



TRAINING ZONE

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BALL HANDLING

► DRILL OVERVIEW

- Proper ball-handling fundamentals are essential to the sport of wheelchair basketball. When practicing dribbling in a stationary position, you can use your everyday chair, sports chair, or standard chair. If you are in a sports chair, aim to dribble at a 45 degree angle from your wheel and caster. Remember to always dribble using your fingertips for more control, as opposed to your palm. You do not want to dribble too far in front or behind you. Keep your eyes up at all times while dribbling, and practice with both your dominant and non-dominant hands. While dribbling at elbow height is most efficient, you can also practice small, tight dribbles and high, controlled dribbles for more practice.

● BEST PRACTICES

- Dribble using your fingertips for maximum control.
- Dribble at a 45-degree angle between your axle and your caster.
- Bounce the ball at elbow level and keep your eyes looking up at the court.
- Practice equally with both hands.

★ MODIFICATIONS

- Increase or decrease speed.
- Practice low and high dribbles to simulate on-court situations.



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PASSING

► DRILL OVERVIEW

- Proper passing fundamentals are key so that you can be the best teammate possible. You will need a basketball and a wall you are able to practice off of. The passes fundamental to wheelchair basketball are: chest passes, bounce passes, baseball/overhand passes, and hook passes. Remember it is equally as important to practice catching, as well!

● BEST PRACTICES

- Follow through with power on passes.
- Hands should be pointing at the target when the ball is released.
- Practice passes with both hands.

★ MODIFICATIONS

- If you don't have a partner, use a wall and create a target.
- If you don't have a basketball, use a different ball to work on your passing accuracy.



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DRIBBLING IN MOTION

► DRILL OVERVIEW

- To practice the basics of dribbling while in motion, be sure to toss the basketball in front of you, being sure not to hit your footplate when doing so. Once you have tossed the ball in front of you, and at a reasonable height, quickly recover your hands to your wheels to push forward. Catch the ball after one bounce, and roll under control. Practice equally with both hands.

● BEST PRACTICES

- Hold the ball at arms-length in front of your chair to toss just in front of you, then push toward the ball powerfully to catch it.
- Don't toss the ball too far ahead – it could be stolen by an opponent.
- As your skills increase, catch with one hand and allow your opposite hand to control your chair.
- Shorter, higher tosses with backspin keep the ball closer to you.
- When dribbling, always keep the ball between your axle and your caster.



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DRIBBLING BEHIND THE BACK

► DRILL OVERVIEW

- To practice behind the back dribbles, you can practice in motion while dribbling, or while stationary and spinning to your opposite shoulder in your sports chair. When you collect the ball after tossing in front of you for a dribble, twist your hand with the ball behind your back, and flick your wrist so the ball travels towards your opposite shoulder. Recover your hands to your wheels quickly to turn and get ready to catch your behind the back dribble.

● BEST PRACTICES

- When opponents are near, toss the ball closer to your chair to maintain control.
- In open court, you can toss the ball further ahead to allow more pushes.
- For behind the back passes, flick the ball toward your opposite hand and turn the chair to catch it.