



## TRAINING ZONE

PRESENTED BY



# BALL PICK-UPS IN MOTION

### ► DRILL OVERVIEW

- Ball Pick Ups can be practiced both stationary and in motion. While in motion and in your sports chair, lean towards the ball and pick up using one hand, if possible. While still in motion, put pressure on the ball against the pushrim of your sports chair. Use the momentum of the wheel rolling forward to help bring the ball to your waist. Twist your wrist as the ball leaves the pushrim at the top of your rolling motion. Using one hand is ideal as your other hand is free to control your chair.

### ● BEST PRACTICES

- Use the momentum of your chair to help as you hold the ball against the pushrim to bring it up to waist level.
- Rotate your hand under the ball as it reaches waist level to scoop it up.

### ★ MODIFICATIONS

- You can have a partner push your chair as you learn to pick up the ball, then work on pushing and controlling your chair independently as you practice this skill.

### ▲ SAFETY TIPS

- Be sure you are secure in your chair at all times.