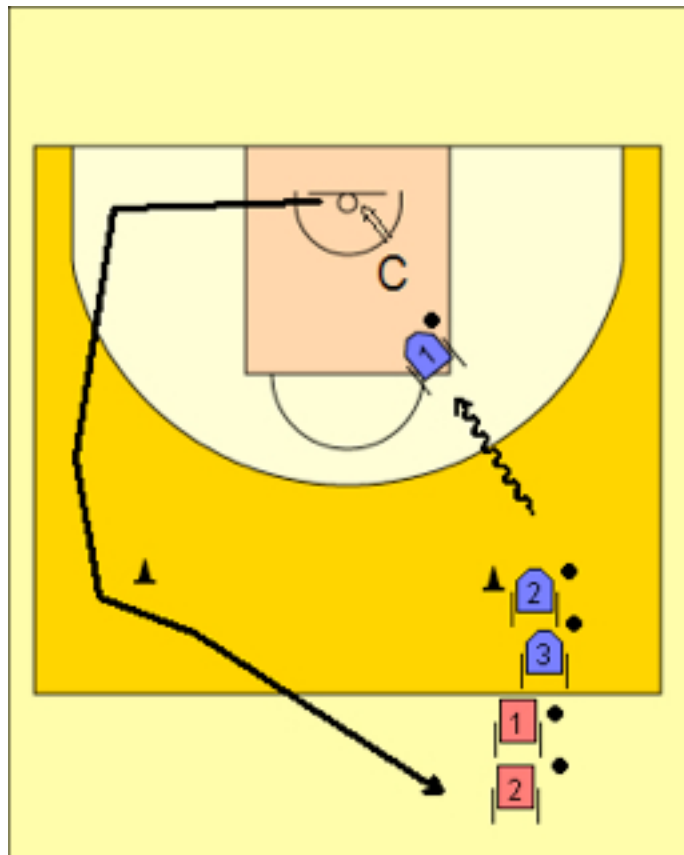
Layups

To recognize when to shoot overhand and when to use the scoop or underhand

1. One ball per player, players line up on 45 deg angle to hoop close to centre
2. Players move in to do a layup
3. Coach is the defender near the hoop providing the cue
4. Cues are: If coach holds hand up, then player uses underhand layup. If coach holds hand down, then player uses overhand layup.
5. Player gets own rebound and returns to line.

Variations:

- Increase speed, give cue earlier or later
- Add passer
- Add a defender
- Use another player as the "cue person"
- First player to 10 correct decisions wins



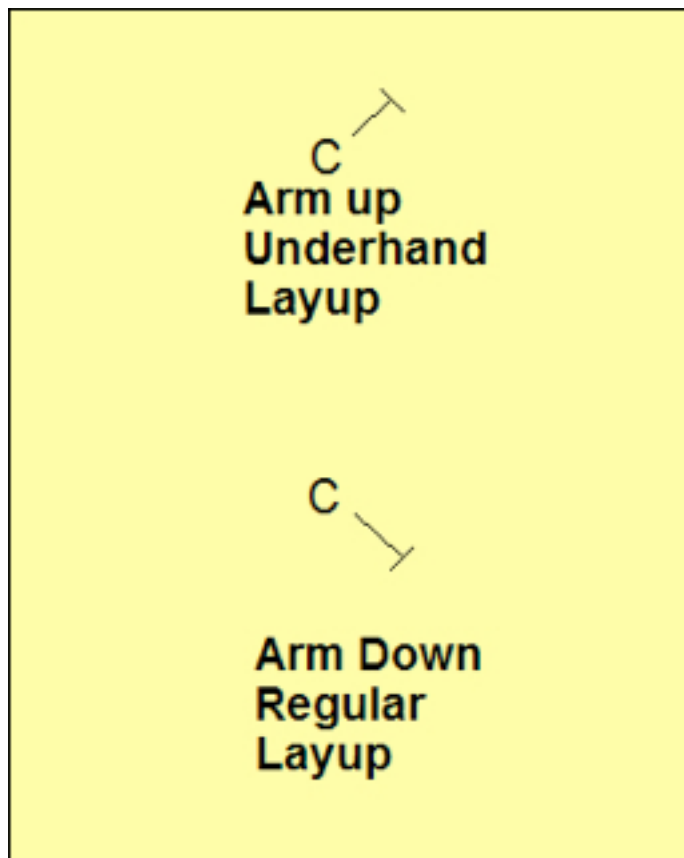
Key points:

Cognitive:

Read the cue early to set up for the correct shot

Mental:

Re-adjust gaze to hoop once the decision is made



Rebounding Skill info / Basics

Rebounding

Key Points:

Anticipate the shot going up and the probable rebound location.
Using the 'axle to caster' technique, block out the nearest attacker.
Hold the block out (box out) until the trajectory of the ball is determined.

Move to the ball if necessary

Grab the ball with two hands and protect it, OR grab the ball with one hand if you are able to keep it high above all others.

Look to make the pass to the flyer or outlet immediately.

Rebound Circle Game

1. A ball is placed in the middle of a circle.
2. On 'go', the defender blocks out the attacker for a set length of time (e.g. 5 seconds)
3. The attacker tries to touch the ball.
4. Award points for stopping the attacker in the time limit, or take off points for attackers touching the ball.

Variations:

Change the size and shape of the area.

Add players to make it 2 on 2 or 3 on 3

Set up three or more stations and play "Queen of the Court"

Brick Mini Game

1. Coach launches a bad shot that guarantees a rebound.
2. Players are set up and must block out, then get the rebound.
3. Points for whichever team gets the rebound.

Variations:

Score a point for defense only if the ball bounces untouched on the floor if you wish to emphasize blocking out.

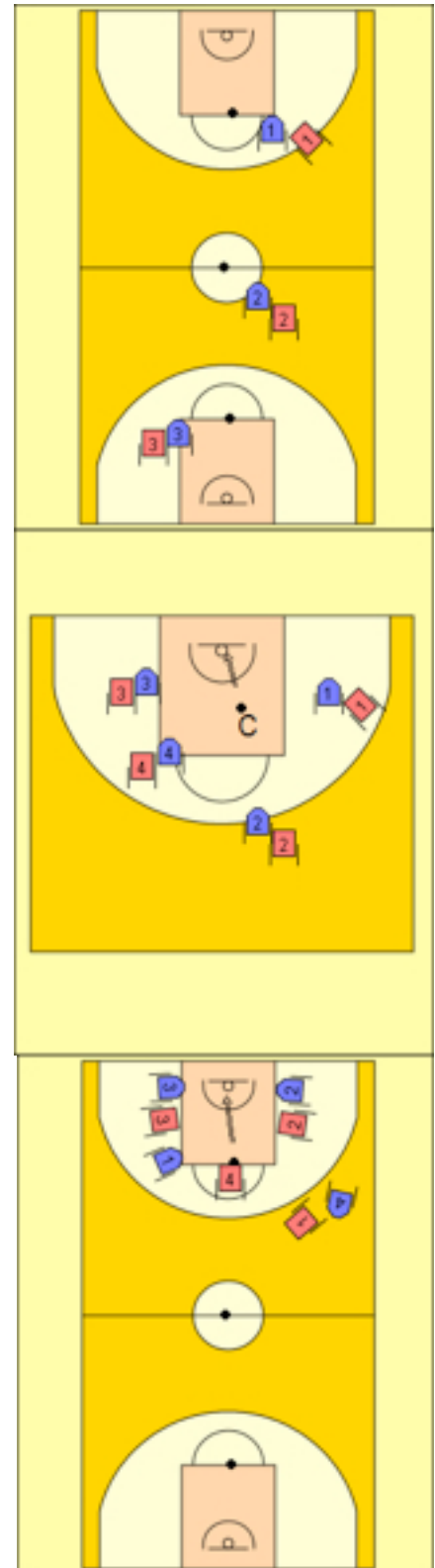
Transition from Rebound Game

1. Players set up in a free throw situation. OR they can be in a 5 on 5 zone style of set up.
2. A shot is taken (by the free throw player or the coach).
3. No matter what happens, play out the rebound as if it were live.

Variations:

Allow 2 transitions before the next setup.

Shoot only bricks.



Pass Skill info and Basics

Passing / Receiving

Passing key points:

Ball released off the finger pads

Wrist action occurs last and is through the full range of motion

Hook Pass:

Elbow to ear

Release before the top of the head

Passing Basics Drill

One ball per player.

Players practice the various types of passes to the wall.

Players gradually move back as their ability increases.

Set the number and type of passes to be made.

Variations:

Identify how to receive the pass (i.e. one bounce)

Put targets on the wall to hit.

Pairs Passing Progression

One ball per pair. Start 10-15 feet apart.

Pass the ball back and forth.

Use the required passes.

Move further and further back from each other until at the limit.

Variations:

Set a scoring system for number of passes successfully made.

Caterpillar Passing

Players line up facing each other longitudinally in a lane.

Player at the end by the wall has two balls.

Start by passing the two balls in succession.

After passing both balls, back up and do a U-turn then sprint to the front of the line.

Continue on down the gym.

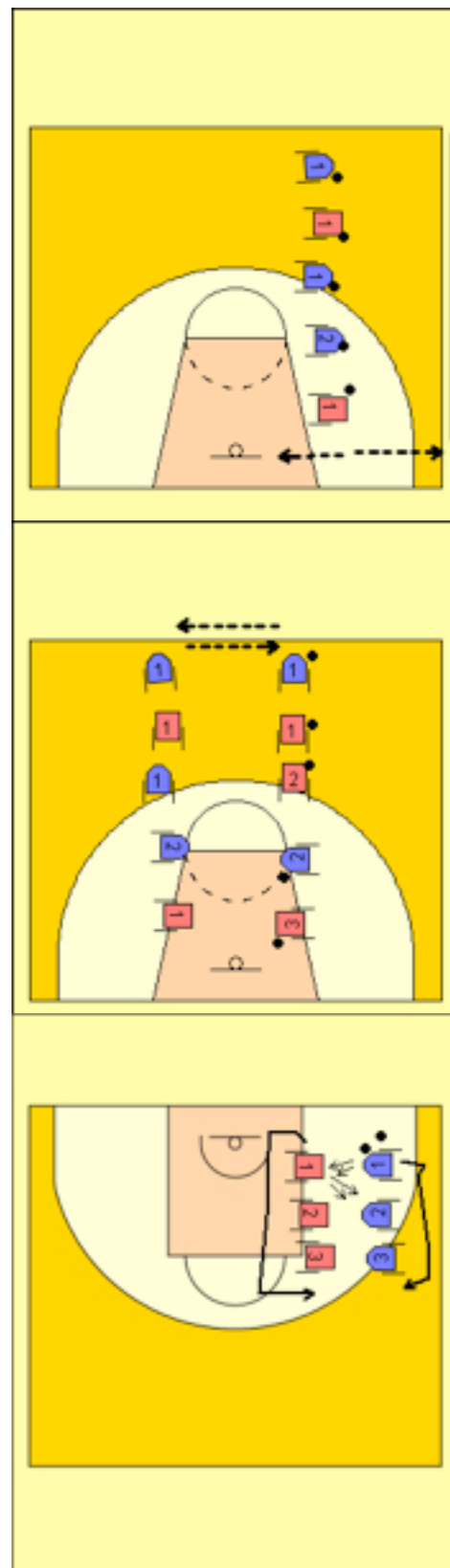
Variations:

Can start with 1 ball or add balls 3, 4

Require a certain type of pass.

Rules:

Passer and receiver must call each other's names.



Receiving a Pass Info / Basics

Passing / Receiving

Key Points:

Present a target to the passer

Move to the ball - catching the ball is the number one priority

Watch the ball all the way into your hands

Absorb the ball into the hand(s)

Receive on the finger pads

Move into triple threat or next skill quickly

Communicate Names!

Move to the edge of your comfort zone

Pairs Ball Toss and Catch

1. Pairs line up with a ball each about 10 feet apart.
2. Both hold the ball in their left hand (for instance) in the "stick em up" position.
3. Pass the ball across to the partner's right hand.
4. Continue.

Variations:

5. Add different types of passes and include ball familiarization activities like body circles.

Use your imagination as a coach to include new sequences.

6. Set a goal of 10 consecutive completions.

Key points:

Call names

Give target hand

Pass, Push, Spot Up

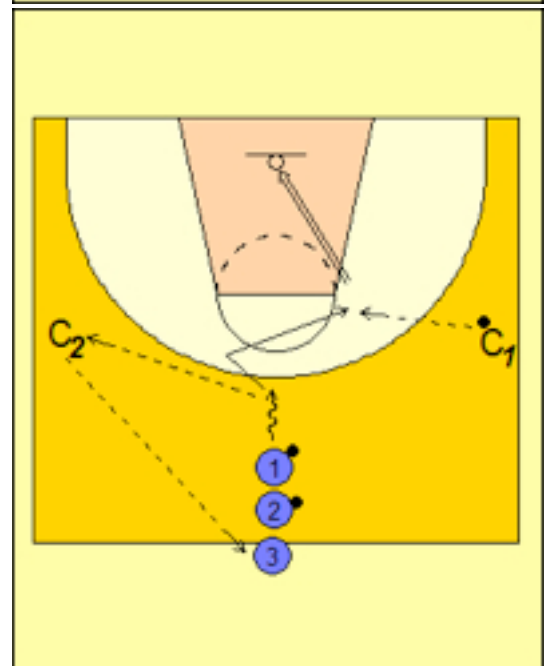
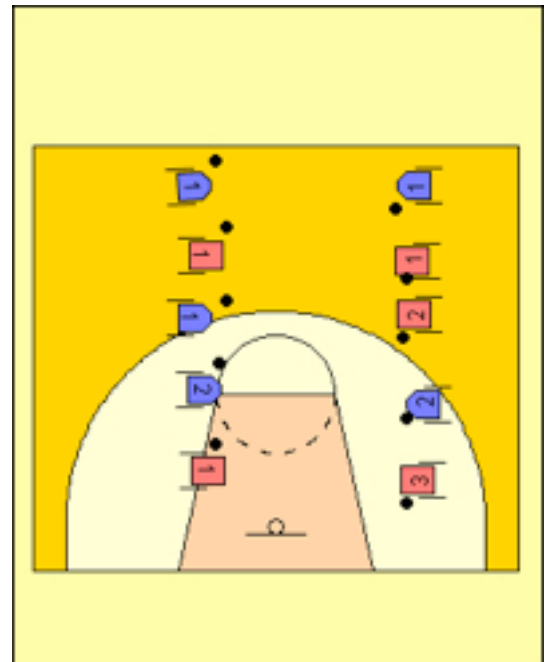
Player 1 dribbles from 1/2 way and makes a 1 hand push pass to X2 and then makes a cut to the elbow to receive a pass off X1.

Players rebound their own shot and pass the ball to X1. X2 passes the ball to the player at the end of the starting line.

Remember: Players should "pound" the dribble before making a pass.

Variation:

Change sides to work on both hands.



Hook Pass Skill info and Basics

Passing / Receiving

Hook Pass Progression

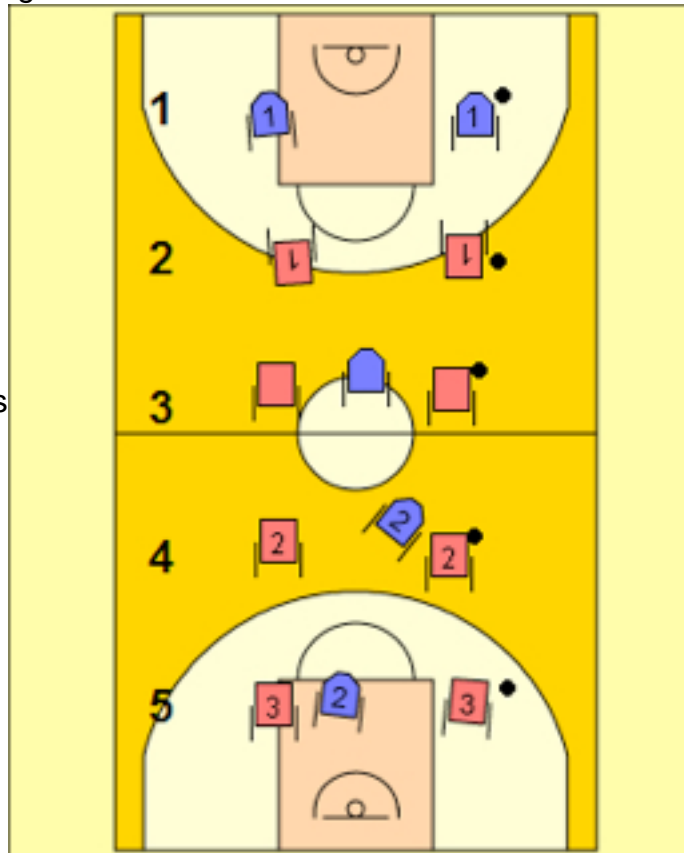
1. Hook pass back and forth stationary
2. Use other hand
3. Add a defender who sits in the middle (no moving)
*Repeat steps 1, 2, 3 while moving in laps around the gym.
4. Defender pressures the passer only, then goes over to pressure the other passer.
5. Defender pressures the receiver only, then goes over to pressure the other receiver.
6. Defender pressures whoever they choose.
*Repeat steps 4, 5, 6 while moving in laps around the gym.

Variations:

Use both hands randomly as you move.

Key Points:

- Receiver must always give a target hand.
- Receiver must absorb the pass - preferably catch with one hand.
- Passer and receiver call each other's names.
- Ball held outside the body, elbow up over ear for the passer.



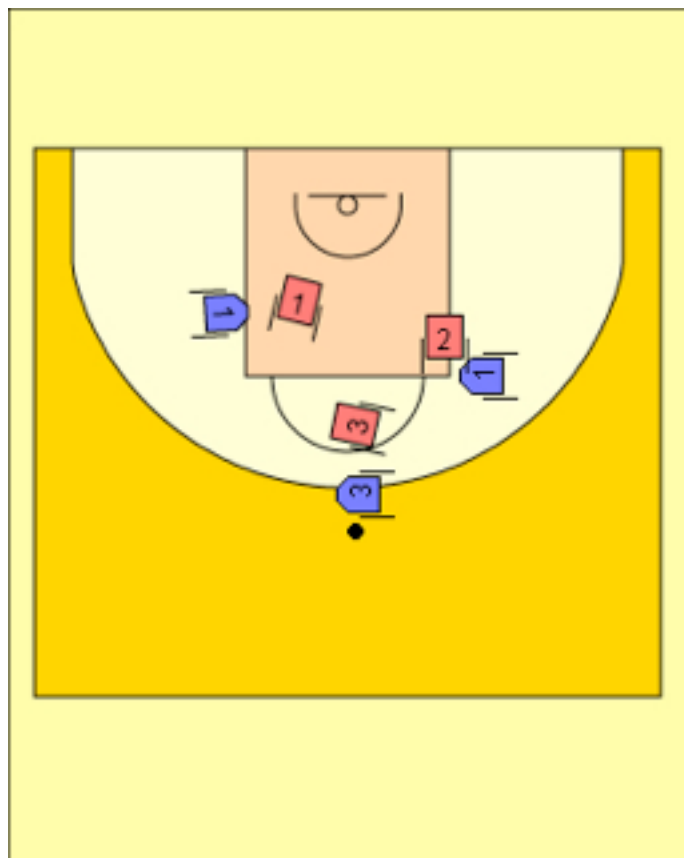
Hook Pass Keepaway and Mini Games

Keepaway

- Play keepaway with the target of X passes in a row for a point.
- Hook passes only.
- Players can move anywhere in the designated area.

Mini Game

- Play 3 on 3 where only hook passes are allowed.
- No dribbling.
- Can require each person touch the ball before a shot.



Receiving a Pass Info / Basics

Passing / Receiving

'X' Total Pass Drill

The first team to make 'X' total passes is the winner of the drill.

Passing only (no dribbling or shooting)

After making a pass and before receiving another one, a player has to touch the baseline first.

To re-start after a turnover, use an inbounds pass.

Variations:

Require the 'X' total passes to be consecutive.

Touch any line.

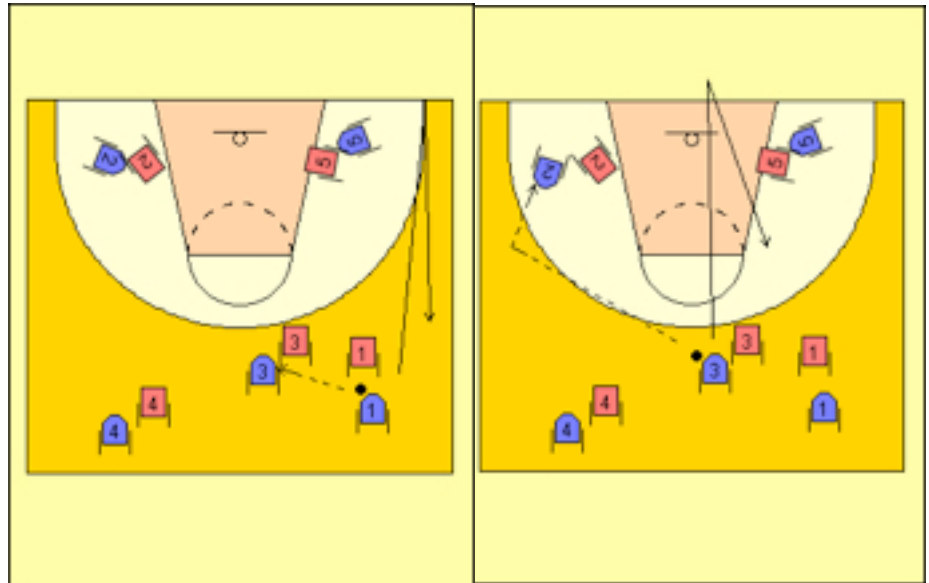
Mini Game Variations

*no touch up

A. 1 hand game, everyone must touch the ball twice

B. 1 hand game, 2 seconds max. hold of ball, 1 dribble max., everyone must touch ball

C. Same as A and B but must use non-dominant hand only.



Full Court Passing

Starting in the bottom left:

1. Player 5 passes to 1 and then pushes hard up court.

2. Player 1 returns the pass to 5 near centre, who immediately passes to 4.

3. Player 4 passes back as 5 nears the key.

4. 5 goes in for a layup

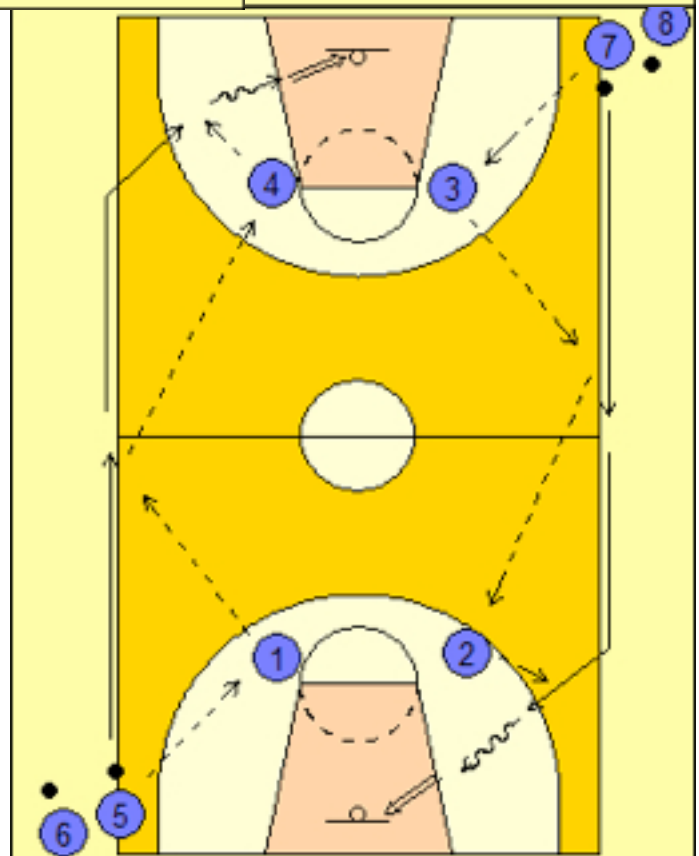
***Same process on the other side..

5. Get your own rebound and go to the other line.

6. Players 1, 2, 3, 4 switch after the set number of baskets or passes are made.

Variations:

Require a certain type of pass only.



1 on 1 Defense off Ball - Basics and Shadow

1 on 1 Off Ball Defense

1 on 1 Shadow

1. Pairs start at the baseline.
2. Defender gives 1 m space and sets in axle to caster position.
3. Attacker tries to make it to the end. If they beat the defender and the defender yells "help", then the drill gets reset from that spot.
4. Switch and come back the other way.

Variations:

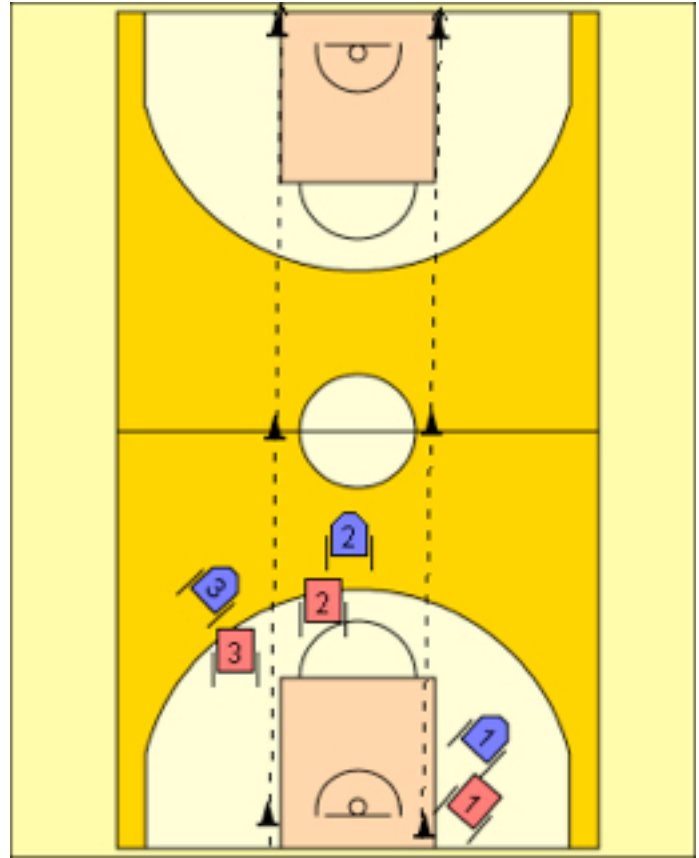
Use half court width lanes

Use one third lanes but one end of the court

Allow attackers to use other pairs as pylons.

Can use Bronze Silver Gold attack pressure progression

Scoring system for time held in the court or the number of times the defense is beaten.



Key points:

1. Keep the body balanced above the axles and centred in the chair - AXLE TO CASTER
2. Head and eyes up - anticipate where the attacker is going.
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
4. Recover / reset the hands quickly back to the ready position
5. Communicate who you are checking

I Got So and So

1 on 1 Off Ball Defense

I Got Perimeter

1. Pairs line up with the attacker at centre and the defender a chair-length away in axle to caster position.

*Designate 1/3 court width lanes

2. Attacker tries to get to the 3pt area.

3. Defender must deny them that territory.

4. if the defense can say "I got number x" 10 times before the attacker gets to the 3pt line, then defense wins a point.

5. Play to 5 or 10.

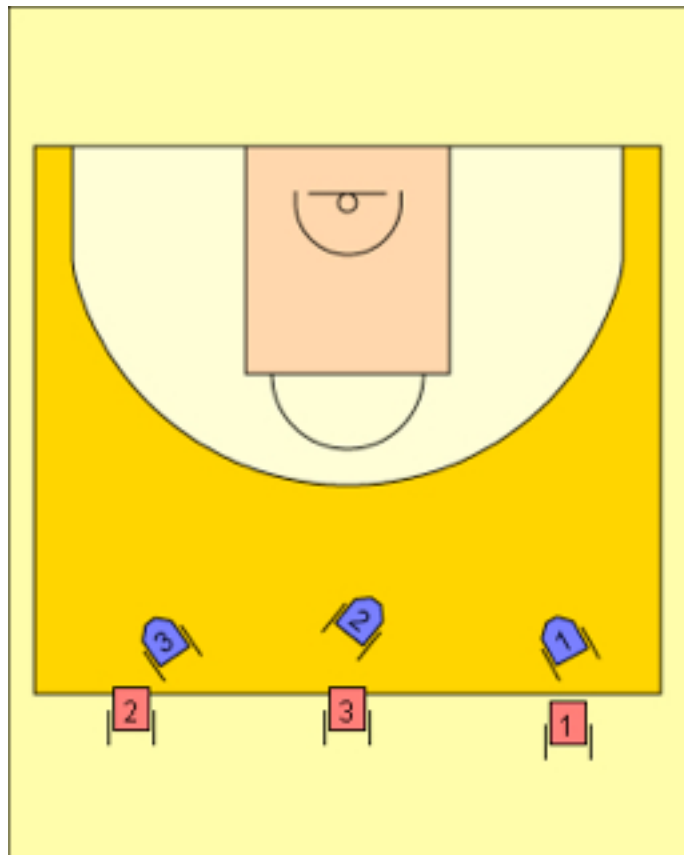
Variations:

Increase or decrease the number of times the defense yells "I got number x".

Set a time limit for the defense to hold the attacker out of the 3pt area (1 point).

Add a ball to the attacker.

Allow attackers to go full width and use other pairs as pylons.



I Got Key

1. Pairs line up with the attacker at the 3 point line and the defender a chair-length away or less in axle to caster position.

*Designate 1/3 court width lanes (left, top, right)

2. Attacker tries to get to the key area.

3. Defender must deny them that territory.

4. if the defense can say "I got number x" 10 times before the attacker gets to the key, then defense wins a point.

5. Play to 5 or 10.

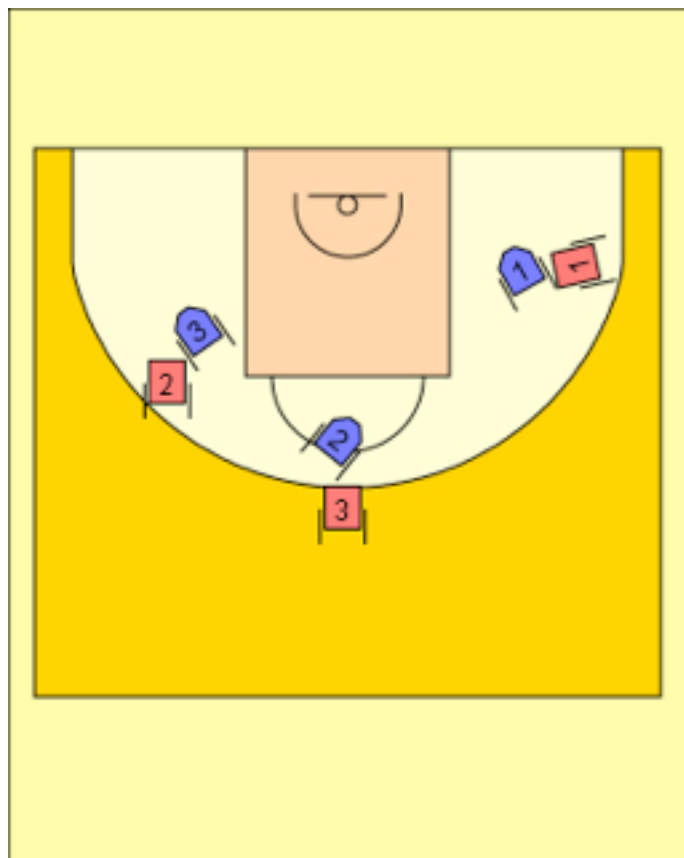
Variations:

Increase or decrease the number of times the defense yells "I got number x".

Set a time limit for the defense to hold the attacker out of the key (1 point).

Add a ball to the attacker.

Allow attackers to go full width and use other pairs as pylons.



1 on 1 Ball Defense Basics

1 on 1 Ball Defense

Key Points:

Ball defense

- Axle to caster
- Head up and eyes scanning
- Recover hands quickly to ready position
- Communicate specific actions
- Reach only when safely stopped (poke, tap under, shadow)

Defending the Savardian Like Spinorama

- Use the quarter turn back in when they do the 360.

1 on 1 Ball Defense Shadow

1. Pairs start at the baseline.
2. Defender gives 1 m space and sets in axle to caster position.
3. Attacker tries to make it to the end. If they beat the defender and the defender yells "help", then the drill gets reset from that spot.
4. Switch and come back the other way.

Variations:

Use half court width lanes

Use one third lanes but one end of the court

Allow attackers to use other pairs as pylons.

Can use Bronze Silver Gold attack pressure progression

Scoring system for time held in the court or the number of times the defense is beaten.

Key points:

Overplay to influence the attacker to your Position of power.

Only reach for the ball when stopped and in perfect axle to caster position, and then...

poke, tap underneath or shadow the ball only

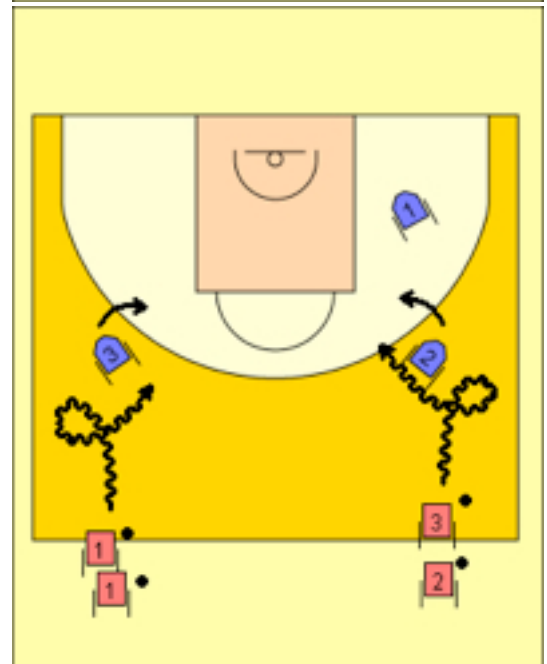
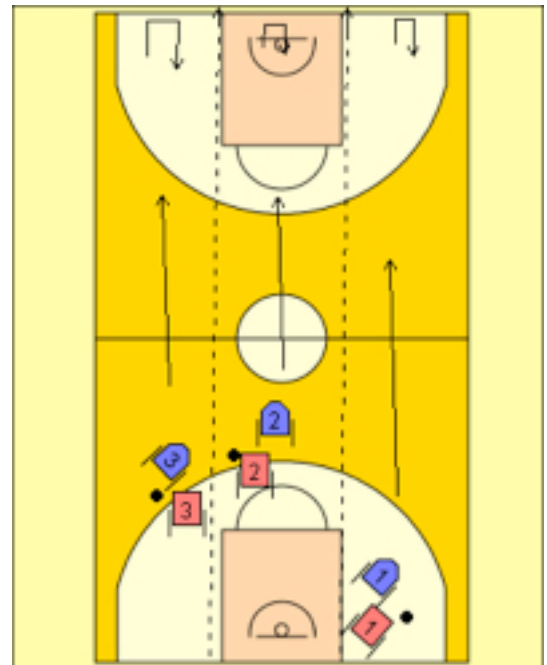
Learn the opponent's tendencies.

Defending the Savardian-like Spinorama

xxx

Variations:

Do the drill full court in the 1 on 1 shadow format, but the attacker must do 6 spinoramas at least.



1 on 1 Ball Defense Influence

1 on 1 Ball Defense

For the defender to recognize how to influence a ball carrier left or right, or to close out and stop the ball carrier's chair.

1. Ball carrier and defender start at centre.
2. Coach signals Left / Right / Stop using hand signals only the defender can see. Coach is in back court.
3. Coach then changes the signal as the pair progress down the court.
4. Next pair can start.

* assistant coaches, managers or others can take a pair: Drill can be done on half width too

A. Play to set points (1.-5 or 2.-21)

1. Points effective response or for each effective series

B. Play cutthroat or C. Play Queen/King of the court

Variations:

1. Full court or half court
2. Reduce choices to influence only.
3. Do it without a ball
4. Work in threes and rotate through

Key points:

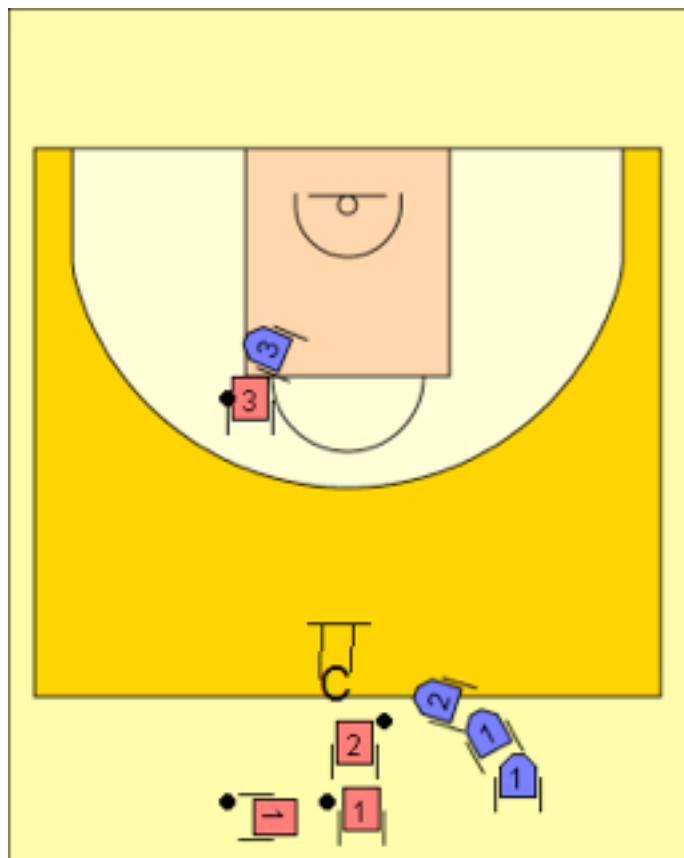
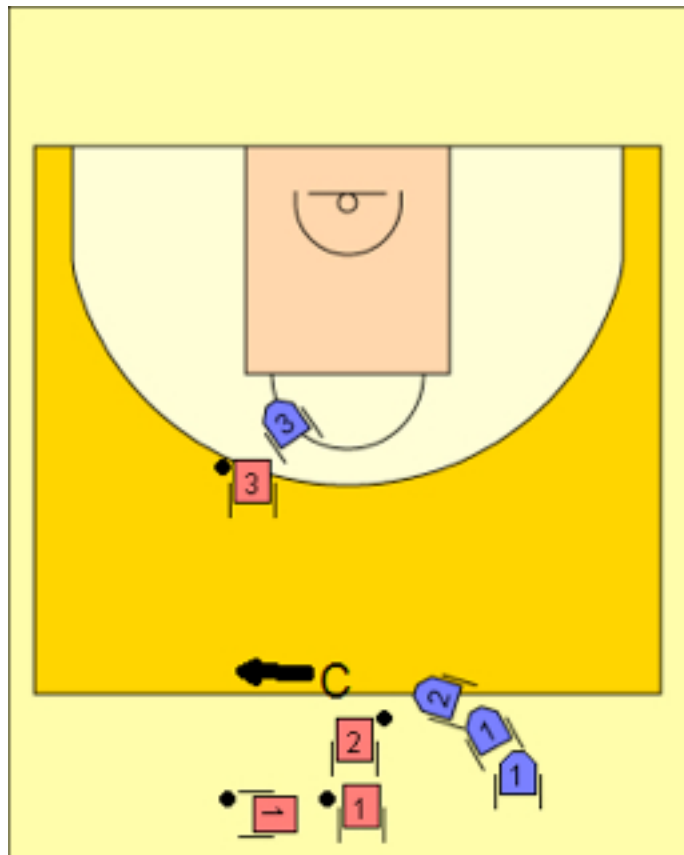
1. Use peripheral vision
2. Overplay as much as needed to force dribbler in desired direction
3. Stop chair with rim to remain free to move

Cognitive:

Recognize cue given by coach. Constantly vary focus from broad to narrow and back. Focus must be external.

Mental:

Focus and refocus strategies for being on task in the moment



1 on 1 Attack with Ball - Basics

1 on 1 Attack

Key Points:

Create Space

Attack Backs (find a defender's blind spot)

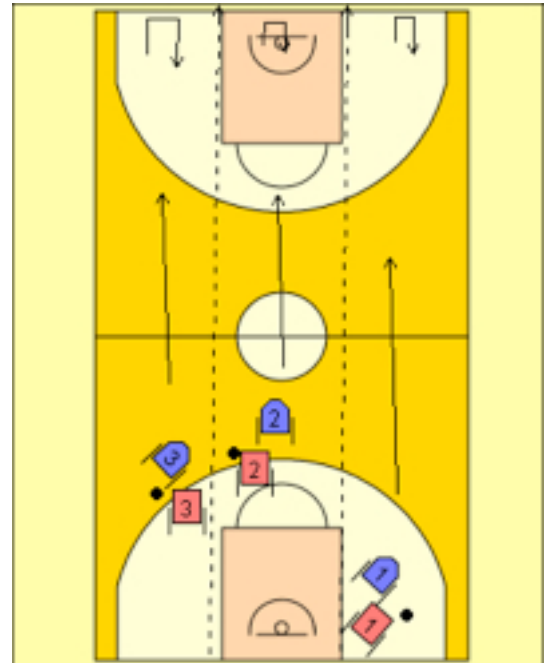
Turn Chairs (to put defender off balance)

1 on 1 Attack Full Court

1. Pairs of players; one attacker with a ball, one defender
2. Select a lane width (one third court)
3. Go a full length, then switch coming back
4. Use three levels of defense:
 - Bronze (back way off)
 - Silver (guided)
 - Gold (gradually increase to full on defense)
5. Attacker stops if they beat the defender, then restart.

Variations:

- use half court lanes
- use full court and allow attacker to use other pairs as pylons

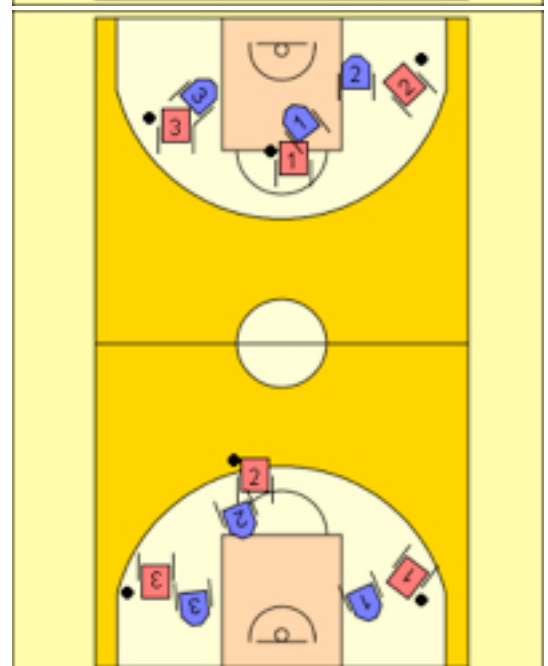


1 on 1 Attack Quarter Court

1. Pairs of players; one attacker with a ball, one defender
2. Select a key area (side, top, side)
3. Attacker starts at centre, then switch once at the hoop
4. Use three levels of defense:
 - Bronze (back way off)
 - Silver (guided)
 - Gold (gradually increase to full on defense)
5. Attacker stops if they beat the defender, then restart.

Variations:

- use half court lanes
- use full 3 point area and allow attacker to use other pairs as pylons



1 on 1 Attack with Ball Contests

1 on 1 Attack

Key Points:

Create Space

Attack Backs (find a defender's blind spot)

Turn Chairs (to put defender off balance)

Recognize opponent's defensive skills and any mis matches

Race to Score

1. Players line up parallel in equal speed pairs.
2. One ball per pair
3. Hand the ball to the coach
4. Coach says "Go" and tosses ball forwards
5. Players sprint to the ball.
6. First to the ball is the attacker, the other must defend
7. 2 points for made basket, (could do -1 for miss/ defensive stop)
8. Players come back and switch lines.

Variations:

-may need to start with Bronze/Silver/Gold defense progression

-use one ball per person to learn to attack with speed (first to score gets a point - play to 6 or 10)

2 Line, Up & Back

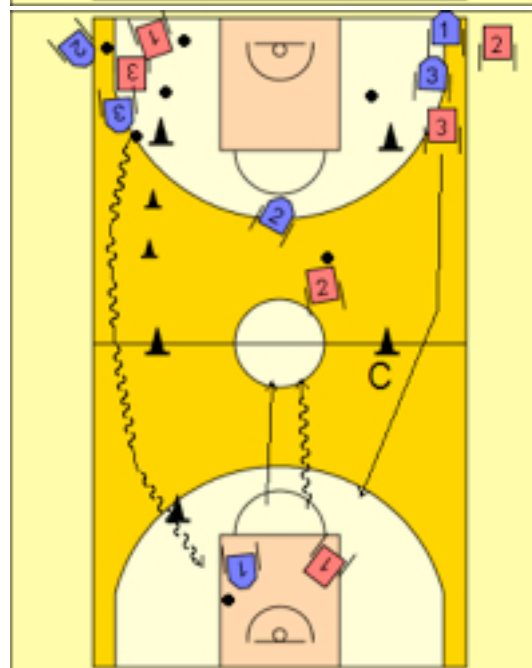
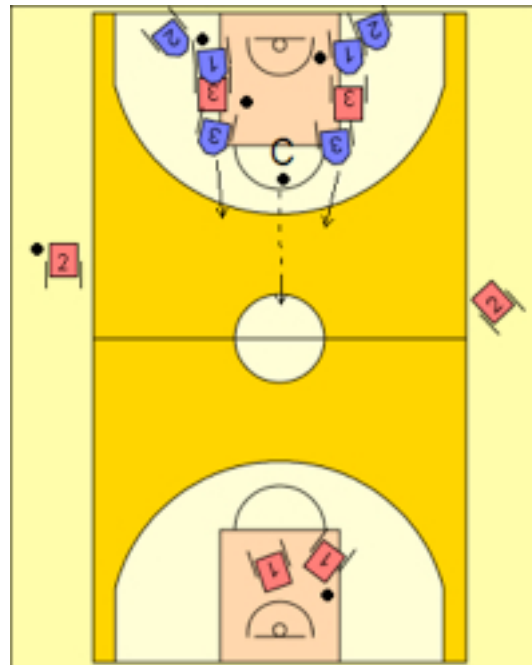
1. Players pair up by speed and skill. Player with the ball faces forward at the start cone. (attacker)
2. Player without the ball faces backwards at their start cone. (defender)
3. On the Coaches "go", the attacker dribbles the length of the court doing crossover dribbles at each cone. The defender wheels backwards to the centre cone, then spins and tries to defend the layup.
4. Whoever gets the rebound (1 shot only) is now the attacker up the middle, the defender must touch the baseline then recover to defense.
5. Switch sides when done. Scoring 2 for made, 1 for rim.

Variations:

Switch sides for the tasks

Could score -1 for defensive stop

Can use the Bronze Silver Gold defense progression.

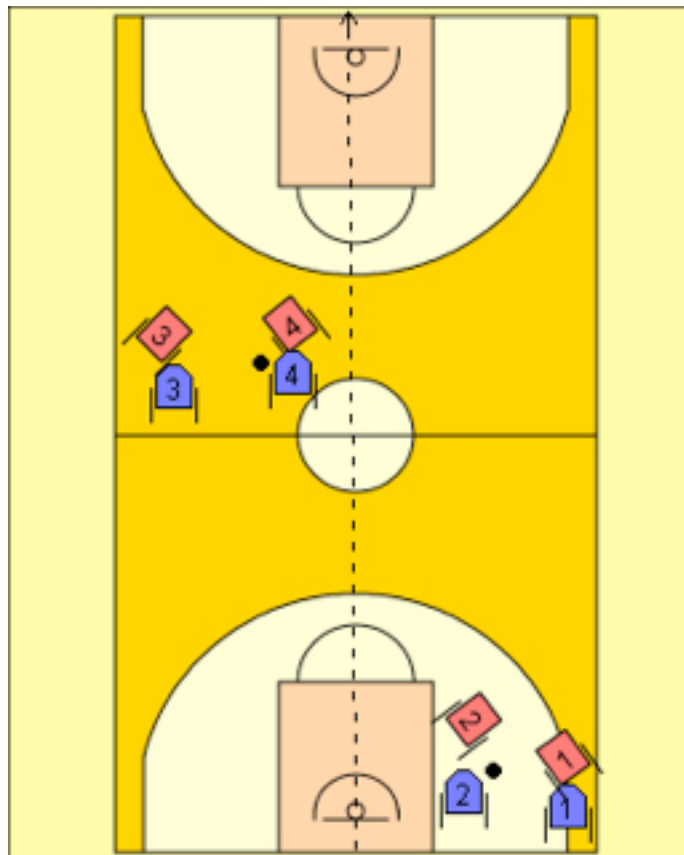


2 on 2 Defense Options Info/Basics

2 on 2 Defense

2 on 2 Shadow Drill

1. Both defenders must be facing the hoop they are defending (their hoop)
2. Defenders must be in correct 1 on 1 defensive ready position
3. Defenders must be in correct 1 on 1 defensive chair position
4. Use quarter turns to maintain defensive position as a pair
5. Stay flat by dropping to recover if necessary
6. Deny picking space and angles with chair position
7. Recover to defensive ready position and chair position
8. Continuously communicate specific information and your specific actions



Key points:

Communicate actions

Stay flat

Quarter Turns

Axle to Caster or Rubber to Metal

Basics Learning Activity:

Shadow through Lock Step

Shadow with live attackers:

Bronze, Silver, Gold Attack levels

*Yell Help if beaten

*Attackers can't cross in early stages

*Deny picks

*Deny hooks and being hooked (their footplate in your spokes)

Cues:

SEE - picks, seals, picking angles, space, staying flat, mismatches

ANTICIPATE - picking angles, power cuts, power pivots

TALK (COMMUNICATE) - your check, what you are doing, what you want your teammate to do.

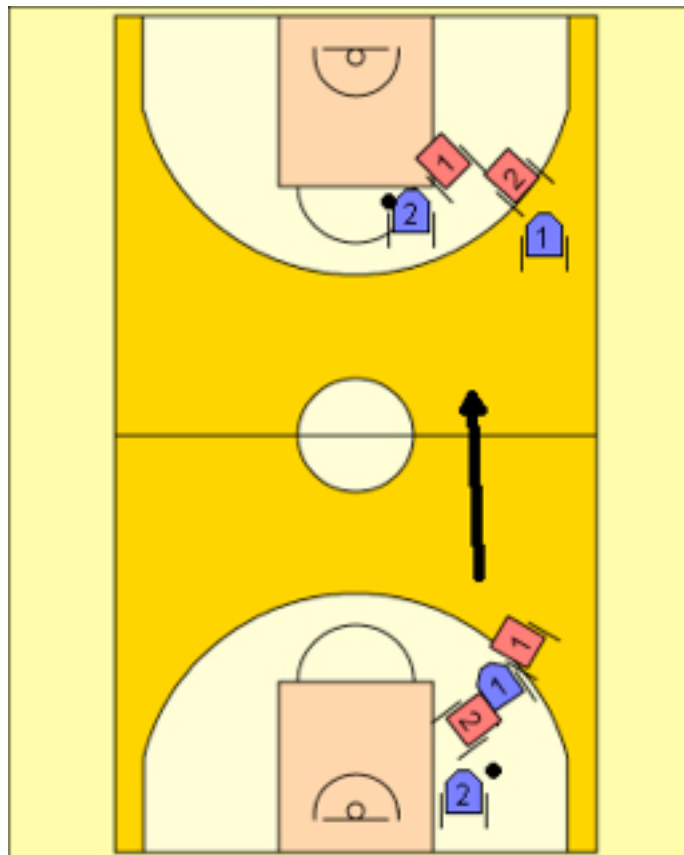
****Use head/body fakes and chair fakes to make the attacker go the way you want them to go.

2 on 2 Defense Switching

2 on 2 Defense

To deny advantages that may come from a pick or dive

1. Explanation and Demonstration
2. Pairs matchup by speed, and setup at the baseline, using a narrow court (1/4 to 1/3 width)
3. Attackers start by playing at half speed attempting to beat their check by crossing
4. Defender being picked pivots to establish axle to caster or rubber to metal on the picker, then communicates the switch. Teammate then switches to check the other attacker
5. If a defender is beaten, they yell "Help" to get a re-set
6. Gradually increase the speed of the attackers



Key points:

Communicate specific actions
Deny the pick
Quarter Turns

Attackers must cross alot

If a defender gets beaten, they can yell "Help" to get a re-set

More key points:

Guard one and a half players to deny rolling opportunities
Be a chair length from the pick to decide response.

Switch to the picker first to stop the inside shot.

Then to the outside player - you will give up an outside shot opportunity momentarily when switching but should be quick to recover

Switch also if you are basically out of options (i.e. hooped)

Hold your position until it is safe to switch (you must keep the roller from rolling) - i.e. when your teammate has them

Mostly, deny picks and picking angles then you won't need to switch.

2 on 2 Pick Attack Skill info/ Basics

2 on 2 Pick Attack

1. Explanation /Demonstration
2. Shadow
3. Try it
4. Add a passer

Use spacing to start (10-15 feet)

Set up defender with a v-cut, fake or drive that will turn their back. (attack their back)

Pick D furthest from midline & attack backs

Use J cut or banana cut with money spacing.

Cut hard off the picker's chair (close)

Establish position of power - pick the corner of their chair that is closest to the hoop - finish with axle to caster positioning so they can't get past you

Communicate exact intentions to teammate

Communicate receipt of information back

Rolling:

Roller should HOLD the pick until space is created.

Driver should clear out to create the space for the roll but still be a threat.

Hi Lo Pick

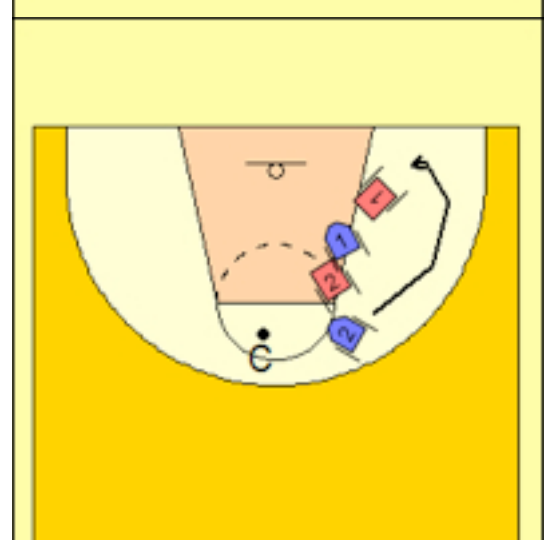
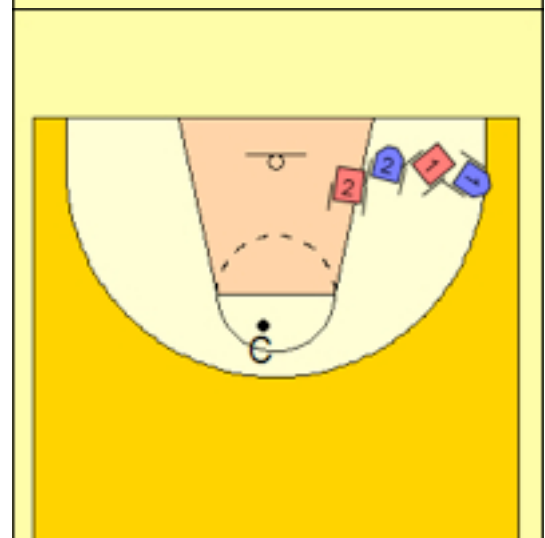
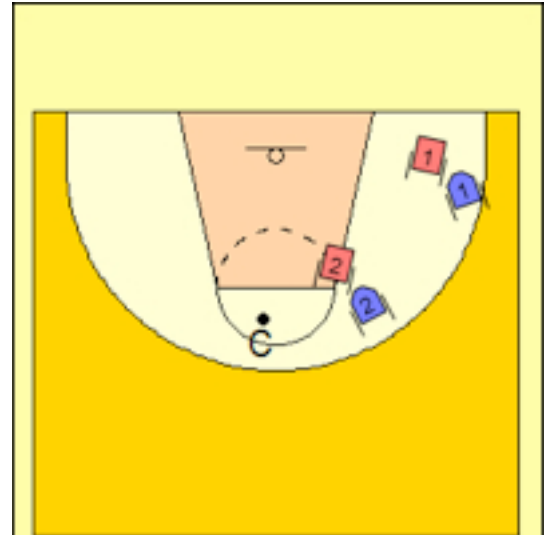
Key points:

Set the pick in a similar manner as you would play defence in terms of chair position.

Lo Hi Pick

Key points:

Be aware of the new international key being wider at the top (note this diagram needs to be updated), thus the 3 second call is a concern.



Picking Beehive

2 on 2 Pick Attack

To learn picking fundamental movement skill patterns

One line of 2 players at or near centre sideline.

One player in perimeter.

One player near baseline.

1. Coach yells go, player recognizes who is exposed. (i.e. one player is designated to be exposed - start with perimeter)
2. Player goes toward unexposed, fakes then sets pick on exposed
3. Holds pick for 3 steamboats then rolls
4. Player returns to line.
5. After 4 times through the line, rotate clockwise to new positions. Repeat until all 4 rotations are done.
6. Repeat for baseline pick
7. Repeat to attack most vulnerable.

Variations:

1. Attack perimeter players only
2. Attack baseline players only
3. Attack the most vulnerable of the two. (As described)

Key points:

Fake first to turn own imaginary check

Recognize player furthest from hoop and their back, and communicate it

J cut, Money spacing, PoP

Cognitive:

Recognize most exposed player by their back being exposed and being further from hoop. Communicate your intentions.

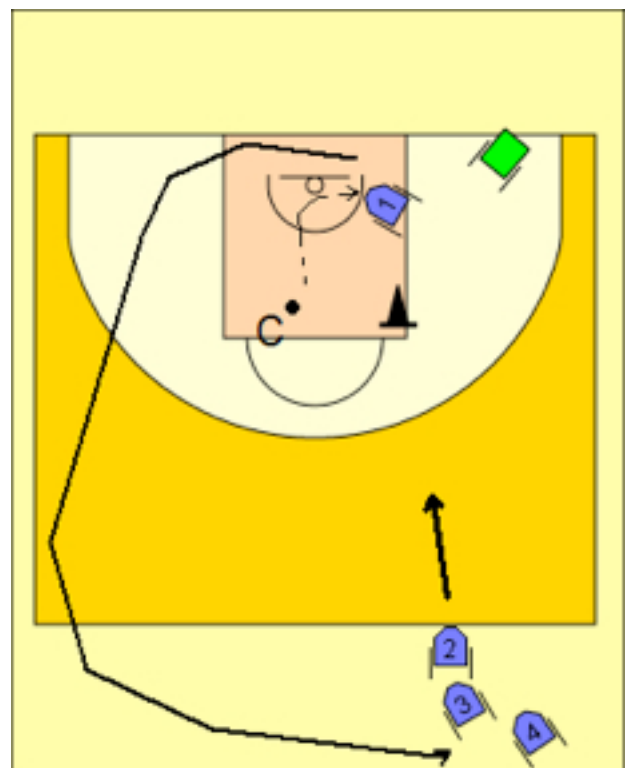
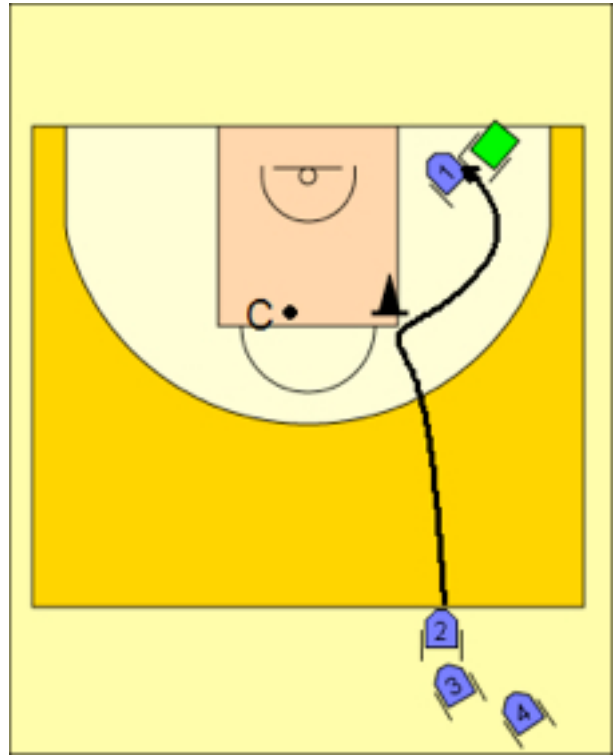
Mental:

Use imagery on the way back to plan next fake. See the dollar bill in the space.

Note:

Next player goes once the player in front rolls

4 locations: high right, high left, low right, low left



Picking Quarter Court Game

2 on 2 Pick Attack

To learn picking cues/ techniques in a game situation and To use a hi-lo or lo-hi pick to create a scoring opportunity.

One line of 2 players at or near centre sideline.

One player in perimeter.

One player near baseline.

1. Coach yells go, player recognizes who is exposed. (i.e. one player is designated to be exposed - start with perimeter)
2. Player goes toward unexposed, fakes then sets pick on exposed
3. Holds pick for 3 steamboats then rolls
4. Player returns to line.
5. After 4 times through the line, rotate clockwise to new positions. Repeat until all 4 rotations are done.
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Variations:

1. Attack perimeter players only
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3. Attack the most vulnerable of the two. (As described)

Key points:

Fake first to turn own imaginary check
Recognize player furthest from hoop and their back, and communicate it
J cut, Money spacing, PoP

Cognitive:

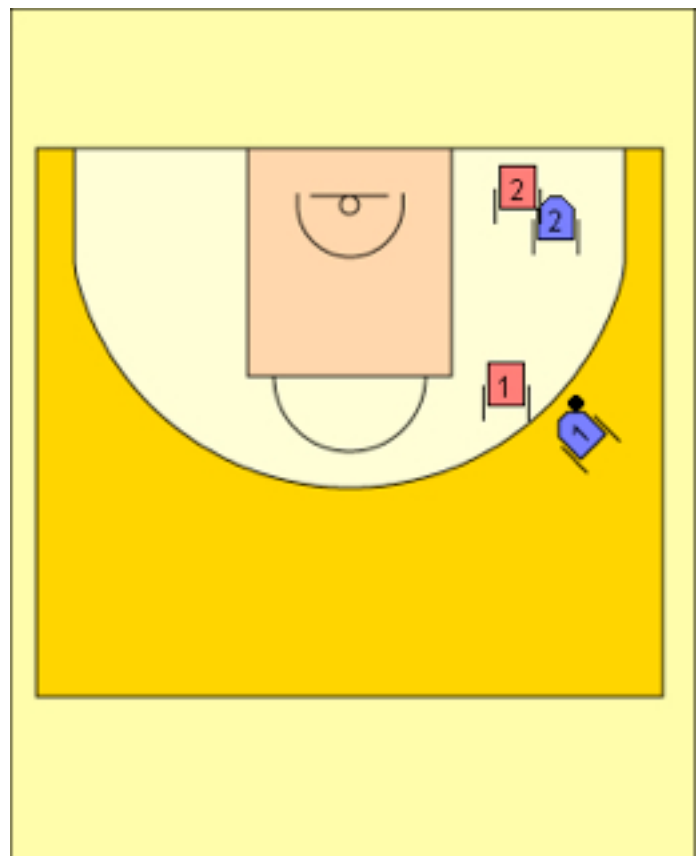
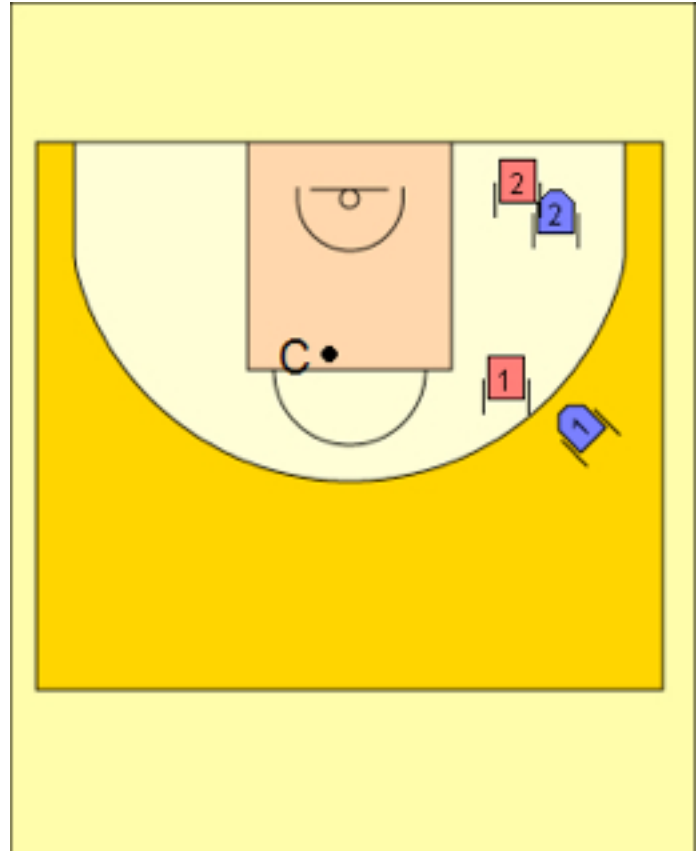
Recognize most exposed player by their back being exposed and being further from hoop.
Communicate your intentions.

Mental:

Use imagery on the way back to plan next fake.
See the dollar bill in the space.

Note:

Use chairs set up at specific angles to identify



Picking Triples Game

2 on 2 Pick Attack

To learn picking in a game like situation

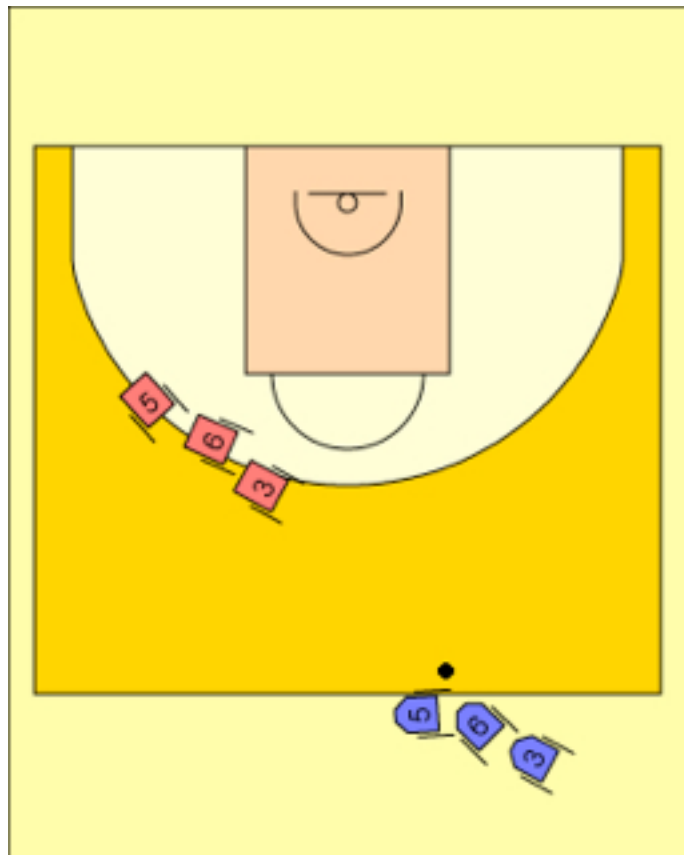
1. 3 on 3 in half court
2. Coach keeps score, Players must perform 3 in a possession prior to being allowed to shoot.
3. Choose a scoring system:
 - pick a key point and reward it only
 - reward when two or more key points are covered
 - allow outcome to dictate but don't count the basket if a key point missed

Variations:

Can require x picks prior to shot
Passing only so must pick for the passer.
Try the "PASS TO THE PICKER AND PICK FOR THE PASSER" variation

Note:

Defenders must play tight player to player.
Points scored for successful picks or for process components.



Key points:

Set up your player (picker and pickee).
Communicate intentions and reception of information.

Recognize exposed players
Use correct form - J cut, Dollar spacing

Cognitive:

Anticipate the setting up of your player and communicate your intentions once setup.

Mental:

Use focus and refocus cue word or breathing between attempts if feeling stymied.

Activity Rule Variations:

- a. must be 2 picks before a shot can be taken
- b. extra point for a shot from a pick
- c. give a point to the defense for effective switch

