



TRAINING ZONE

PRESENTED BY



QUARTER TURNS

► DRILL OVERVIEW

- Proper chair skills will help you develop the mechanics to compete at the highest level. Quarter Turns can be performed in an everyday or sports chair. Use a pillow, box, or other chair as your stand-in defender. Remember to always turn to your outside shoulder, and stay as close to the stand-in defender as possible.

● BEST PRACTICES

- Always turn your chair in the direction of your outside shoulder.
- Push back, spin to the outside, and push to the opposite side of the object.
- Stay close to the object you are moving around.
- Practice 30 seconds on/30 seconds off to start and increase your time as you improve.

★ MODIFICATIONS

- You can use your daily chair or your basketball chair for this drill.

▲ SAFETY TIPS

- Be sure to allow enough space to turn and push without running into nearby objects.



TRAINING ZONE

PRESENTED BY



BALL PICK-UPS

► DRILL OVERVIEW

- Practicing ball-pickups from your sports chair, everyday chair, or any seated position will help develop your overall core strength. By simulating picking the ball off the ground, you are engaging the muscles in your core and creating muscle memory that can carry in to game like situations.

● BEST PRACTICES

- Practice pick-ups to the left, right, and front of your chair to improve core strength.
- Ball pick-ups can be a great warm-up exercise before training or competition.

★ MODIFICATIONS

- If you cannot touch the ball to the ground, reach as far as you can and keep practicing to increase your flexibility.

▲ SAFETY TIPS

- Be sure that all wheelchair straps are secure before practicing ball pick-ups.
- If using a daily chair or armchair, be cautious not to tip over the chair as you reach.



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.