

ADAPTIVE SPORTS USA CONFERENCE 2018

Objectives

Gain coaching knowledge of the sport
Be able to know the fundamentals of wheelchair basketball
Identify weak spots/problem areas for their team
Hold a wheelchair basketball practice
Improve their game in wheelchair basketball
Know adaptations for multiple athletes performing at different levels

ASPECTS OF WHEELCHAIR BASKETBALL

Balance, classification, disability type/severity/onset, rules, equipment, history

WARM-UP

Dynamic vs Static Stretching
Using drills as warm up (i.e. zig zag, cone set up, shark)

STATIONS/INDIVIDUAL SKILLS

Skills: Pushing, Power Start and Stop, Half Court Tow, Tilting, Hopping, Clovers, Lane Lines, U-turns, Ball pick-ups, Twisting, Bounce, Spin
Dribbling: Ball handling Stationary, Moving, 2 Ball, Bounce Stop
Shooting: Stationary, Behind Screen, Moving, Lay-ups, Free throws, 3 pointers
Passing: weaves, fakes, 2 ball, 1 ball drills

OFFENSE

Picking: High Low, Low High, Cross pick, Pick and Roll, Man Out
Sealing: Low, High, Middle
Diving: Low, High, Middle
Posting
Rebounding
Weaving
Power Pivot/Cuts
1 on 1 play

DEFENSE

Man to Man principles
1 on 1 shadow (2 on 2, 3 on 3, 5 on 5)
Teacup
2 on 2 Defense
Jump and Recover
Rebounding
3 on 3 triple switch

TRANSITION

Movement up and down court
Exchange from Offense to Defense
2 on 1
3 on 2

GAMES/DRILLS

5 on 5

2 on 2 quarter court

3 on 3 half court with passer/stationary

Dribbling/Movement: Shark, Cops n Robbers, Zig-Zag, etc.

Drills

21

Caterpillar

Star Drill

3 on 3 knockout

Cone drill (line, one team knock down, other set up)

Gotcha

Zig Zag

Divide team, one on half, one on other half- have to get all balls on your half

Passing through cones- one point, can't go through same set in a row, some are 2 for 1

Dribble tag

Dribble knockout

Celtic Fast break

4 corner layups

11 man break (4 outlet lines, 3 on 2 on the court- person who get the rebound continues on offense)

Minnesota 22 (6 outlet lines, 3 on each side, pass, pass, pass, layup) King of the court (3v3v3 or 4v4v4)

Iowa basketball (passing only)

Shooting knockout

Around the world

5 in a row/10 in a row (start in key, move out)

7 up shooting

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